



**Rushmoor Royals Last Chance County
Qualifier 2017 L3 Open Meet (50m)
1st & 2nd December 2018
Licence No. 3SE182310**

Affiliated to
ASA SE Region

Programme of Events

Saturday 1st December			
Session 1	Warm up 08:00	Start 09:00	Sign in/out 15mins before start of warmup
1	Boys	All age groups	400m Freestyle
2	Girls	All age groups	200m Individual Medley
3	Boys	All age groups	50m Backstroke
4	Girls	All age groups	50m Butterfly
5	Boys	All age groups	100m Breaststroke
6	Girls	All age groups	100m Freestyle
7	Boys	All age groups	200m Butterfly
8	Girls	All age groups	200m Backstroke
Session 2	Warm up tbc	Start tbc	Sign in/out 15mins before start of warmup
9	Girls	11 & over	400m Individual Medley
10	Boys	All age groups	200m Breaststroke
11	Girls	All age groups	50m Breaststroke
12	Boys	All age groups	50m Freestyle
13	Girls	All age groups	100m Butterfly
14	Boys	All age groups	100m Backstroke
15	Girls	All age groups	200m Freestyle
Sunday 2nd December			
Session 3	Warm up 08:00	Start 09:00	Sign in/out 15mins before start of warmup
16	Girls	All age groups	400m Freestyle
17	Boys	All age groups	200m Individual Medley
18	Girls	All age groups	50m Backstroke
19	Boys	All age groups	50m Butterfly
20	Girls	All age groups	100m Breaststroke
21	Boys	All age groups	100m Freestyle
22	Girls	All age groups	200m Butterfly
23	Boys	All age groups	200m Backstroke
Session 4	Warm up tbc	Start tbc	Sign in/out 15mins before start of warmup
24	Boys	11 & over	400m Individual Medley
25	Girls	All age groups	200m Breaststroke
26	Boys	All age groups	50m Breaststroke
27	Girls	All age groups	50m Freestyle
28	Boys	All age groups	100m Butterfly
29	Girls	All age groups	100m Backstroke
30	Boys	All age groups	200m Freestyle

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 and 16/over (Age as at 2nd December 2018)