

2026 OAS Swimming Sports Programme Year 4-13

Time	Event
<p>9:15am - 11:00am</p> <p>Year 7- 8 Non Competitive</p>	<p>Year 7- 8 Non Competitive 25m Length Races</p> <ul style="list-style-type: none"> ● Freestyle 1 length ● Backstroke 1 length ● Breaststroke 1 length <p>Year 7- 8 Non Competitive Width Races</p> <ul style="list-style-type: none"> ● 2x widths on front with kickboard/noodle ● 2x widths on back with kickboard/noodle ● Freestyle 1 widths ● Backstroke 1 widths
<p>11:00am - 1:00pm</p> <p>Year 4 - 6 Non Competitive</p>	<p>Year 4 - 6 Non Competitive Width Races (main pool)</p> <ul style="list-style-type: none"> ● 2x widths on front with kickboard/noodle ● 2x widths on back with kickboard/noodle ● Freestyle 1 widths ● Backstroke 1 widths <p>Year 4-6 Non Competitive Small pool Events</p> <ul style="list-style-type: none"> ● Run to the end of the pool (Length) ● Swim 1 length Freestyle (Length) ● Swim under the ropes (width) ● Swim 1 length with noodle/kickboard
<p>1:00pm - 2:00pm</p> <p>Year 5-13 Competitive</p>	<p>Year 5-13 Competitive 50m Races</p> <ul style="list-style-type: none"> ● Freestyle 2 lengths ● Backstroke 2 lengths ● Breaststroke 2 lengths ● Butterfly 2 length Open ● Medley (back, breast, free) ● Year 7-8 House Relay