



Leicester Penguins Swimming Club

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

PROGRAMME OF EVENTS

EVENT

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

SESSION 1

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

EVENT

208 FEMALE
209 OPEN/MALE
210 FEMALE
211 OPEN/MALE
212 FEMALE
213 OPEN/MALE
214 FEMALE
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 FEMALE
317 OPEN/MALE
318 FEMALE
319 OPEN/MALE
320 FEMALE
321 OPEN/MALE
322 FEMALE

SESSION 3

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

EVENT

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

SESSION 4

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

Session Timings

SATURDAY 3rd October 2026

SESSION 1	WARM UP 13:20	START 14:20
SESSION 2	WARM UP <i>TBC</i>	START <i>TBC</i>

SUNDAY 4th October 2026

SESSION 3	WARM UP 13:20	START 14:20
SESSION 4	WARM UP <i>TBC</i>	START <i>TBC</i>