



Leicester Penguins Swimming Club

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

PROGRAMME OF EVENTS

EVENT

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

SESSION 1

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

EVENT

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

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/BOYS
318 GIRLS
319 OPEN/BOYS
320 GIRLS
321 OPEN/BOYS
322 GIRLS

SESSION 3

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

EVENT

423 OPEN/BOYS
424 GIRLS
425 OPEN/BOYS
426 GIRLS
427 OPEN/BOYS
428 GIRLS
429 OPEN/BOYS
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 5th October 2024

SESSION 1 WARM UP 13:00 START 14:00
SESSION 2 WARM UP *TBC* START *TBC*

SUNDAY 6th October 2024

SESSION 3 WARM UP 13:00 START 14:00
SESSION 4 WARM UP *TBC* START *TBC*