



Devonport Royal Summer Sizzler

Plymouth Life Centre July 11th – 12th 2026



Programme of Events

Saturday 11th July 2026

Session 1

Warm up 12:30 – Start TBA

Female		Open/Male	
1	200m Breaststroke	2	200m Individual Medley
3	100m Freestyle	4	100m Backstroke
5	200m Backstroke	6	50m Freestyle
7	50m Butterfly	8	400m Freestyle

Session 2

TBA

Female		Open/Male	
9	400m Individual Medley	10	100m Individual Medley
11	100m Breaststroke	12	100m Butterfly
13	200m Butterfly	14	50m Breaststroke
15	50m Backstroke	16	200m Freestyle

Sunday 12th July 2026

Session 3

Warm up 12:15 Start TBA

Open/Male		Female	
17	200m Breaststroke	18	200m Individual Medley
19	100m Freestyle	20	100m Backstroke
21	200m Backstroke	22	50m Freestyle
23	50m Butterfly	24	400m Freestyle

Session 4

TBA

Open/Male		Female	
25	400m Individual Medley	26	100m Individual Medley
27	100m Breaststroke	28	100m Butterfly
29	200m Butterfly	30	50m Breaststroke
31	50m Backstroke	32	200m Freestyle