

LEICESTER AND RUTLAND AGE GROUP CHAMPIONSHIPS 2025

Event	Session 1 - Hinckley - 25/01/2025
101	400m Ind Medley Open/Male
102	100m Breaststroke Female
103*	800m Mixed 5 slowest heats
	Interval 15 mins
104-110	100m Breaststroke Female 7 Finals

Event	Session 2 - Hinckley - 25/01/2025
111	50m Backstroke Open/Male
112	200m Butterfly Female
113	200m Freestyle Open/Male
	Interval 15 mins
114-120	50m Backstroke Open/Male 7 Finals

Event	Session 3 - Hinckley - 26/01/2025
201	400m Ind Medley Female
202	100m Breaststroke Open/Male
103*	800m Mixed 5 fastest heats
	Interval 15 mins
203-209	100m Breaststroke Open/Male 7 Finals

Event	Session 4 - Hinckley - 26/01/2025
210	50m Backstroke Female
211	200m Butterfly Open/Male
212	200m Freestyle Female
	Interval 15 mins
213-219	50m Backstroke Female 7 Finals

Event	Session 5 - Braunstone - 01/02/2025
301	200m Breaststroke Female
302	100m Backstroke Open/Male
303	50m Freestyle Female.
304	50m Butterfly Open/Male
	Interval 15 mins
305-311	100m Backstroke Open/Male 7 Finals
312-318	50m Freestyle Female 7 Finals.
319-325	50m Butterfly Open/Male 7 Finals

Event	Session 6 - Braunstone - 01/02/2025
326	100m Ind Medley Open/Male
327*	1500m Mixed 3 slowest heats
	Interval 15 mins
328-334	100m Ind Medley Open/Male 7 Finals

Event	Session 7 - Braunstone - 02/02/2025
401	200m Breaststroke Open/Male
402	100m Backstroke Female
403	50m Freestyle Open/Male
404	50m Butterfly Female
	Interval 15 mins
405-411	100m Backstroke Female 7 Finals
412-418	50m Freestyle Open/Male 7 Finals
419-425	50m Butterfly Female 7 Finals

Event	Session 8 - Braunstone - 02/02/2025
426	100m Ind Medley Female
327*	1500m Mixed 3 fastest heats
	Interval 15 mins
427-433	100m Ind Medley Female 7 Finals

Event	Session 9 - Braunstone - 08/02/2025
501	200m Backstroke Open/Male
502	200m Ind Medley Female
503	100m Freestyle Open/Male
	Interval 15 mins
504-510	100m Freestyle Open/Male 7 Finals

Event	Session 10 - Braunstone - 08/02/2025
511	400m Freestyle Open/Male
512	50m Breaststroke Female
513	100m Butterfly Open/Male
	Interval 15 mins
514-520	50m Breaststroke Female 7 Finals
521-527	100m Butterfly Open/Male 7 Finals

Event	Session 11 - Braunstone - 09/02/2025
601	200m Backstroke Female
602	200m Ind Medley Open/Male
603	100m Freestyle Female
	Interval 15 mins
604-610	100m Freestyle Female 7 Finals

Event	Session 12 - Braunstone - 09/02/2025
611	400m Freestyle Female
612	50m Breaststroke Open/Male
613	100m Butterfly Female
	Interval 15 mins
614-620	50m Breaststroke Open/Male 7 Finals
621-627	100m Butterfly Female 7 Finals

All warm up commence daily at 13.00 except for session 3 which commences at 12.00
These times are advisory at this stage in the procedure

Age groups for finals are 10/11, 12, 13, 14, 15, 16/17 and 18+ years as at 31/12/2025