



# SEPTEMBER SIZZLER 2025

Sunday 28<sup>th</sup> September

## PROGRAMME OF EVENTS

Affiliated to Swim England  
South East

[www.aruntridents.co.uk](http://www.aruntridents.co.uk)

### Session 1: Warm up 8am – Start TBC

|     |           |                |      |              |
|-----|-----------|----------------|------|--------------|
| 101 | Female    | 9 years & over | 200m | Freestyle    |
| 102 | Open/Male | 9 years & over | 200m | Freestyle    |
| 103 | Female    | 9 years & over | 50m  | Breaststroke |
| 104 | Open/Male | 9 years & over | 50m  | Breaststroke |
| 105 | Female    | 9 years & over | 100m | Backstroke   |
| 106 | Open/Male | 9 years & over | 100m | Backstroke   |
| 107 | Female    | 9 years & over | 50m  | Butterfly    |
| 108 | Open/Male | 9 years & over | 50m  | Butterfly    |
| 109 | Female    | 9 years & over | 200m | Breaststroke |

### Session 2: Warm up TBC – Start TBC

|     |           |                |      |              |
|-----|-----------|----------------|------|--------------|
| 201 | Open/Male | 9 years & over | 200m | Breaststroke |
| 202 | Female    | 9 years & over | 100m | Butterfly    |
| 203 | Open/Male | 9 years & over | 100m | Butterfly    |
| 204 | Female    | 9 years & over | 50m  | Backstroke   |
| 205 | Open/Male | 9 years & over | 50m  | Backstroke   |
| 206 | Female    | 9 years & over | 100m | Freestyle    |
| 207 | Open/Male | 9 years & over | 100m | Freestyle    |
| 208 | Female    | 9 years & over | 200m | Butterfly    |
| 209 | Open/Male | 9 years & over | 200m | Butterfly    |

### Session 3: Warm up TBC – Start TBC

|     |           |                |      |                   |
|-----|-----------|----------------|------|-------------------|
| 301 | Female    | 9 years & over | 50m  | Freestyle         |
| 302 | Open/Male | 9 years & over | 50m  | Freestyle         |
| 303 | Female    | 9 years & over | 100m | Individual Medley |
| 304 | Open/Male | 9 years & over | 100m | Individual Medley |
| 305 | Female    | 9 years & over | 200m | Backstroke        |
| 306 | Open/Male | 9 years & over | 200m | Backstroke        |
| 307 | Female    | 9 years & over | 100m | Breaststroke      |
| 308 | Open/Male | 9 years & over | 100m | Breaststroke      |

Age at Day - Promoters Conditions Apply