

Rushmoor Royals
L1 Spring National Qualifier Open Meet
Licence Nos. 1SE180085 & 1SE180086

(Under ASA Laws and Technical Rules)
At the Aldershot Garrison Sports Centre
17th, 18th & 24th March 2018

Programme of Events

Saturday 17th March 2018			
Session 1	Warm up 8:00am	Start 08:40	Registration/sign out by 7:45
1	Girls	All age groups	400m Freestyle
2	Boys	10/over	400m Individual Medley
3	Girls	All age groups	200m Breaststroke
4	Boys	All age groups	50m Freestyle
5	Girls	All age groups	50m Backstroke
Session 2	Warm up tbc	Start tbc	Sign out by 15min before w/up
6	Boys	All age groups	200m Freestyle
7	Girls	All age groups	200m Butterfly
8	Boys	All age groups	100m Butterfly
9	Girls	All age groups	100m Backstroke
10	Boys	All age groups	200m Backstroke
Session 3	Warm up tbc	Start tbc	Sign out by 15min before w/up
11	Girls	All age groups	200m Individual Medley
12	Boys	All age groups	100m Breaststroke
13	Girls	All age groups	100m Freestyle
14	Boys	All age groups	50m Butterfly
15	Girls	All age groups	50m Breaststroke
Sunday 18th March 2018			
Session 4	Warm up 8:00am	Start 08:40	Registration/sign out by 7:45
16	Boys	All age groups	400m Freestyle
17	Girls	10/over	400m Individual Medley
18	Boys	All age groups	200m Breaststroke
19	Girls	All age groups	50m Freestyle
20	Boys	All age groups	50m Backstroke
Session 5	Warm up tbc	Start tbc	Sign out by 15min before w/up
21	Girls	All age groups	200m Freestyle
22	Boys	All age groups	200m Butterfly
23	Girls	All age groups	100m Butterfly
24	Boys	All age groups	100m Backstroke
25	Girls	All age groups	200m Backstroke
Session 6	Warm up tbc	Start tbc	Sign out by 15min before w/up
26	Boys	All age groups	200m Individual Medley
27	Girls	All age groups	100m Breaststroke
28	Boys	All age groups	100m Freestyle
29	Girls	All age groups	50m Butterfly
30	Boys	All age groups	50m Breaststroke
Saturday 24th March 2018			
Session 7	Warm up 4:30pm	Start 5:00pm	Registration by 4:15pm
31	Girls	10/over	1500m Freestyle*
32	Boys	10/over	1500m Freestyle*
33	Girls	10/over	800m Freestyle*
34	Boys	10/over	800m Freestyle*

N.B. 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, 17 and over (Ages as at 24th March 2018)

* For 800m and 1500m Free events boys and girls events may be swum together.