L1 Spring Open Meet
22nd & 23rd March 2025
Licence No. – 1SE250203
RACE SCHEDULE

Session 1 – Saturday 22nd March 2025
Warm-up – 8am Race start – 9am

Event 101 Male/Open	400m Freestyle	HDW
Event 102 Female	200m Freestyle	
Event 103 Male/Open	200m Breaststroke	
Event 104 Female	100m Backstroke	
Event 105 Male/Open	100m Freestyle	
15 min break/1500m warm-up		
Event 106 Female	50m Butterfly	
Event 107 Male/Open	50m Backstroke	
Event 108 Female	1500m Freestyle	HDW
15 min break/FINALS warm-up		
Event 109 Female	10-14 200m Freestyle	FINAL
Event 110 Female	15 & Over 200m Freestyle	FINAL
Event 111 Male/Open	10-14 200m Breaststroke	FINAL
Event 112 Male/Open	15 & Over 200m Breaststroke	FINAL
Event 113 Female	10-14 100m Backstroke	FINAL
Event 114 Female	15 & Over 100m Backstroke	FINAL
Event 115 Male/Open	10-14 100m Freestyle	FINAL
Event 116 Male/Open	15 & Over 100m Freestyle	FINAL
Event 117 Female	10-14 50m Butterfly	FINAL
Event 118 Female	15 & Over 50m Butterfly	FINAL
Event 119 Male/Open	10-14 50m Backstroke	FINAL
Event 120 Male/Open	15 & Over 50m Backstroke	FINAL

Session 2 – Saturday 22nd March 2025
Warm-up – 2pm Race start – 3pm

Event 201 Male/Open	400m IM	HDW
Event 202 Female	200m Butterfly	
Event 203 Male/Open	200m Backstroke	
Event 204 Female	100m Breaststroke	
Event 205 Male/Open	100m Butterfly	
Event 206 Female	50m Freestyle	
15 min break/800m warm-up		
Event 207 Male/Open	50m Breaststroke	
Event 208 Female	200m IM	
Event 209 Male/Open	800m Freestyle	HDW
15 min break/FINALS warm-up		
Event 210 Female	10-14 200m Butterfly	FINAL
Event 211 Female	15 & Over 200m Butterfly	FINAL
Event 212 Male/Open	10-14 200m Backstroke	FINAL
Event 213 Male/Open	15 & Over 200m Backstroke	FINAL
Event 214 Female	10-14 100m Breaststroke	FINAL
Event 215 Female	15 & Over 100m Breaststroke	FINAL
Event 216 Male/Open	10-14 100m Butterfly	FINAL
Event 217 Male/Open	15 & Over 100m Butterfly	FINAL
Event 218 Female	10-14 50m Freestyle	FINAL
Event 219 Female	15 & Over 50m Freestyle	FINAL
Event 220 Male/Open	10-14 50m Breaststroke	FINAL
Event 221 Male/Open	15 & Over 50m Breaststroke	FINAL
Event 222 Female	10-14 200m IM	FINAL
Event 223 Female	15 & Over 200m IM	FINAL

Session 3 – Sunday 23rdMarch 2025
Warm-up – 8am Race start – 9am

Event 301 Female	400m Freestyle	HDW
Event 302 Male/Open	200m Freestyle	
Event 303 Female	200m Breaststroke	
Event 304 Male/Open	100m Backstroke	
Event 305 Female	100m Freestyle	
15 min break/1500m warm-up		
Event 306 Male/Open	50m Butterfly	
Event 307 Female	50m Backstroke	
Event 308 Male/Open	1500m Freestyle	HDW
15 min break/FINALS warm-up		
Event 309 Male/Open	10-14 200m Freestyle	FINAL
Event 310 Male/Open	15 & Over 200m Freestyle	FINAL
Event 311 Female	10-14 200m Breaststroke	FINAL
Event 312 Female	15 & Over 200m Breaststroke	FINAL
Event 313 Male/Open	10-14 100m Backstroke	FINAL
Event 314 Male/Open	15 & Over 100m Backstroke	FINAL
Event 315 Female	10-14 100m Freestyle	FINAL
Event 316 Female	15 & Over 100m Freestyle	FINAL
Event 317 Male/Open	10-14 50m Butterfly	FINAL
Event 318 Male/Open	15 & Over 50m Butterfly	FINAL
Event 319 Female	10-14 50m Backstroke	FINAL
Event 320 Female	15 & Over 50m Backstroke	FINAL

Session 4 – Sunday 23rd March 2025
Warm-up – 2pm Race start – 3pm

Event 401 Female	400m IM	HDW
Event 402 Male/Open	200m Butterfly	
Event 403 Female	200m Backstroke	
Event 404 Male/Open	100m Breaststroke	
Event 405 Female	100m Butterfly	
Event 406 Male/Open	50m Freestyle	
15 min break/800m warm-up		
Event 407 Female	50m Breaststroke	
Event 408 Male/Open	200m IM	
Event 409 Female	800m Freestyle	HDW
15 min break/FINALS warm-up		
Event 410 Male/Open	10-14 200m Butterfly	FINAL
Event 411 Male/Open	15 & Over 200m Butterfly	FINAL
Event 412 Female	10-14 200m Backstroke	FINAL
Event 413 Female	15 & Over 200m Backstroke	FINAL
Event 414 Male/Open	10-14 100m Breaststroke	FINAL
Event 415 Male/Open	15 & Over 100m Breaststroke	FINAL
Event 416 Female	10-14 100m Butterfly	FINAL
Event 417 Female	15 & Over 100m Butterfly	FINAL
Event 418 Male/Open	10-14 50m Freestyle	FINAL
Event 419 Male/Open	15 & Over 50m Freestyle	FINAL
Event 420 Female	10-14 50m Breaststroke	FINAL
Event 421 Female	15 & Over 50m Breaststroke	FINAL
Event 422 Male/Open	10-14 200m IM	FINAL
Event 423 Male/Open	15 & Over 200m IM	FINAL

Both Days Will Finish at Approximately 7PM