



L4 Rising Stars Meet

30th May 2026
Licence No. – 4SE261192

MEET PROGRAMME

Saturday
30th May 2026

Session 1

Warm-up 14:30 for 15:05 Start

Event 101 Male/Open	200m Freestyle	HDW
Event 102 Female	200m Freestyle	HDW
Event 103 Male/Open	100m IM	HDW
Event 104 Female	100m IM	HDW
Event 105 Male/Open	50m Backstroke	HDW
Event 106 Female	50m Backstroke	HDW
Event 107 Male/Open	100m Breaststroke	HDW
Event 108 Female	100m Breaststroke	HDW

Estimated finish time 16:50

Session 2

Warm-up 17:00 for 17:35 Start

Event 201 Male/Open	50m Butterfly	HDW
Event 202 Female	50m Butterfly	HDW
Event 203 Male/Open	100m Freestyle	HDW
Event 204 Female	100m Freestyle	HDW
Event 205 Male/Open	50m Breaststroke	HDW
Event 206 Female	50m Breaststroke	HDW
Event 207 Male/Open	100m Backstroke	HDW
Event 208 Female	100m Backstroke	HDW
Event 209 Male/Open	50m Freestyle	HDW
Event 210 Female	50m Freestyle	HDW

Estimated finish time 19:30