

**SUSSEX COUNTY**  
**AMATEUR SWIMMING ASSOCIATION**  
*(Founded 1895)*



**Sussex Senior Age Group and Masters Championships 2024**

Under Swim England Laws and Regulations and World Aquatics Technical Rules of Swimming

**Sunday 8<sup>th</sup> September 2024**

**Pavilions in the Park, Hurst Rd, Horsham RH12 2DF**

**Programme of Events**

**Session 1 Warm Up 9:00 Start 09:45 - (15 minutes for women, 15 minutes for men)**

101 Mixed 4x50m Medley relay (120+ yrs)	111 Female 25m Butterfly
102 Mixed 4x50m Medley relay (200+ yrs)	112 Male/Open 25m Butterfly
103 Female 100m Freestyle	113 Female 25m Freestyle
104 Male/Open 100m Freestyle	114 Male/Open 25m Freestyle
105 Female 50m Backstroke	115 Female 100m Butterfly
106 Male/Open 50m Backstroke	116 Male/Open 100m Butterfly
107 Female 100m Individual Medley	117 Mixed 4x50m Medley relay (74+ yrs)
108 Male/Open 100m Individual Medley	118 Mixed 4x50m Medley relay (160+ yrs)
109 Female 50m Breaststroke	119 Mixed 4x50m Medley relay (240+ yrs)
110 Male/Open 50m Breaststroke	120 Mixed 400m Freestyle

**Session 2 Warm Up 13.00 Start 13:30 - (15 minutes for women, 15 minutes for men)**

201 Mixed 4x50m Freestyle relay (120+ yrs)	211 Female 200m Individual Medley
202 Mixed 4x50m Freestyle relay (200+ yrs)	212 Male/Open 200m Individual Medley
203 Female 200m Freestyle	213 Female 50m Freestyle
204 Male/Open 200m Freestyle	214 Male/Open 50m Freestyle
205 Female 100m Breaststroke	215 Female 25m Backstroke
206 Male/Open 100m Breaststroke	216 Male/Open 25m Backstroke
207 Female 100m Backstroke	217 Female 25m Breaststroke
208 Male/Open 100m Backstroke	218 Male/Open 25m Breaststroke
209 Female 50m Butterfly	219 Mixed 4x50m Freestyle relay (74+ yrs)
210 Male/Open 50m Butterfly	220 Mixed 4x50m Freestyle relay (160+ yrs)
	221 Mixed 4x50m Freestyle relay (240+ yrs)
	222 Fun Squadron Relay 8x50m (320+ yrs)