



7Oaks Swimming Club “Sprint into Spring Development Meet” 2026

16th May 2026 - Sevenoaks Leisure Centre

License number: 4SE260243

7Oaks Swimming Club

“Sprint into Spring Development Meet 2026”

LEVEL 4

PROGRAMME

SESSION ONE	
Access to the Leisure Centre from TBC (est. c 10.45am) Warm Up – TBC (will be split into 3 x 15min blocks) Racing to commence – TBC Estimated end of session – TBC	
101	50m Backstroke – Licensed
102	25m Freestyle
103	50m Breaststroke - Licensed
104	25m Butterfly
105	100m Individual Medley (IM) - Licensed

SESSION TWO	
Warm Up – TBC (will be split into 3 x 15min blocks) Racing to commence – TBC Estimated end of session – TBC (est. 6pm)	
106	25m Backstroke
107	50m Freestyle - Licensed
108	25m Breaststroke
109	50m Butterfly - Licensed
110	100m Freestyle - Licensed