



7Oaks Swimming Club "Schools out For Summer" 2026
4th-5th July 2026 – SEVENOAKS LEISURE CENTRE
LICENSE NO. 3SE261012

7Oaks Swimming Club
SCHOOLS OUT FOR SUMMER 2026
LEVEL 3
PROGRAMME

SATURDAY 4TH JULY 2026	
SESSION 1	
Warm Up – TBC	
Racing to commence TBC	
Estimated end of session TBC	
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 5TH JULY 2026	
SESSION 3	
Warm Up – TBC	
Racing to commence – TBC	
Estimated end of session – TBC	
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 - TBC	
Racing to commence TBC	
Estimated end of session TBC	
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 – TBC	
Racing to commence TBC	
Estimated end of session TBC	
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