

		<b>Rushmoor Royals Spring L3 Long Course Open Meet (50m), Garrison Sports Centre, Aldershot 23<sup>rd</sup> and 24<sup>th</sup> March 2024 Licence No. 3SE240166</b>	
Affiliated to Swim England			
<b>Programme of Events</b>			
<b>Saturday 23<sup>rd</sup> March</b>			
<b>Session 1</b>	<b>Warm up 08:00</b>	<b>Start 08:25</b>	<b>Sign-In for 800m Freestyle by 8am</b>
101	Mixed	10years/over	800m Freestyle
<b>Break</b>			
<b>Session 2</b>	<b>Warm up 09:55</b>	<b>Start 10:40</b>	<b>No Sign-In</b>
201	Female	10years/over	400m IM
202	Open/Male	10years/over	400m IM
203	Female	All age groups	200m Backstroke
204	Open/Male	All age groups	200m Backstroke
205	Female	All age groups	100m Butterfly
206	Open/Male	All age groups	100m Butterfly
207	Female	All age groups	50m Freestyle
208	Open/Male	All Age groups	50m Freestyle
<b>Break</b>			
<b>Session 3</b>	<b>Warm up 14:05</b>	<b>Start 14:50</b>	<b>No Sign-In</b>
301	Open/Male	All age groups	200m Freestyle
302	Female	All age groups	200m Freestyle
303	Open/Male	All age groups	100m Breaststroke
304	Female	All age groups	100m Breaststroke
305	Open/Male	All age groups	50m Backstroke
306	Female	All age groups	50m Backstroke
307	Open/Male	All age groups	200m IM
<b>Estimated finish time 18.50</b>			
<b>Sunday 24<sup>th</sup> March</b>			
<b>Session 4</b>	<b>Warm up 08:00</b>	<b>Start 08:25</b>	<b>Sign-In for 1500 Freestyle by 8am</b>
401	Mixed	10years/over	1500 Freestyle
<b>Break</b>			
<b>Session 5</b>	<b>Warm up 09:45</b>	<b>Start 10:30</b>	<b>No Sign-In</b>
501	Female	All age groups	200m Breaststroke
502	Open/Male	All age groups	200m Breaststroke
503	Female	All age groups	100m Freestyle
504	Open/Male	All age groups	100m Freestyle
505	Female	All age groups	50m Butterfly
506	Open/Male	All age groups	50m Butterfly
507	Female	All age groups	200m IM
<b>Break</b>			
<b>Session 6</b>	<b>Warm up 14:40</b>	<b>Start 15:25</b>	<b>No Sign-In</b>
601	Open/Male	All age groups	400m Freestyle
602	Female	All age groups	400m Freestyle
603	Open/Male	All age groups	200m Butterfly
604	Female	All age groups	200m Butterfly
605	Open/Male	All age groups	100m Backstroke
606	Female	All age groups	100m Backstroke
607	Open/Male	All age groups	50m Breaststroke
608	Female	All age groups	50m Breaststroke
<b>Estimated finish time 18.30</b>			

N.B. Although age groups will be combined to make more efficient use of water time, awards will still be made to the top three swimmers in each of the following groups:  
9, 10, 11, 12, 13, 14, 15, 16 and 17/over (Age as 24<sup>th</sup> March 2024)