



# RTW Monson Summer Splash 2024 - Level 3 Open Gala



Saturday 6 <sup>th</sup> July				
<b>Session 1</b>				
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	100 Individual Medley	Male/Open
		102	400 Freestyle	Female
		103	100 Butterfly	Male/Open
		104	100 Breaststroke	Female
		105	200 Freestyle	Male/Open
		106	200 Backstroke	Female
		107	50 Breaststroke	Male/Open
		108	50 Butterfly	Female
12:25		Estimated Session end		
12:25	00:20	Sign in / Break for coaches / Contingency		
<b>Session 2: Timings for the afternoon session to be confirmed</b>				
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 Individual Medley	Male/Open
		202	200 Individual Medley	Female
		203	100 Backstroke	Male/Open
		204	100 Freestyle	Female
		205	200 Breaststroke	Male/Open
		206	200 Butterfly	Female
		207	50 Freestyle	Male/Open
		208	50 Backstroke	Female
16:50		Estimated Session end		

Sunday 7 <sup>th</sup> July				
<b>Session 3</b>				
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		
09:10	00:10	Officials to poolside		
09:25		301	100 Individual Medley	Female
		302	400 Freestyle	Male/Open
		303	100 Butterfly	Female
		304	100 Breaststroke	Male/Open
		305	200 Freestyle	Female
		306	200 Backstroke	Male/Open
		307	50 Breaststroke	Female
		308	50 Butterfly	Male/Open
12:25		Estimated Session end		
12:25	00:20	Sign in / Break for coaches / Contingency		
<b>Session 4: Timings for the afternoon session to be confirmed</b>				
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 Individual Medley	Female
		402	200 Individual Medley	Male/Open
		403	100 Backstroke	Female
		404	100 Freestyle	Male/Open
		405	200 Breaststroke	Female
		406	200 Butterfly	Male/Open
		407	50 Freestyle	Female
		408	50 Backstroke	Male/Open
16:50		Estimated Session end		

All Events are Heat Declared Winner - Ages as at 31st December 2024 - Age Groups 10,11,12,13,14,15,16 and 17&Over

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