

THE 2019 LEICESTER PENGUINS OPEN MEET

Saturday 5th & Sunday 6th October 2019

PROGRAMME OF EVENTS

<u>EVENT</u>	<u>SESSION 1</u> <u>w/u 08:30</u> <u>Start 09:30</u>
1 MIXED (2 X Girls & 2 X Boys one from each age group)	4 x 50m Medley Relay (1 x heat only to first 8 clubs entering a team)
2 BOYS	400m Freestyle
3 GIRLS	50m Freestyle
4 BOYS	100m Butterfly
5 GIRLS	200m Breaststroke
6 BOYS	100m Backstroke
7 GIRLS	50m Butterfly
8 BOYS	100M Breaststroke

Girls Skins Competition

<u>EVENT</u>	<u>SESSION 2</u> <u>TBA</u>
9 GIRLS	100m Individual Medley
10 BOYS	50m Breaststroke
11 GIRLS	100m Freestyle
12 BOYS	200m Butterfly
13 GIRLS	50m Backstroke
14 BOYS	200m Backstroke
15 GIRLS	200m Freestyle
16 BOYS	200m Individual Medley

<u>EVENT</u>	<u>SESSION 3</u> <u>w/u 08:30</u> <u>Start 09:30</u>
17 GIRLS	400M Freestyle
18 BOYS	50m Freestyle
19 GIRLS	100m Butterfly
20 BOYS	200m Breaststroke
21 GIRLS	100m Backstroke
22 BOYS	50m Butterfly
23 GIRLS	100m Breaststroke

Boys Skins Competition

<u>EVENT</u>	<u>SESSION 4</u> <u>TBA</u>
24 BOYS	100m Individual Medley
25 GIRLS	50m Breaststroke
26 BOYS	100m Freestyle
27 GIRLS	200m Butterfly
28 BOYS	50m Backstroke
29 GIRLS	200m Backstroke
30 BOYS	200m Freestyle
31 GIRLS	200m Individual Medley

Session Timings

SATURDAY 5th OCTOBER 2019

SESSION 1 WARM UP 8.30am START 9.30am SESSION LENGTH 3.25 hours
SESSION 2 WARM UP TBC SESSION LENGTH 3 hours

SUNDAY 6th OCTOBER 2019

SESSION 3 WARM UP 8.30am START 9.30am

SESSION 4 WARM UP *TBC*

SESSION LENGTH 3.25 hours

SESSION LENGTH 3.25 hours