

## CONSC March Long Course L3 Open Meet 2024 3ER240009

Sportspark ,UEA, Norwich: Saturday 2<sup>nd</sup> - Sunday 3<sup>rd</sup> March 2024

Under Swim England Regulations and Technical Rules

### Schedule of Events

#### Saturday 2<sup>nd</sup> March

##### Session 1 – Warm up 8.00am – Start 9.05am\*

Event 101	Female	9 and over	400 Freestyle	HDW
Event 102	Male/Open	9 and over	200 Freestyle	HDW
Event 103	Female	9 and over	100 Breaststroke	HDW
Event 104	Male/Open	9 and over	100 Backstroke	HDW
Event 105	Female	9 and over	50 Backstroke	HDW

##### Session 2 – Warm up tba – Start tba\*

Event 201	Female	10 and over	400 IM	HDW
Event 202	Male/Open	9 and over	200 IM	HDW
Event 203	Female	9 and over	200 Butterfly	HDW
Event 204	Male/Open	9 and over	50 Breaststroke	HDW
Event 205	Female	9 and over	200 Backstroke	HDW

##### Session 3 – Warm up tba – Start tba\*

Event 301	Male/Open	9 and over	200 Breaststroke	HDW
Event 302	Female	9 and over	100 Butterfly	HDW
Event 303	Male/Open	9 and over	100 Freestyle	HDW
Event 304	Female	9 and over	50 Freestyle	HDW
Event 305	Male/Open	9 and over	50 Butterfly	HDW

#### Sunday 3<sup>rd</sup> March

##### Session 4 – Warm up 8.00am – Start 9.05am\*

Event 401	Male/Open	9 and over	400 Freestyle	HDW
Event 402	Female	9 and over	200 Freestyle	HDW
Event 403	Male/Open	9 and over	100 Breaststroke	HDW
Event 404	Female	9 and over	100 Backstroke	HDW
Event 405	Male/Open	9 and over	50 Backstroke	HDW
Event 406	Female	9 and over	50 Breaststroke	HDW
Event 407	Male/Open	9 and over	200 Butterfly	HDW

##### Session 5 – Warm up tba – Start tba\*

Event 501	Male/Open	10 and over	400 IM	HDW
Event 502	Female	9 and over	200 IM	HDW
Event 503	Male/Open	9 and over	200 Backstroke	HDW
Event 504	Female	9 and over	200 Breaststroke	HDW
Event 505	Male/Open	9 and over	100 Butterfly	HDW
Event 506	Female	9 and over	100 Freestyle	HDW
Event 507	Male/Open	9 and over	50 Freestyle	HDW
Event 508	Female	9 and over	50 Butterfly	HDW

\* Sessions start times may change depending on entries. Information will be posted with accepted entries