



## RTW Monson Spring Meet 2024 - Level 3 Open Gala



Fri 29th March				
Session 1				
08:00	00:20	Sign in opens (Sports Centre opens at 7:30am)		
08:20	00:00	Sign-in Closes		
08:20	00:20	Warmup 1		
08:40	00:20	Warmup 2		
09:00	00:20	Warmup 3		
09:15	00:10	Officials to poolside		
09:25		101	400 Individual Medley	Female
		102	200 Individual Medley	Male/Open
		103	100 Butterfly	Female
		104	100 Breaststroke	Male/Open
		105	200 Backstroke	Female
		106	200 Freestyle	Male/Open
		107	50 Freestyle	Female
		108	50 Backstroke	Male/Open
12:25		Estimated Session end		
12:25	00:20	Sign in / Break for coaches / Contingency		
Session 2				
12:45	00:00	Sign-in Closes		
12:45	00:20	Warmup 1		
13:05	00:20	Warmup 2		
13:25	00:20	Warmup 3		
13:40		Officials to poolside		
13:50		201	400 Freestyle	Male/Open
		202	100 Freestyle	Female
		203	100 Backstroke	Male/Open
		204	200 Breaststroke	Female
		205	200 Butterfly	Male/Open
		206	50 Butterfly	Female
		207	50 Breaststroke	Male/Open
16:50		Estimated Session end		

Sat 30 <sup>th</sup> March				
Session 3				
08:00	00:20	Sign in opens (Sports Centre opens at 7:30am)		
08:20	00:00	Sign-in Closes		
08:20	00:20	Warmup 1		
08:40	00:20	Warmup 2		
09:00	00:20	Warmup 3		
09:15	00:10	Officials to poolside		
09:25		301	400 Individual Medley	Male/Open
		302	200 Individual Medley	Female
		303	100 Butterfly	Male/Open
		304	100 Breaststroke	Female
		305	200 Backstroke	Male/Open
		306	200 Freestyle	Female
		307	50 Freestyle	Male/Open
		308	50 Backstroke	Female
12:25		Estimated Session end		
12:25	00:20	Sign in / Break for coaches / Contingency		
Session 4				
12:45	00:00	Sign-in Closes		
12:45	00:20	Warmup 1		
13:05	00:20	Warmup 2		
13:25	00:20	Warmup 3		
13:40	00:10	Officials to poolside		
13:50		401	400 Freestyle	Female
		402	100 Freestyle	Male/Open
		403	100 Backstroke	Female
		404	200 Breaststroke	Male/Open
		405	200 Butterfly	Female
		406	50 Butterfly	Male/Open
		407	50 Breaststroke	Female
16:50		Estimated Session end		

All Events are Heat Declared Winner - Ages as at 31st December 2024 - Age Groups 10-12,13,14,15,16,17 and 18&Over

[www.rtwmonson.org/open](http://www.rtwmonson.org/open)