



## RTW Monson Spring Meet 2023 - Level 3 Open Gala



Sat 18 <sup>th</sup> March				
<b>Session 1</b>				
08:00	00:20	Sign in opens (Sports Centre opens at 7am)		
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		
09:20		101	400 Individual Medley	Girls
		102	200 Individual Medley	Boys
		103	100 Butterfly	Girls
		104	100 Breaststroke	Boys
		105	200 Backstroke	Girls
		106	200 Freestyle	Boys
		107	50 Freestyle	Girls
		108	50 Backstroke	Boys
12:20		Estimated Session end		
12:20	00:20	Sign in / Break for coaches / Contingency		
<b>Session 2</b>				
12:40	00:00	Sign-in Closes		
12:40	00:20	Warmup 1 <span style="float: right;">Boys</span>		
13:00	00:20	Warmup 2		
13:20	00:20	Warmup 3 <span style="float: right;">Girls</span>		
13:30		Officials to poolside		
13:40		201	400 Freestyle	Boys
		202	100 Freestyle	Girls
		203	100 Backstroke	Boys
		204	200 Breaststroke	Girls
		205	200 Butterfly	Boys
		206	50 Butterfly	Girls
		207	50 Breaststroke	Boys
16:40		Estimated Session end		

As an additional event, we will be holding a skins event at the end of each day

Sun 19 <sup>th</sup> March				
<b>Session 3</b>				
08:00	00:20	Sign in opens (Sports Centre opens at 8am)		
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		
09:20		301	400 Individual Medley	Boys
		302	200 Individual Medley	Girls
		303	100 Butterfly	Boys
		304	100 Breaststroke	Girls
		305	200 Backstroke	Boys
		306	200 Freestyle	Girls
		307	50 Freestyle	Boys
		308	50 Backstroke	Girls
12:20		Estimated Session end		
12:20	00:20	Sign in / Break for coaches / Contingency		
<b>Session 4</b>				
12:40	00:00	Sign-in Closes		
12:40	00:20	Warmup 1 <span style="float: right;">Girls</span>		
13:00	00:20	Warmup 2		
13:20	00:20	Warmup 3 <span style="float: right;">Boys</span>		
13:30	00:10	Officials to poolside		
13:40		401	400 Freestyle	Girls
		402	100 Freestyle	Boys
		403	100 Backstroke	Girls
		404	200 Breaststroke	Boys
		405	200 Butterfly	Girls
		406	50 Butterfly	Boys
		407	50 Breaststroke	Girls
16:40		Estimated Session end		

As an additional event, we will be holding a skins event at the end of each day

All Events are Heat Declared Winner - Ages as at 31st December 2023 - Age Groups 10-12,13,14,15,16,17 and 18&Over

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