

THE 2018 LEICESTER PENGUINS OPEN MEET
Saturday 6th & Sunday 7th October 2018

PROGRAMME OF EVENTS

<u>EVENT</u>		<u>SESSION 1</u>	<u>w/u 08:30</u>	<u>Start 09:30</u>
1	BOYS	400m	Freestyle	
2	GIRLS	50m	Freestyle	
3	BOYS	100m	Butterfly	
4	GIRLS	200m	Breaststroke	
5	BOYS	100m	Backstroke	
6	GIRLS	50m	Butterfly	
7	BOYS	100M	Breaststroke	

Girls Skins Competition

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

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

Boys Skins Competition

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

Session Timings

SATURDAY 6th OCTOBER

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

SUNDAY 7th OCTOBER

SESSION 3	WARM UP 8.30am	START 9.30am	SESSION LENGTH 3.25 hours
SESSION 4	WARM UP TBC		SESSION LENGTH 3.25 hours