

Graham Sykes Level 3 Meet 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 STARTS 7:45 AM ; 8:45 AM POOL PREP; 9:00 AM START								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	200 IM	Heats	123	16	09:00	01:01	01:01
102	B	50 Fl	Heats	91	12	10:01	00:15	01:15
103	G	100 Fr	Heats	184	23	10:15	00:44	02:00
104	B	200 Ba	Heats	53	7	11:00	00:30	02:30
105	G	100 Br	Heats	161	21	11:30	00:49	03:19
Estimated Session Finish Time 12:19								
(APPROX) 12:15 NOON BREAK FOR LUNCH; WARMUP 12:45 – 1:25; START ESTIMATED 1:30 PM								
Session - TWO								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 12:45 – 13:25; START 13:30								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	B	400 Fr	Heats	46	6	01:30	00:41	00:41
202	G	100 Fl	Heats	66	9	02:11	00:20	01:01
203	B	200 Br	Heats	33	5	02:31	00:23	01:24
204	G	50 Fr	Heats	205	26	02:54	00:34	01:58
205	B	100 Ba	Heats	83	11	03:28	00:29	02:27
Estimated Session Finish Time 15:57								
Session – THREE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 16:00 – 16:40 ; START 16:45								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	B	200 Fr	Heats	74	10	04:45	00:36	00:36
302	G	400 IM	Heats	19	3	05:21	00:21	00:57
303	B	50 Ba	Heats	95	12	05:42	00:21	01:18
304	G	50 Br	Heats	119	15	06:03	00:23	01:41
305	B	200 Fl	Heats	9	2	06:26	00:08	01:49
Estimated Session Finish Time 18:34								

Meet Timings as reported at 11:51am 06/06/2026

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Session – FOUR								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP STARTS 7:45 AM ; 8:45 AM POOL PREP; 9:00 AM START								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	200 IM	Heats	79	10	09:00	00:41	00:41
402	G	50 Fl	Heats	112	14	09:41	00:20	01:00
403	B	100 Fr	Heats	123	16	10:00	00:32	01:33
404	G	200 Ba	Heats	65	9	10:33	00:38	02:11
405	B	100 Br	Heats	88	11	11:11	00:27	02:38
Estimated Session Finish Time 11:38								
11:45 BREAK FOR LUNCH (APPROX) 12:15 – 12:50 WARMUP ; START ESTIMATED 1:15 PM								
Session - FIVE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP STARTS 12:15; START 13:15								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	G	400 Fr	Heats	65	9	01:15	01:02	01:02
502	B	100 Fl	Heats	53	7	02:17	00:15	01:17
503	G	200 Br	Heats	58	8	02:32	00:36	01:53
504	B	50 Fr	Heats	138	18	03:08	00:23	02:16
505	G	100 Ba	Heats	108	14	03:31	00:36	02:52
Estimated Session Finish Time 16:07								
Session - SIX								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 16:00 – 16:40(Estimate previous session will finish sooner)								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	G	200 Fr	Heats	96	12	04:45	00:44	00:44
602	B	400 IM	Heats	13	2	05:29	00:15	00:59
603	G	50 Ba	Heats	117	15	05:44	00:26	01:25
604	B	50 Br	Heats	85	11	06:10	00:17	01:41
605	G	200 Fl	Heats	11	2	06:26	00:08	01:50
Estimated Session Finish Time 18:35								