



Leicester Penguins Swimming Club

(Affiliated to Swim England East Midland Region & Leicestershire & Rutland ASA)

PROGRAMME OF EVENTS

EVENT

101 OPEN/MALE
102 GIRLS
103 OPEN/MALE
104 GIRLS
105 OPEN/MALE
106 GIRLS
107 OPEN/MALE

SESSION 1

400m Freestyle
50m Freestyle
100m Butterfly
200m Breaststroke
100m Backstroke
50m Butterfly
100M Breaststroke

EVENT

208 GIRLS
209 OPEN/MALE
210 GIRLS
211 OPEN/MALE
212 GIRLS
213 OPEN/MALE
214 GIRLS
215 OPEN/MALE

SESSION 2

200m Freestyle
50m Breaststroke
100m Freestyle
200m Butterfly
50m Backstroke
200m Backstroke
100m Individual Medley
200m Individual Medley

EVENT

316 GIRLS
317 OPEN/MALE
318 GIRLS
319 OPEN/MALE
320 GIRLS
321 OPEN/MALE
322 GIRLS

SESSION 3

400M Freestyle
50m Freestyle
100m Butterfly
200m Breaststroke
100m Backstroke
50m Butterfly
100m Breaststroke

EVENT

423 OPEN/MALE
424 GIRLS
425 OPEN/MALE
426 GIRLS
427 OPEN/MALE
428 GIRLS
429 OPEN/MALE
430 GIRLS

SESSION 4

200m Freestyle
50m Breaststroke
100m Freestyle
200m Butterfly
50m Backstroke
200m Backstroke
100m Individual Medley
200m Individual Medley

Session Timings

SATURDAY 4th October 2025

SESSION 1 WARM UP 13:20 START 14:20
SESSION 2 WARM UP *TBC* START *TBC*

SUNDAY 5th October 2025

SESSION 3 WARM UP 13:20 START 14:20
SESSION 4 WARM UP *TBC* START *TBC*