

May L1 NQ Meet 8th – 10th May 2026

Under Swim England Regulations & Technical Rules

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

Saturday Session - Two								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 08:15 – 08:45; POOL PREP 08:45 - 08:59; START 09:00								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	G	200 IM	Heats	39	5	09:00	00:17	00:17
202	B	50 Fl	Heats	23	3	09:17	00:04	00:20
203	Y	1500 Fr	Heats	29	4	09:20	01:17	01:37
204	B	200 Ba	Heats	29	4	10:37	00:14	01:52
Estimated Session Finish Time 10:52 SWIM DOWN until 11:15; LUNCH 11:15 - 11:45								
Saturday Session - Three								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 11:45 – 12:25 ; 12:30 START ESTIMATED								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	B	400 IM	Heats	12	2	12:30	00:12	00:12
302	G	100 Fl	Heats	35	5	12:42	00:10	00:22
303	B	50 Fr	Heats	33	5	12:52	00:06	00:27
304	G	100 Ba	Heats	39	5	12:57	00:11	00:38
305	B	100 Br	Heats	28	4	13:08	00:08	00:46
Estimated Session Finish Time 13:16 SWIM DOWN Until 13:30								
Saturday Session - Four								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 13:30 – 14:10 ; START ESTIMATED 14:15								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	400 Fr	Heats	17	3	02:15	00:16	00:16
402	G	400 Fr	Heats	29	4	02:31	00:22	00:38
403	B	50 Ba	Heats	20	3	02:53	00:05	00:43
404	G	50 Br	Heats	30	4	02:58	00:05	00:48
405	B	200 Fl	Heats	22	3	03:03	00:10	00:58
Estimated Session Finish Time 15:13 followed by 30 MINUTE SWIM DOWN TIME								

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Sunday Session - Five								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 08:15 – 08:45; START 09:00								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	B	200 IM	Heats	27	4	09:00	00:13	00:13
502	G	50 Fl	Heats	33	5	09:13	00:06	00:19
503	Y	800 Fr	Heats	40	5	09:19	00:53	01:13
504	G	200 Ba	Heats	35	5	10:13	00:18	01:31
Estimated Session Finish Time 10:31 SWIM DOWN until 10:55; LUNCH 11:00 – 11:30								
Sunday Session - Six								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 11:00 – 11:40; 11:45 START ESTIMATED								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	G	400 IM	Heats	21	3	11:45	00:19	00:19
602	B	100 Fl	Heats	29	4	12:04	00:07	00:26
603	G	50 Fr	Heats	43	6	12:11	00:07	00:33
604	B	100 Ba	Heats	26	4	12:18	00:09	00:42
605	G	100 Br	Heats	43	6	12:27	00:12	00:54
Estimated Session Finish Time 12:39 Swim DOWN until 13:00								
Sunday Session - Seven								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 13:00 - 13:40; 13:45 START ESTIMATED								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
701	G	200 Fr	Heats	48	6	01:45	00:18	00:18
702	B	200 Fr	Heats	36	5	02:03	00:15	00:33
703	G	50 Ba	Heats	26	4	02:18	00:06	00:39
704	B	50 Br	Heats	16	2	02:24	00:02	00:42
705	G	200 Fl	Heats	20	3	02:27	00:10	00:52
Estimated Session Finish Time 14:37 followed by 30 MINUTE SWIM DOWN TIME								