

		Rushmoor Royals Spring L3 Long Course Open Meet (50m), Garrison Sports Centre, Aldershot 25th and 26th March 2023 Licence No. 3SE230477	
Affiliated to Swim England			
Programme of Events			
Saturday 25th March			
Session 1	Warm up 08:00	Start est 08:30	
101	Mixed	10years/over	800m Freestyle
Break			
Session 2	Warm up TBC	Start TBC	
201	Girls	10years/over	400m IM
202	Boys	10years/over	400m IM
203	Girls	All age groups	200m Backstroke
204	Boys	All age groups	200m Backstroke
205	Girls	All age groups	100m Butterfly
206	Boys	All age groups	100m Butterfly
207	Girls	All age groups	50m Freestyle
208	Boys	All Age groups	50m Freestyle
Lunch			
Session 3	Warm up TBC	Start TBC	
301	Boys	All age groups	200m Freestyle
302	Girls	All age groups	200m Freestyle
303	Boys	All age groups	100m Breaststroke
304	Girls	All age groups	100m Breaststroke
305	Boys	All age groups	50m Backstroke
306	Girls	All age groups	50m Backstroke
307	Boys	All age groups	200m IM
		Finish est 17:00	
Sunday 26th March			
Session 4	Warm up 08:00	Start est 08:30	
401	Mixed	10years/over	1500 Freestyle
Break			
Session 5	Warm up TBC	Start TBC	
501	Girls	All age groups	200m Breaststroke
502	Boys	All age groups	200m Breaststroke
503	Girls	All age groups	100m Freestyle
504	Boys	All age groups	100m Freestyle
505	Girls	All age groups	50m Butterfly
506	Boys	All age groups	50m Butterfly
507	Girls	All age groups	200m IM
Lunch			
Session 6	Warm up TBC	Start TBC	
601	Boys	All age groups	400m Freestyle
602	Girls	All age groups	400m Freestyle
603	Boys	All age groups	200m Butterfly
604	Girls	All age groups	200m Butterfly
605	Boys	All age groups	100m Backstroke
606	Girls	All age groups	100m Backstroke
607	Boys	All age groups	50m Breaststroke
608	Girls	All age groups	50m Breaststroke
		Finish est 17:00	

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 26th March 2023)
Exact timings tbc