



**Rushmoor Royals First Come First Served  
Sprint Meet L3 Open Meet (25m), Hart LC,  
Fleet  
15th December 2019  
Licence No. 3SE192484**

Affiliated to  
Swim England

**Programme of Events**

<b>Sunday 15<sup>th</sup> December</b>			
<b>Session 1</b>	<b>Warm up 08:00</b>	<b>Start Est 08:40</b>	<b>Sign in/out by 15mins before start of warmup</b>
1	Boys	All age groups	200m Freestyle
2	Girls	All age groups	50m Breaststroke
3	Boys	All age groups	100m Butterfly
4	Girls	All age groups	100m Freestyle
5	Boys	All age groups	50m Freestyle
6	Girls	All age groups	50m Butterfly
7	Boys	All age groups	100m Breaststroke
8	Girls	All age groups	100m Backstroke
9	Boys	All age groups	50m Backstroke
<b>Session 2</b>	<b>Warm up Est TBC</b>	<b>Start Est TBC</b>	<b>Sign in/out by 15mins before start of warmup</b>
11	Girls	All age groups	200m Freestyle
12	Boys	All age groups	50m Breaststroke
13	Girls	All age groups	100m Butterfly
14	Boys	All age groups	100m Freestyle
15	Girls	All age groups	50m Freestyle
16	Boys	All age groups	50m Butterfly
17	Girls	All age groups	100m Breaststroke
18	Boys	All age groups	100m Backstroke
19	Girls	All age groups	50m Backstroke

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 at 15<sup>th</sup> Dec 2019)