

LEICESTER AND RUTLAND AGE GROUP CHAMPIONSHIPS 2026

Event	Session 1 - Hinckley LC - 24/01/26
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 LC - 24/01/26
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 LC - 25/01/26
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 LC - 25/01/26
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 LC- 31/01/26
301	100m Backstroke Open/Male
302	50m Freestyle Female
303	50m Butterfly Open/Male
304	200m Breaststroke Female
	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 LC- 31/01/26
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 LC- 01/02/26
402	50m Freestyle Open/Male
401	100m Backstroke Female
404	200m Breaststroke Open/Male
403	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 LC- 01/02/26
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 LC- 07/02/26
501	100m Freestyle Open/Male
502	200m Ind Medley Female
503	200m Backstroke Open/Male
	Interval 15 mins
504-510	100m Freestyle Open/Male 7 Finals

Event	Session 10 - Braunstone LC- 07/02/26
511	100m Butterfly Open/Male
512	50m Breaststroke Female
513	400m Freestyle Open/Male
	Interval 15 mins
514-520	50m Breaststroke Female 7 Finals
521-527	100m Butterfly Open/Male 7 Finals

Event	Session 11 - Braunstone LC- 08/02/26
601	100m Freestyle Female
602	200m Ind Medley Open/Male
603	200m Backstroke Female
	Interval 15 mins
604-610	100m Freestyle Female 7 Finals

Event	Session 12 - Braunstone LC- 08/02/26
611	100m Butterfly Female
612	50m Breaststroke Open/Male
613	400m Freestyle Female
	Interval 15 mins
614-620	50m Breaststroke Open/Male 7 Finals
621-627	100m Butterfly Female 7 Finals

All warm ups will commence at tba

Age groups for finals are 10/11, 12, 13, 14, 15, 16/17 and 18+ years as at 31/12/26

PLEASE NOTE: CHANGE TO SWIM ORDER IN SESSION 7 - To accommodate all entries and manage poolside load effectively, the swim order for Session 7 has been adjusted. This change is necessary to ensure the session runs safely and smoothly. Thank you for your understanding and cooperation.