Autumn L2 Meet 21st & 22nd November 2026

Under Swim England Regulations & Technical Rules

Note:- Sessions will **START** at the times indicated. Subsequent event start times are ESTIMATES.

Session - ONE

Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds

WARMUP 7:45 AM – 8:45 AM; POOL PREP 8:45 AM - 8:59 AM

Event	Gender	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	200 IM	Heats	75	10	09:00	00:33	00:33
102	B	50 Fl	Heats	62	8	09:33	00:08	00:42
103	M	1500 Fr	Heats	27	4	09:42	01:23	02:05
104	B	100 IM	Heats	48	6	11:05	00:11	02:16
105	G	100 Br	Heats	64	8	11:16	00:16	02:31

Estimated Session Finish Time 11:10 (1500m 3 heats) **Break/Swim down 11:10 – 11:50 Lunch@11:30**

Session – TWO

Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds

WARMUP 11:50 – 12:30 ; 12:30 START ESTIMATED

Event	Gender	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	B	400 Fr	Heats	42	6	12:30	00:34	00:34
202	G	100 Fl	Heats	67	9	13:04	00:16	00:49
203	B	200 Br	Heats	40	5	13:19	00:17	01:07
204	G	50 Fr	Heats	176	22	13:37	00:23	01:29
205	B	100 Ba	Heats	55	7	13:59	00:16	01:45
206	G	200 Ba	Heats	69	9	14:15	00:34	02:19

Estimated Session Finish Time 14:45 **Break/Swim down 14:45- 15:00**

Session – THREE

Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds

Warmup 15:00– 15:40 ; 15:45 START ESTIMATED

Event	Gender	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	B	200 Fr	Heats	72	9	15:45	00:25	00:25
302	G	400 IM	Heats	20	3	16:10	00:19	00:45
303	B	50 Ba	Heats	57	8	16:30	00:13	00:57
304	G	50 Br	Heats	80	10	16:42	00:12	01:09
305	B	200 Fl	Heats	11	2	16:54	00:06	01:15
306	G	100 Fr	Heats	128	16	17:00	00:26	01:41

Estimated Session Finish Time 17:25 followed by **30 MINUTE SWIM DOWN TIME**

Meet Timings as reported at 14:00 25/10/2026

Autumn L2 Meet 21st & 22nd November 2026

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Note:- Sessions will **START** at the times indicated. Subsequent event start times are ESTIMATES.

Session – FOUR

Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds

WARMUP 7:45 AM – 8:45 AM

Event	Gender	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	200 IM	Heats	64	8	09:00	00:25	00:25
402	G	50 Fl	Heats	96	12	09:25	00:13	00:38
403	M	800 Fr	Heats	59	8	09:38	01:29	02:07
404	G	100 IM	Heats	76	10	11:07	00:18	02:25
405	B	100 Br	Heats	60	8	11:25	00:15	02:41

Estimated Session Finish Time 11:30 (800m 7 heats) **BREAK 11:30 – 12:10; Lunch @11:50**

Session - FIVE

Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds

WARMUP 12:10 – 12:50 ; 12:55 START ESTIMATED

Event	Gender	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	G	400 Fr	Heats	65	9	12:55	00:51	00:51
502	B	100 Fl	Heats	48	6	13:46	00:10	01:01
503	G	200 Br	Heats	56	7	13:56	00:25	01:26
504	B	50 Fr	Heats	123	16	14:21	00:16	01:42
505	G	100 Ba	Heats	86	11	14:37	00:25	02:07
506	B	200 Ba	Heats	41	6	15:02	00:22	02:30

Estimated Session Finish Time 15:15 **Break/Swim down 15:15 – 15:30**

Session - SIX

Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds

WARMUP 15:30 – 16:10 ; 16:15 START ESTIMATED

Event	Gender	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	G	200 Fr	Heats	98	13	04:15	00:39	00:39
602	B	400 IM	Heats	20	3	04:54	00:18	00:57
603	G	50 Ba	Heats	81	11	05:12	00:18	01:15
604	B	50 Br	Heats	68	9	05:30	00:10	01:25
605	G	200 Fl	Heats	19	3	05:40	00:10	01:35
606	B	100 Fr	Heats	93	12	05:50	00:19	01:54

Estimated Session Finish Time 18:00 followed by **30 MINUTE SWIM DOWN TIME**

Meet Timings as reported at 14:00 25/10/2026