



Affiliated to
ASA SE Region
& HCASA

Rushmoor Royals S C

6th Autumn Open Meet

Licence No. 2SE8422

(Under ASA Laws and Technical Rules)
At the Aldershot Garrison Sports Centre
25th & 26th October 2008

Programme of Events

Saturday 25 th October 2008			
Session 1	Warm up 13:00	Start 13:45	Sign in/Withdrawals by 13:00
1	Girls	9 & over	200m Breaststroke
2	Boys	9 & over	200m Breaststroke
3	Girls	9 & over	200m Backstroke
4	Boys	9 & over	200m Backstroke
5	Girls	9 & over	200m Individual Medley
6	Boys	9 & over	50m Butterfly
7	Girls	9 & over	50m Butterfly
Session 2	Warm up tbc	Start tbc	Sign in/Withdrawals by start of warmup
8	Boys	9 & over	200m Individual Medley
9	Girls	10 & over	400m Freestyle
10	Boys	10 & over	400m Freestyle
11	Girls	9 & over	200m Butterfly
12	Boys	9 & over	200m Butterfly
13	Girls	9 & over	50m Breaststroke
14	Boys	9 & over	50m Breaststroke
Sunday 26 th October 2008			
Session 3	Warm up 13:00	Start 13:45	Sign in/Withdrawals by 13:00
15	Girls	10 & over	400m Individual Medley
16	Boys	10 & over	400m Individual Medley
17	Girls	9 & over	200m Freestyle
18	Boys	9 & over	200m Freestyle
19	Girls	9 & over	50m Backstroke
20	Boys	9 & over	50m Backstroke
Session 4	Warm up tbc	Start tbc	Sign in/Withdrawals by start of warmup
21	Girls	9 & over	50m Freestyle
22	Boys	9 & over	50m Freestyle
23	Boys / Girls	11 & over	800m Freestyle
24	Boys / Girls	11 & over	1500m 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 over (Ages as at 26th October 2008) (dependent on the event – not all events include 9 & 10 year-old swimmers – see Qualifying Times information enclosed).