

 <p>RUSHMOOR ROYALS Affiliated to Swim England</p>		<p align="center">Rushmoor Royals Sprint Open Meet (25m), Hart Leisure Centre, Fleet 13th April 2024 Licence No. 3SE240422</p>	
Programme of Events			
Saturday 13th April			
Session 1	Warm up 15:00	Start 15:45	
101	Female	All age groups	50m Butterfly
102	Open/Male	All age groups	50m Breaststroke
103	Female	All age groups	50m Backstroke
104	Open/Male	All age groups	50m Freestyle
105	Female	All age groups	100m Freestyle
106	Open/Male	All age groups	100m IM
Break			
Session 2	Warm up 17:45	Start 18:30	
201	Female	All age groups	50m Breaststroke
202	Open/Male	All age groups	50m Butterfly
203	Female	All age groups	50m Freestyle
204	Open/Male	All age groups	50m Backstroke
205	Female	All age groups	100m IM
206	Open/Male	All age groups	100m Freestyle
		Finish est 20:30	

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 13th April 2024)