



**Rushmoor Royals Summer L2 Short Course
Open Meet (25m),
Garrison Sports Centre, Aldershot
22nd and 23rd June 2024
Licence No. 2SE240423**

Affiliated to Swim England

Programme of Events

Saturday 22nd June

Session 1	Warm up 08:00	Start TBC	
101	Female	All age groups	400m Freestyle (HDW)
102	Open/Male	10 years/over	400m IM (HDW)
103	Female	All age groups	50m Breaststroke (HDW)
104	Open/Male Boys	All age groups	50m Backstroke (HDW)

Break tbc

Session 2	Warm up TBC	Start TBC	
201	Female	All age groups	200m Butterfly
202	Open/Male	All age groups	200m Freestyle
203	Female	All age groups	100m Backstroke
204	Open/Male	All age groups	100m Butterfly
205	Female	All age groups	200m Breaststroke
206	Open/Male	All age groups	50m Freestyle

Finals Warm Up


201	Female	Junior (14years/under)	200m Butterfly
201	Female	Seniors (15years/over)	200m Butterfly
202	Open/Male	Junior (14years/under)	200m Freestyle
202	Open/Male	Seniors (15years/over)	200m Freestyle
203	Female	Junior (14years/under)	100m Backstroke
203	Female	Seniors (15years/over)	100m Backstroke
204	Open/Male	Junior (14years/under)	100m Butterfly
204	Open/Male	Seniors (15years/over)	100m Butterfly
205	Female	Junior (14years/under)	200m Breaststroke
205	Female	Seniors (15years/over)	200m Breaststroke
206	Open/Male	Junior (14years/under)	50m Freestyle
206	Open/Male	Seniors (15years/over)	50m Freestyle

Lunch

Session 3	Warm up TBC	Start TBC	
301	Open/Male	All age groups	100m Breaststroke
302	Female	All age groups	100m Freestyle
303	Open/Male	All age groups	200m Backstroke
304	Female	All age groups	200m IM
305	Open/Male	All age groups	100m IM
306	Female	All age groups	50m Butterfly (HDW)

Finals Warm Up

301	Open/Male	Junior (14years/under)	100m Breaststroke
301	Open/Male	Seniors (15years/over)	100m Breaststroke
302	Female	Junior (14years/under)	100m Freestyle
302	Female	Seniors (15years/over)	100m Freestyle
303	Open/Male	Junior (14years/under)	200m Backstroke
303	Open/Male	Seniors (15years/over)	200m Backstroke
304	Female	Junior (14years/under)	200m IM
304	Female	Seniors (15years/over)	200m IM
305	Open/Male	Junior (14years/under)	100m IM
305	Open/Male	Seniors (15years/over)	100m IM

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Sunday 23rd June			
Session 4	Warm up 08:00	Start TBC	
401	Open/Male	All age groups	400m Freestyle (HDW)
402	Female	10 years/over	400m IM (HDW)
403	Open/Male	All age groups	50m Breaststroke (HDW)
404	Female	All age groups	50m Backstroke (HDW)
Break tbc			
Session 5	Warm up TBC	Start TBC	
501	Open/Male	All age groups	200m Butterfly
502	Female	All age groups	200m Freestyle
503	Open/Male	All age groups	100m Backstroke
504	Female	All age groups	100m Butterfly
505	Open/Male	All age groups	200m Breaststroke
506	Female	All age groups	50m Freestyle
Finals Warm Up			
501	Open/Male	Junior (14years/under)	200m Butterfly
501	Open/Male	Seniors (15years/over)	200m Butterfly
502	Female	Junior (14years/under)	200m Freestyle
502	Female	Seniors (15years/over)	200m Freestyle
503	Open/Male	Junior (14years/under)	100m Backstroke
503	Open/Male	Seniors (15years/over)	100m Backstroke
504	Female	Junior (14years/under)	100m Butterfly
504	Female	Seniors (15years/over)	100m Butterfly
505	Open/Male	Junior (14years/under)	200m Breaststroke
505	Open/Male	Seniors (15years/over)	200m Breaststroke
506	Female	Junior (14years/under)	50m Freestyle
506	Female	Seniors (15years/over)	50m Freestyle
Lunch			
Session 6	Warm up TBC	Start TBC	
601	Female	All age groups	100m Breaststroke
602	Open/Male	All age groups	100m Freestyle
603	Female	All age groups	200m Backstroke
604	Open/Male	All age groups	200m IM
605	Female	All age groups	100m IM
606	Open/Male	All age groups	50m Butterfly (HDW)
Finals Warm Up			
601	Female	Junior (14years/under)	100m Breaststroke
601	Female	Seniors (15years/over)	100m Breaststroke
602	Open/Male	Junior (14years/under)	100m Freestyle
602	Open/Male	Seniors (15years/over)	100m Freestyle
603	Female	Junior (14years/under)	200m Backstroke
603	Female	Seniors (15years/over)	200m Backstroke
604	Open/Male	Junior (14years/under)	200m IM
604	Open/Male	Seniors (15years/over)	200m IM
605	Female	Junior (14years/under)	100m IM
605	Female	Seniors (15years/over)	100m IM

N.B. Although age groups will be combined to make more efficient use of water time, awards will be made to the top three swimmers in each of the following groups for all heat declared winner events: 9, 10, 11, 12, 13, 14, 15, 16 and 17/over (Age as 23rd June 2024)

For events where there is a final, medals will be awarded to the top three swimmers in the Junior and Senior finals.

Exact timings tbc