

Swim England South East Long Course - AGE GROUP Championships 2026 Programme of Events

K2 - Crawley, RH11 9BQ

Saturday 25/04/2026

Session 1 - HDW		
08:30		Warmup
09:00	101	HDW F 400m FC
	102	HDW M 1500m FC
11:36		Estimated end

Session 2 - Heats & Finals		
12:00		Warmup
13:05	103	Heats F 200m IM
	104	Heats M 50 FC
	105	Heats F 200m Fly
	106	Heats M 100m Fly
		Warmup
	103	Finals F 200m IM
	104	Finals M 50 FC
	105	Final F 200m Fly
	106	Finals M 100m Fly
16:01		Estimated end

Session 3 - Heats & Finals		
16:20		Warmup
17:15	107	Heats F 50 Fly
	108	Heats M 200m Fly
	109	Heats F 100m FC
		Warmup
	107	Finals F 50 Fly
	108	Finals M 200m Fly
	109	Finals F 100m FC
19:26		Estimated end

Sunday 26/04/2026

Session 4 - HDW		
08:30		Warmup
09:00	201	HDW M 400m FC
	202	HDW F 1500m FC
11:36		Estimated end

Session 5 - Heats & Finals		
12:00		Warmup
13:05	203	Heats M 200m IM
	204	Heats F 50 FC
	205	Heats M 200m FC
	206	Heats F 100m Fly
		Warmup
	203	Finals M 200m IM
	204	Finals F 50FC
	205	Finals M 200m FC
	206	Finals F 100m Fly
15:55		Estimated end

Session 6 - Heats & Finals		
16:20		Warmup
17:15	207	Heats M 50m Fly
	208	Heats F 200m FC
	209	Heats M 100m FC
		Warmup
	207	Finals M 50m Fly
	208	Finals F 200m FC
	209	Final M 100m FC
19:24		Estimated end

Winchester Sport & Leisure Park, SO23 9NR

Saturday 09/05/2026

Session 17 - HDW		
08:30		Warmup
09:00	701	HDW F 400m IM
	702	HDW M 800m FC
10:53		Estimated end

Session 18 - Heats & Finals		
11:15		Warmup
12:10	703	Heats M 50m BC
	704	Heats F 200m Brst
	705	Heats M 100m Brst
		Warmup
	703	Finals M 50m BC
	704	Finals F 200m Brst
	705	Finals M 100m Brst
14:32		Estimated end

Session 19 - Heats & Finals		
14:50		Warmup
15:45	706	Heats F 50m Brst
	707	Heats M 200m BC
	708	Heats F 100m BC
		Warmup
	706	Finals F 50m Brst
	707	Finals M 200m BC
	708	Final F 100m BC
18:14		Estimated end

Sunday 10/05/2026

Session 20 - HDW		
08:30		Warmup
09:00	801	HDW M 400m IM
	802	HDW F 800M FC
10:53		Estimated end

Session 21 - Heats & Finals		
11:15		Warmup
12:10	803	Heats F 50m BC
	804	Heats M 200m Brst
	805	Heats F 100m Brst
		Warmup
	803	Finals F 50m BC
	804	Final M 200m Brst
	805	Finals F 100m Brst
14:32		Estimated end

Session 22 - Heats & Finals		
14:50		Warmup
15:45	806	Heats M 50 Brst
	807	Heats F 200m BC
	808	Heats M 100m BC
		Warmup
	806	Finals M 50 Brst
	807	Finals F 200m BC
	808	Finals M 100m BC
18:04		Estimated end

Note - Session start times are different on Weekend 1 and 2