

Sprints Meets 2026

Under Swim England Regulations & Technical Rules

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

13 and over Heats								
Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP STARTS 08:00 AM ; 08:40 AM POOL PREP; 08:45AM START								
Event	Gender	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	G	50 Fl	Heats	107	14	08:45	00:19	00:19
102	B	50 Fl	Heats	88	11	09:04	00:14	00:32
103	G	50 Fr	Heats	130	17	09:17	00:21	00:53
104	B	50 Fr	Heats	103	13	09:38	00:15	01:08
105	G	50 Br	Heats	111	14	09:53	00:20	01:28
106	B	50 Br	Heats	90	12	10:13	00:16	01:44
107	G	50 Ba	Heats	108	14	10:29	00:23	02:08
108	B	50 Ba	Heats	82	11	10:53	00:18	02:25
Estimated Session Finish Time (after withdrawals) 11:00								
BREAK FOR SKINS PREPARATION 11:00-11:15								
11:15-12:15 SKINS								
12:15 – 13:00 BREAK FOR LUNCH & POOL CHANGEOVER								

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12 and Under Heats								
Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 13:00 – 13:40; START 13:45								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	50 Ba	Heats	168	21	01:45	00:38	00:38
102	B	50 Ba	Heats	109	14	02:23	00:25	01:03
103	G	50 Br	Heats	174	22	02:48	00:35	01:39
104	B	50 Br	Heats	102	13	03:24	00:21	01:59
BREAK FOR OFFICIALS								
105	G	50 Fr	Heats	187	24	04:00	00:33	02:32
106	B	50 Fr	Heats	121	16	04:33	00:22	02:54
107	G	50 Fl	Heats	133	17	04:55	00:26	03:20
108	B	50 Fl	Heats	83	11	05:21	00:17	03:37
Estimated Session Finish Time 17:30 (after withdrawals)								
BREAK FOR IM FINALS PREPARATION 17:30 – 17:45								
IM FINALS 17:45 – 18:15								

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