

John Hughes Meet 21st & 22nd March 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								
07:45 WARMUP ; 08:45 POOL PREP; 09:00 START								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	400 IM	Heats	16	2	09:00	00:14	00:14
102	B	100 Br	Heats	62	8	09:14	00:17	00:32
103	G	200 Ba	Heats	54	7	09:32	00:29	01:01
104	B	200 Fr	Heats	74	10	10:01	00:32	01:33
105	G	50 Fl	Heats	100	13	10:33	00:16	01:49
Estimated Session Finish Time 10:49								
BREAK (LUNCH); WARMUP 11:15 ; 12:00 START								
Session - TWO								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	B	400 Fr	Heats	34	5	12:00	00:31	00:31
202	G	100 Fl	Heats	57	8	12:31	00:16	00:47
203	B	200 Br	Heats	39	5	12:47	00:20	01:07
204	G	100 Ba	Heats	122	16	13:07	00:41	01:48
205	B	50 Fr	Heats	124	16	13:48	00:17	02:06
206	G	100 IM	Heats	61	8	14:06	00:19	02:24
Estimated Session Finish Time 14:24								
Session - THREE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 14:30; 15:00 START								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	G	200 Fl	Heats	19	3	03:00	00:12	00:12
302	B	200 IM	Heats	59	8	03:12	00:30	00:42
303	G	50 Ba	Heats	133	17	03:42	00:30	01:12
304	B	50 Br	Heats	80	10	04:12	00:13	01:25
305	G	100 Fr	Heats	149	19	04:25	00:36	02:01
Estimated Session Finish Time 17:00								

Meet Timings as reported at 01/03/2026

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Session - FOUR								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
07:45 WARMUP ; 08:45 POOL PREP; 09:00 START								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	400 IM	Heats	12	2	09:00	00:13	00:13
402	G	100 Br	Heats	115	15	09:13	00:34	00:47
403	B	200 Ba	Heats	31	4	09:47	00:17	01:04
404	G	200 Fr	Heats	98	13	10:04	00:44	01:49
405	B	50 Fl	Heats	84	11	10:49	00:13	02:02
Estimated Session Finish Time 11:00								
BREAK (LUNCH); 11:30 WARMUP ; 12:15 START								
Session - FIVE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	G	400 Fr	Heats	69	9	12:15	00:57	00:57
502	B	100 Fl	Heats	60	8	13:12	00:16	01:13
503	G	200 Br	Heats	72	9	13:28	00:37	01:51
504	B	100 Ba	Heats	87	11	14:06	00:28	02:18
505	G	50 Fr	Heats	203	26	14:33	00:30	02:48
506	B	100 IM	Heats	42	6	15:03	00:16	03:04
Estimated Session Finish Time 15:20								
Session - SIX								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 15:30; 16:00 START								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	B	200 Fl	Heats	15	2	04:00	00:07	00:07
602	G	200 IM	Heats	101	13	04:07	00:49	00:56
603	B	50 Ba	Heats	99	13	04:56	00:23	01:18
604	G	50 Br	Heats	150	19	05:18	00:26	01:44
605	B	100 Fr	Heats	105	14	05:44	00:25	02:10
Estimated Session Finish Time 18:00								

Meet Timings as reported at 01/03/2026