L1 Spring Open Meet
23rd and 24th March 2024
Licence No. - 1SE240177
RACE SCHEDULE

Saturday

SESSION 1 Saturday 23rdh March 2024
Warm up 8am for 9am Start

Event 101	**Male/Open**	400m Freestyle	**HDW**
Event 102	**Female**	200m Freestyle	
Event 103	**Male/Open**	200m Breaststroke	
Event 104	**Female**	100 Backstroke	
Event 105	**Male/Open**	100m Freestyle	
Event 106	**Female**	50m Butterfly	
Event 107	**Male/Open**	50m Backstroke	

Possible 15 minutes break (Distance Warm-up/Swim Down)

Event 108	**Female**	1500m Freestyle	**HDW**

15 minute break (Finals warm-up/Swim down)

Event 109	**Female**	10 – 14 200m Freestyle	**FINAL**
Event 110	**Female**	15 and Over 200m Freestyle	**FINAL**
Event 111	**Male/Open**	10 – 14 200m Breaststroke	**FINAL**
Event 112	**Male/Open**	15 and Over 200m Breaststroke	**FINAL**
Event 113	**Female**	10 – 14 100m Backstroke	**FINAL**
Event 114	**Female**	15 and Over 100m Backstroke	**FINAL**
Event 115	**Male/Open**	10 – 14 100m Freestyle	**FINAL**
Event 116	Male/Open	15 and Over 100m Freestyle	**FINAL**
Event 117	**Female**	10 – 14 50m Butterfly	**FINAL**
Event 118	**Female**	15 and Over 50m Butterfly	**FINAL**
Event 119	**Male/Open**	10 – 14 50m Backstroke	**FINAL**
Event 120	Male/Open	15 and Over 50m Backstroke	**FINAL**

SESSION 2 Saturday 23rd March 2024
Warm up 2pm for 3pm Start

Event 201	**Male/Open**	400m IM	**HDW**
Event 202	**Female**	200m Butterfly	
Event 203	**Male/Open**	200m Backstroke	
Event 204	**Female**	100 Breaststroke	
Event 205	**Male/Open**	100m Butterfly	
Event 206	**Female**	50m Freestyle	
Event 207	**Male/Open**	50m Breaststroke	
Event 208	Female	200m IM	

Possible 15 minutes break (Distance Warm-up/Swim Down)

Event 209	**Male/Open**	800m Freestyle	**HDW**

15 minute break (Finals warm-up/Swim down)

Event 210	**Female**	10 – 14 200m Butterfly	**FINAL**
Event 211	**Female**	15 and Over 200m Butterfly	**FINAL**
Event 212	**Male/Open**	10 – 14 200m Backstroke	**FINAL**
Event 213	**Male/Open**	15 and Over 200m Backstroke	**FINAL**
Event 214	**Female**	10 – 14 100m Breaststroke	**FINAL**
Event 215	**Female**	15 and Over 100m Breaststroke	**FINAL**
Event 216	**Male/Open**	10 – 14 100m Butterfly	**FINAL**
Event 217	Male/Open	15 and Over 100m Butterfly	**FINAL**
Event 218	**Female**	10 – 14 50m Freestyle	**FINAL**
Event 219	**Female**	15 and Over 50m Freestyle	**FINAL**
Event 220	**Male/Open**	10 – 14 50m Breaststroke	**FINAL**
Event 221	Male/Open	15 and Over 50m Breaststroke	**FINAL**
Event 222	**Female**	10 – 14 200m IM	**FINAL**
Event 223	**Female**	15 and Over 200m IM	**FINAL**

Sunday

SESSION 3 Sunday 24th March 2024
Warm up 8am for 9am Start

Event 301	**Female**	400m Freestyle	**HDW**
Event 302	**Male/Open**	200m Freestyle	
Event 303	**Female**	200m Breaststroke	
Event 304	**Male/Open**	100 Backstroke	
Event 305	**Female**	100m Freestyle	
Event 306	**Male/Open**	50m Butterfly	
Event 307	**Female**	50m Backstroke	

Possible 15 minutes break (Distance Warm-up/Swim Down)

Event 308	**Male/Open**	1500m Freestyle	**HDW**

15 minute break (Finals warm-up/Swim down)

Event 309	**Male/Open**	10 – 14 200m Freestyle	**FINAL**
Event 310	**Male/Open**	15 and Over 200m Freestyle	**FINAL**
Event 311	**Female**	10 – 14 200m Breaststroke	**FINAL**
Event 312	**Female**	15 and Over 200m Breaststroke	**FINAL**
Event 313	**Male/Open**	10 – 14 100m Backstroke	**FINAL**
Event 314	**Male/Open**	15 and Over 100m Backstroke	**FINAL**
Event 315	**Female**	10 – 14 100m Freestyle	**FINAL**
Event 316	Female	15 and Over 100m Freestyle	**FINAL**
Event 317	**Male/Open**	10 – 14 50m Butterfly	**FINAL**
Event 318	**Male/Open**	15 and Over 50m Butterfly	**FINAL**
Event 319	**Female**	10 – 14 50m Backstroke	**FINAL**
Event 320	Female	15 and Over 50m Backstroke	**FINAL**

SESSION 4 Sunday 24th March 2024
Warm up 2pm for 3pm Start

Event 401	**Female**	400m IM	**HDW**
Event 402	**Male/Open**	200m Butterfly	
Event 403	**Female**	200m Backstroke	
Event 404	**Male/Open**	100 Breaststroke	
Event 405	**Female**	100m Butterfly	
Event 406	**Male/Open**	50m Freestyle	
Event 407	**Female**	50m Breaststroke	
Event 408	Male/Open	200m IM	

Possible 15 minutes break (Distance Warm-up/Swim Down)

Event 409	**Female**	800m Freestyle	**HDW**

15 minute break (Finals warm-up/Swim down)

Event 410	**Male/Open**	10 – 14 200m Butterfly	**FINAL**
Event 411	**Male/Open**	15 and Over 200m Butterfly	**FINAL**
Event 412	**Female**	10 – 14 200m Backstroke	**FINAL**
Event 413	**Female**	15 and Over 200m Backstroke	**FINAL**
Event 414	**Male/Open**	10 – 14 100m Breaststroke	**FINAL**
Event 415	**Male/Open**	15 and Over 100m Breaststroke	**FINAL**
Event 416	**Female**	10 – 14 100m Butterfly	**FINAL**
Event 417	Female	15 and Over 100m Butterfly	**FINAL**
Event 418	**Male/Open**	10 – 14 50m Freestyle	**FINAL**
Event 419	**Male/Open**	15 and Over 50m Freestyle	**FINAL**
Event 420	**Female**	10 – 14 50m Breaststroke	**FINAL**
Event 421	Female	15 and Over 50m Breaststroke	**FINAL**
Event 422	**Male/Open**	10 – 14 200m IM	**FINAL**
Event 423	**Male/Open**	15 and Over 200m IM	**FINAL**