



SEPTEMBER SIZZLER 2024

Sunday 22nd September

PROGRAMME OF EVENTS

Affiliated to Swim England
South East

www.aruntridents.co.uk

Session 1				
1	Female	9 years & over	200m	Freestyle
2	Open/Male	9 years & over	200m	Freestyle
3	Female	9 years & over	50m	Breaststroke
4	Open/Male	9 years & over	50m	Breaststroke
5	Female	9 years & over	100m	Backstroke
6	Open/Male	9 years & over	100m	Backstroke
7	Female	9 years & over	50m	Butterfly
8	Open/Male	9 years & over	50m	Butterfly
9	Female	9 years & over	200m	Breaststroke

Session 2				
10	Open/Male	9 years & over	200m	Breaststroke
11	Female	9 years & over	100m	Butterfly
12	Open/Male	9 years & over	100m	Butterfly
13	Female	9 years & over	50m	Backstroke
14	Open/Male	9 years & over	50m	Backstroke
15	Female	9 years & over	100m	Freestyle
16	Open/Male	9 years & over	100m	Freestyle
17	Female	9 years & over	200m	Butterfly
18	Open/Male	9 years & over	200m	Butterfly

Session 3				
19	Female	9 years & over	50m	Freestyle
20	Open/Male	9 years & over	50m	Freestyle
21	Female	9 years & over	100m	Individual Medley
22	Open/Male	9 years & over	100m	Individual Medley
23	Female	9 years & over	200m	Backstroke
24	Open/Male	9 years & over	200m	Backstroke
25	Female	9 years & over	100m	Breaststroke
26	Open/Male	9 years & over	100m	Breaststroke

Age at Day - Promoters Conditions Apply