



VANESSA KNIGHT MEET 2024

Sunday 26th May

PROGRAMME OF EVENTS

Affiliated to Swim England
South East
www.aruntridents.co.uk

SESSION 1 WARM UP 8.30AM START 9.30AM

					B Time	C Time
Event 1	Female	9-10	50m	Freestyle	41.0	44.0
	Female	11	50m	Freestyle	38.0	41.0
2	Male/Open	12	50m	Backstroke	40.0	43.0
	Male/Open	13	50m	Backstroke	38.0	41.0
	Male/Open	14+	50m	Backstroke	37.0	40.0
3	Female	9-10	50m	Breaststroke	54.0	57.0
	Female	11	50m	Breaststroke	50.0	53.0
4	Male/Open	12	50m	Freestyle	35.0	38.0
	Male/Open	13	50m	Freestyle	34.0	37.0
	Male/Open	14+	50m	Freestyle	32.0	35.0
5	Female	9-10	50m	Butterfly	47.0	50.0
	Female	11	50m	Butterfly	44.0	47.0
6	Male/Open	12	50m	Breaststroke	46.0	49.0
	Male/Open	13	50m	Breaststroke	43.0	46.0
	Male/Open	14+	50m	Breaststroke	40.0	43.0
7	Female	9-10	50m	Backstroke	47.0	50.0
	Female	11	50m	Backstroke	45.0	48.0
8	Male/Open	12	50m	Butterfly	41.0	44.0
	Male/Open	13	50m	Butterfly	38.0	41.0
	Male/Open	14+	50m	Butterfly	36.0	39.0
9	Female	9-10	4x25m	IM	1.40.0	1.43.0
	Female	11	4x25m	IM	1.32.0	1.35.0
10	Male/Open	12	4x25m	IM	1.25.0	1.28.0
	Male/Open	13	4x25m	IM	1.20.0	1.23.0
	Male/Open	14+	4x25m	IM	1.15.0	1.18.0



VANESSA KNIGHT MEET 2024

Sunday 26th May

PROGRAMME OF EVENTS

Affiliated to Swim England
South East
www.aruntridents.co.uk

SESSION 2 WARM UP TBC START TBC

Event					B Time	C Time
11	Male/Open	9-10	50m	Freestyle	41.0	44.0
	Male/Open	11	50m	Freestyle	38.0	41.0
12	Female	12	50m	Backstroke	41.0	44.0
	Female	13	50m	Backstroke	40.0	43.0
	Female	14+	50m	Backstroke	39.0	42.0
13	Male/Open	9-10	50m	Breaststroke	54.0	57.0
	Male/Open	11	50m	Breaststroke	51.0	54.0
14	Female	12	50m	Freestyle	37.0	40.0
	Female	13	50m	Freestyle	36.0	39.0
	Female	14+	50m	Freestyle	35.0	38.0
15	Male/Open	9-10	50m	Butterfly	47.0	50.0
	Male/Open	11	50m	Butterfly	43.0	46.0
16	Female	12	50m	Breaststroke	45.0	48.0
	Female	13	50m	Breaststroke	44.0	47.0
	Female	14+	50m	Breaststroke	43.0	46.0
17	Male/Open	9-10	50m	Backstroke	47.0	50.0
	Male/Open	11	50m	Backstroke	45.0	48.0
18	Female	12	50m	Butterfly	41.0	44.0
	Female	13	50m	Butterfly	39.0	42.0
	Female	14+	50m	Butterfly	38.0	41.0
19	Male/Open	9-10	4x25m	IM	1.41.0	1.44.0
	Male/Open	11	4x25m	IM	1.34.0	1.37.0
20	Female	12	4x25m	IM	1.25.0	1.28.0
	Female	13	4x25m	IM	1.22.0	1.25.0
	Female	14+	4x25m	IM	1.19.0	1.22.0

Age at Day - Promoters Conditions Apply