



HEMEL HEMPSTEAD SWIMMING CLUB

Affiliated to Swim England East Region

1ST OPEN MASTERS WINTER MEET

SATURDAY 15TH FEBRUARY 2025

Everyone Active Leisure Centre, Park Road, Hemel Hempstead HP1 1JS

PROGRAMME OF EVENTS

SESSION 1

Register by: **1:45 pm**

Warmup: **1:45 pm**

Start: **2:30 pm**

<i>Event #</i>	<i>Category</i>	<i>Distance</i>	<i>Stroke</i>
1	Mixed	200m	Individual Medley
2	Open / Male	50m	Freestyle
3	Female	50m	Freestyle
4	Mixed	100m	Butterfly
5	Open / Male	50m	Backstroke
6	Female	50m	Backstroke
7	Mixed	100m	Breaststroke

SESSION 2

Register by: **5:15 pm***

Warmup: **5:15 pm***

Start: **6:00 pm***

<i>Event #</i>	<i>Category</i>	<i>Distance</i>	<i>Stroke</i>
8	Mixed	200m	Freestyle
9	Open / Male	50m	Butterfly
10	Female	50m	Butterfly
11	Mixed	100m	Backstroke
12	Mixed	100m	Individual Medley
13	Open / Male	50m	Breaststroke
14	Female	50m	Breaststroke
15	Mixed	100m	Freestyle

*Please note timings for session 2 are provisional and will be confirmed after all entries have been processed. 'No time entries' will be accepted. The meet is expected to finish by 8:30 pm.

The pool is 25m with 6 lanes and anti-wave ropes, starting blocks with track starts and backstroke ledges will be used. It is planned that AOE will be used.

Entries by 19th January 2025. Final details will be provided in the Information for Competitors document which will be posted at hhsc.org.uk by 26th January 2025.

Swum Under Swim England Laws & Technical Rules