



7Oaks Swimming Club "Schools out For Santa" 2025
13th – 14th DECEMBER 2025 – SEVENOAKS LEISURE CENTRE
LICENSE NO. 3SE251986

7Oaks Swimming Club
SCHOOLS OUT FOR SANTA 2025
LEVEL 3
PROGRAMME

SATURDAY 13TH DECEMBER 2025

SESSION 1

Warm Up – 10.45am - 11.30am
Racing to commence - 11.45am
Estimated end of session - 2.30pm

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|-----|--------------------------|
| 101 | Female 400m IM |
| 102 | Male/Open 200m Butterfly |
| 103 | Female 200m Backstroke |
| 104 | Male/Open 50m Fly |
| 105 | Female 100m Breaststroke |
| 106 | Male/Open 50m Backstroke |
| 107 | Female 100 Freestyle |

SUNDAY 14TH DECEMBER 2025

SESSION 3

Warm Up – 8am - 8.45am
Racing to commence – 9am
Estimated end of session – 12noon

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|-----|--------------------------|
| 301 | Male/Open 200m IM |
| 302 | Female 200m Breaststroke |
| 303 | Male/Open 200m Freestyle |
| 304 | Female 50m Freestyle |
| 305 | Male/Open 100m Back |
| 306 | Female 50m Breaststroke |
| 307 | Male/Open 100m Fly |

SESSION 2

Warm Up - 2.45pm - 3.30pm
Racing to commence - 3.45pm
Estimated end of session - 6.15pm

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|-----|-----------------------------|
| 201 | Male/Open 400m IM |
| 202 | Female 200m Butterfly |
| 203 | Male/Open 200m Backstroke |
| 204 | Female 50m Fly |
| 205 | Male/Open 100m Breaststroke |
| 206 | Female 50m Backstroke |
| 207 | Male/Open 100 Freestyle |

SESSION 4

Warm Up – 12.45 - 1.30
Racing to commence - 1.45pm
Estimated end of session - 4.30pm

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|-----|-----------------------------|
| 401 | Female 200m IM |
| 402 | Male/Open 200m Breaststroke |
| 403 | Female 200m Freestyle |
| 404 | Male/Open 50m Freestyle |
| 405 | Female 100m Back |
| 406 | Male/Open 50m Breaststroke |
| 407 | Female 100m Fly |