



Affiliated to
Swim England

**RRSC L1 National Qualifier (50m), Garrison,
Aldershot
28-29 March 2020
Licence No. 1SE200610**

Programme of Events

Saturday 28th March			
Session 2	Warm up 08:00	Start Est 09:00	Sign in by 15mins before start of warmup
1	Girls	All age groups	200m Individual Medley
2	Boys	All age groups	400m Freestyle
3	Girls	All age groups	100m Freestyle
4	Boys	All age groups	100m Breaststroke
5	Girls	All age groups	200m Backstroke
6	Boys	All age groups	50m Backstroke
7	Girls	All age groups	50m Butterfly
Session 3	Warm up TBC	Start TBC	Sign in by 15mins before start of warmup
1	Girls	All age groups	400m Individual Medley
2	Boys	All age groups	200m Breaststroke
3	Girls	All age groups	200m Freestyle
4	Boys	All age groups	100m Backstroke
5	Girls	All age groups	100m Butterfly
6	Boys	All age groups	200m Butterfly
7	Girls	All age groups	50m Breaststroke
8	Boys	All age groups	50m Freestyle
		Finish est. TBC	
Sunday 29th March			
Session 4	Warm up 8:00	Start Est 09:00	Sign in by 15mins before start of warmup
1	Boys	All age groups	200m Individual Medley
2	Girls	All age groups	400m Freestyle
3	Boys	All age groups	100m Freestyle
4	Girls	All age groups	100m Breaststroke
5	Boys	All age groups	200m Backstroke
6	Girls	All age groups	50m Backstroke
7	Boys	All age groups	50m Butterfly
Session 5	Warm up TBC	Start TBC	Sign in by 15mins before start of warmup
1	Boys	All age groups	400m Individual Medley
2	Girls	All age groups	200m Breaststroke
3	Boys	All age groups	200m Freestyle
4	Girls	All age groups	100m Backstroke
5	Boys	All age groups	100m Butterfly
6	Girls	All age groups	200m Butterfly
7	Boys	All age groups	50m Breaststroke
8	Girls	All age groups	50m Freestyle
		Finish TBC	