L1 Spring Open Meet
14th & 15th March 2026
Licence No. – 1SE260339

RACE SCHEDULE

Saturday – 14th March 2026

Session 1 – Warm-up 8:00 for 9:00 Start (TBC)

Event 101 Male/Open	400m Freestyle	HDW
Event 102 Female	200m Freestyle	HEATS
Event 103 Male/Open	200m Breaststroke	HEATS
Event 104 Female	100m Backstroke	HEATS
Event 105 Male/Open	100m Freestyle	HEATS
Event 106 Female	50m Butterfly	HEATS
Event 107 Male/Open	50m Backstroke	HEATS
15 minute break (Distance warm-up)		
Event 108 Female	1500m Freestyle	HDW
15 minute break (Finals warm-up)		
Event 109 Female	200m Freestyle (Ages 10 – 14)	FINAL
Event 110 Female	200m Freestyle (Ages 15 & Over)	FINAL
Event 111 Male/Open	200m Breaststroke (Ages 10 – 14)	FINAL
Event 112 Male/Open	200m Breaststroke (Ages 15 & Over)	FINAL
Event 113 Female	100m Backstroke (Ages 10 – 14)	FINAL
Event 114 Female	100m Backstroke (Ages 15 & Over)	FINAL
Event 115 Male/Open	100m Freestyle (Ages 10 – 14)	FINAL
Event 116 Male/Open	100m Freestyle (Ages 15 & Over)	FINAL
Event 117 Female	50m Butterfly (Ages 10 – 14)	FINAL
Event 118 Female	50m Butterfly (Ages 15 & Over)	FINAL
Event 119 Male/Open	50m Backstroke (Ages 10 – 14)	FINAL
Event 120 Male/Open	50m Backstroke (Ages 15 & Over)	FINAL

Session 2 – Warm-up 14:00 for 15:00 Start (TBC)

Event 201 Male/Open	400m IM	HDW
Event 202 Female	200m Butterfly	HEATS
Event 203 Male/Open	200m Backstroke	HEATS
Event 204 Female	100m Breaststroke	HEATS
Event 205 Male/Open	100m Butterfly	HEATS
Event 206 Female	50m Freestyle	HEATS
Event 207 Male/Open	50m Breaststroke	HEATS
Event 208 Female	200m IM	HEATS
15 minute break (Distance warm-up)		
Event 209 Male/Open	800m Freestyle	HDW
15 minute break (Finals warm-up)		
Event 210 Female	200m Butterfly (Ages 10 – 14)	FINAL
Event 211 Female	200m Butterfly (Ages 15 & Over)	FINAL
Event 212 Male/Open	200m Backstroke (Ages 10 – 14)	FINAL
Event 213 Male/Open	200m Backstroke (Ages 15 & Over)	FINAL
Event 214 Female	100m Breaststroke (Ages 10 – 14)	FINAL
Event 215 Female	100m Breaststroke (Ages 15 & Over)	FINAL
Event 216 Male/Open	100m Butterfly (Ages 10 – 14)	FINAL
Event 217 Male/Open	100m Butterfly (Ages 15 & Over)	FINAL
Event 218 Female	50m Freestyle (Ages 10 – 14)	FINAL
Event 219 Female	50m Freestyle (Ages 15 & Over)	FINAL
Event 220 Male/Open	50m Breaststroke (Ages 10 – 14)	FINAL
Event 221 Male/Open	50m Breaststroke (Ages 15 & Over)	FINAL
Event 222 Female	200m IM (Ages 10 – 14)	FINAL
Event 223 Female	200m IM (Ages 15 & Over)	FINAL

Sunday – 15th March 2026

Session 3 – Warm-up 9:00 for 10:00 Start (TBC)

Event 301 Female	400m Freestyle	HDW
Event 302 Male/Open	200m Freestyle	HEATS
Event 303 Female	200m Breaststroke	HEATS
Event 304 Male/Open	100m Backstroke	HEATS
Event 305 Female	100m Freestyle	HEATS
Event 306 Male/Open	50m Butterfly	HEATS
Event 307 Female	50m Backstroke	HEATS
15 minute break (Distance warm-up)		
Event 308 Male/Open	1500m Freestyle	HDW
15 minute break (Finals warm-up)		
Event 309 Male/Open	200m Freestyle (Ages 10 – 14)	FINAL
Event 310 Male/Open	200m Freestyle (Ages 15 & Over)	FINAL
Event 311 Female	200m Breaststroke (Ages 10 – 14)	FINAL
Event 312 Female	200m Breaststroke (Ages 15 & Over)	FINAL
Event 313 Male/Open	100m Backstroke (Ages 10 – 14)	FINAL
Event 314 Male/Open	100m Backstroke (Ages 15 & Over)	FINAL
Event 315 Female	100m Freestyle (Ages 10 – 14)	FINAL
Event 316 Female	100m Freestyle (Ages 15 & Over)	FINAL
Event 317 Male/Open	50m Butterfly (Ages 10 – 14)	FINAL
Event 318 Male/Open	50m Butterfly (Ages 15 & Over)	FINAL
Event 319 Female	50m Backstroke (Ages 10 – 14)	FINAL
Event 320 Female	50m Backstroke (Ages 15 & Over)	FINAL

Session 4 – Warm-up 14:00 for 15:00 Start (TBC)

Event 401 Female	400m IM	HDW
Event 402 Male/Open	200m Butterfly	HEATS
Event 403 Female	200m Backstroke	HEATS
Event 404 Male/Open	100m Breaststroke	HEATS
Event 405 Female	100m Butterfly	HEATS
Event 406 Male/Open	50m Freestyle	HEATS
Event 407 Female	50m Breaststroke	HEATS
Event 408 Male/Open	200m IM	HEATS
15 minute break (Distance warm-up)		
Event 408 Female	800m Freestyle	HDW
15 minute break (Finals warm-up)		
Event 410 Male/Open	200m Butterfly (Ages 10 – 14)	FINAL
Event 411 Male/Open	200m Butterfly (Ages 15 & Over)	FINAL
Event 412 Female	200m Backstroke (Ages 10 – 14)	FINAL
Event 413 Female	200m Backstroke (Ages 15 & Over)	FINAL
Event 414 Male/Open	100m Breaststroke (Ages 10 – 14)	FINAL
Event 415 Male/Open	100m Breaststroke (Ages 15 & Over)	FINAL
Event 416 Female	100m Butterfly (Ages 10 – 14)	FINAL
Event 417 Female	100m Butterfly (Ages 15 & Over)	FINAL
Event 418 Male/Open	50m Freestyle (Ages 10 – 14)	FINAL
Event 419 Male/Open	50m Freestyle (Ages 15 & Over)	FINAL
Event 420 Female	50m Breaststroke (Ages 10 – 14)	FINAL
Event 421 Female	50m Breaststroke (Ages 15 & Over)	FINAL
Event 422 Male/Open	200m IM (Ages 10 – 14)	FINAL
Event 423 Male/Open	200m IM (Ages 15 & Over)	FINAL