

Regional Long Course Championships 2026 PROVISIONAL TIME LINES

The timings below are provisional based on the original entries for the meet. These are for guidance only. Once a session has started, it will run at its own pace and will not wait for missing swimmers.

If you are aware of any withdrawals, we do ask that you let us know using the online withdrawal form **up to 6pm** the day before the swim so we can make the withdrawal correctly and therefore reducing the number of empty lanes. Failure to notify us of a withdrawal from the 800m/1500m Freestyle events will result in a £20 fine, issued to the club of representation.

Withdrawals from finals need to be made at the withdrawals desk, no later than the time specified in the pre-meet pack. Failure to withdraw from a final before the given deadlines will result in a £20 fine issues to the club of representation. This includes reserves.

Saturday 25th April, Moorways Sports Village, Derby

Session - 1 - 1EM260791				Warm Up: 08:00		Start: 09:00		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	L	200 Fl	Heats	90	9	09:00	00:32	00:32
102	M	50 Br	Heats	104	11	09:32	00:14	00:46
COMFORT BREAK - inc Warm Up/Swim Down						09:46	00:20	01:06
103	L	1500 Fr	Heats	29	3	10:06	01:02	02:08
104	M	200 Ba	Heats	97	10	11:08	00:35	02:43
105	L	50 Fr	Heats	96	10	11:43	00:12	02:55

Estimated Session Finish Time 11:55

Session - 2 - 1EM260791				Warm Up: 12:30		Start: 13:30		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
106	M	100 Fr	Heats	114	12	13:30	00:20	00:20
107	L	100 Br	Heats	115	12	13:50	00:25	00:45
108	M	400 MT	Heats	24	3	14:15	00:15	01:00
109	L	400 FT	Heats	16	2	14:30	00:10	01:10

Estimated Session Finish Time 14:40



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Session - 3 - 1EM260791

Event	Sex	Stroke/Distance	Type	Warm Up: Competitors	15:15 Heats	Start: Start	15:45 Total	Cumulative
110 (102)	M	50 Br	Final			15:45	00:02	00:02
111 (102)	M	50 Br	Final			15:47	00:02	00:04
112 (102)	M	50 Br	Final			15:49	00:02	00:06
113 (102)	M	50 Br	Final			15:51	00:02	00:08
114 (102)	M	50 Br	Final			15:53	00:02	00:10
115 (102)	M	50 Br	Final			15:55	00:02	00:12
116 (105)	L	50 Fr	Final			15:57	00:02	00:14
117 (105)	L	50 Fr	Final			15:59	00:02	00:16
118 (105)	L	50 Fr	Final			16:01	00:02	00:18
119 (105)	L	50 Fr	Final			16:03	00:02	00:20
120 (105)	L	50 Fr	Final			16:05	00:02	00:22
121 (105)	L	50 Fr	Final			16:07	00:02	00:24
122 (104)	M	200 Ba	Final			16:09	00:04	00:28
123 (104)	M	200 Ba	Final			16:13	00:04	00:32
124 (104)	M	200 Ba	Final			16:17	00:04	00:36
125 (104)	M	200 Ba	Final			16:21	00:04	00:40
126 (104)	M	200 Ba	Final			16:25	00:04	00:44
127 (104)	M	200 Ba	Final			16:29	00:04	00:48
128 (101)	L	200 Fl	Final			16:33	00:04	00:52
129 (101)	L	200 Fl	Final			16:37	00:04	00:56
130 (101)	L	200 Fl	Final			16:41	00:04	01:00
131 (101)	L	200 Fl	Final			16:45	00:04	01:04
132 (101)	L	200 Fl	Final			16:49	00:04	01:08
133 (101)	L	200 Fl	Final			16:53	00:04	01:12
134 (106)	M	100 Fr	Final			16:57	00:02	01:14
135 (106)	M	100 Fr	Final			16:59	00:02	01:16
136 (106)	M	100 Fr	Final			17:01	00:02	01:18
137 (106)	M	100 Fr	Final			17:03	00:02	01:20
138 (106)	M	100 Fr	Final			17:05	00:02	01:22
139 (106)	M	100 Fr	Final			17:07	00:02	01:24
140 (107)	L	100 Br	Final			17:09	00:03	01:27
141 (107)	L	100 Br	Final			17:12	00:03	01:30
142 (107)	L	100 Br	Final			17:15	00:03	01:33
143 (107)	L	100 Br	Final			17:18	00:03	01:36
144 (107)	L	100 Br	Final			17:21	00:03	01:39
145 (107)	L	100 Br	Final			17:24	00:03	01:42

Estimated Session Finish Time 17:27

Regional Long Course Championships 2026 PROVISIONAL TIME LINES

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If you are aware of any withdrawals, we do ask that you let us know using the online withdrawal form **up to 6pm** the day before the swim so we can make the withdrawal correctly and therefore reducing the number of empty lanes. Failure to notify us of a withdrawal from the 800m/1500m Freestyle events will result in a £20 fine, issued to the club of representation.

Withdrawals from finals need to be made at the withdrawals desk, no later than the time specified in the pre-meet pack. Failure to withdraw from a final before the given deadlines will result in a £20 fine issues to the club of representation. This includes reserves.

Sunday 26th April, Moorways Sports Village, Derby

Session - 4 - 1EM260791				Warm Up: 08:00		Start: 09:00		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
201	M	200 Fr	Heats	98	10	09:00	00:33	00:33
202	L	50 Br	Heats	108	11	09:33	00:14	00:47
COMFORT BREAK - inc Warm Up/Swim Down						09:47	00:20	01:07
203	M	1500 Fr	Heats	15	2	10:07	00:40	01:47
204	L	200 Ba	Heats	124	13	10:47	00:47	02:34
205	M	50 Fr	Heats	97	10	11:34	00:11	02:45
Estimated Session Finish Time 11:45								

Session - 5 - 1EM260791				Warm Up: 12:30		Start: 13:30		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
206	L	100 Fr	Heats	102	11	13:30	00:19	00:19
207	M	100 Br	Heats	115	12	13:49	00:24	00:43
208	L	400 MT	Heats	19	2	14:13	00:11	00:54
209	M	400 FT	Heats	25	3	14:24	00:14	01:08
Estimated Session Finish Time 14:43								



Swim England

East Midlands



Regional Long Course Championships 2026
PROVISIONAL TIME LINES

Session - 6 - 1EM260791

Event	Sex	Stroke/Distance	Type	Warm Up: Competitors	15:15 Heats	Start: Start	15:45 Total	Cumulative
210 (202)	L	50 Br	Final			15:45	00:02	00:02
211 (202)	L	50 Br	Final			15:47	00:02	00:04
212 (202)	L	50 Br	Final			15:49	00:02	00:06
213 (202)	L	50 Br	Final			15:51	00:02	00:08
214 (202)	L	50 Br	Final			15:53	00:02	00:10
215 (202)	L	50 Br	Final			15:55	00:02	00:12
216 (205)	M	50 Fr	Final			15:57	00:02	00:14
217 (205)	M	50 Fr	Final			15:59	00:02	00:16
218 (205)	M	50 Fr	Final			16:01	00:02	00:18
219 (205)	M	50 Fr	Final			16:03	00:02	00:20
220 (205)	M	50 Fr	Final			16:05	00:02	00:22
221 (205)	M	50 Fr	Final			16:07	00:02	00:24
222 (204)	L	200 Ba	Final			16:09	00:04	00:28
223 (204)	L	200 Ba	Final			16:13	00:04	00:32
224 (204)	L	200 Ba	Final			16:17	00:04	00:36
225 (204)	L	200 Ba	Final			16:21	00:04	00:40
226 (204)	L	200 Ba	Final			16:25	00:04	00:44
227 (204)	L	200 Ba	Final			16:29	00:04	00:48
228 (201)	M	200 Fl	Final			16:33	00:04	00:52
229 (201)	M	200 Fl	Final			16:37	00:04	00:56
230 (201)	M	200 Fl	Final			16:41	00:04	01:00
231 (201)	M	200 Fl	Final			16:45	00:04	01:04
232 (201)	M	200 Fl	Final			16:49	00:04	01:08
233 (201)	M	200 Fl	Final			16:53	00:04	01:12
234 (206)	L	100 Fr	Final			16:57	00:02	01:14
235 (206)	L	100 Fr	Final			16:59	00:02	01:16
236 (206)	L	100 Fr	Final			17:01	00:02	01:18
237 (206)	L	100 Fr	Final			17:03	00:02	01:20
238 (206)	L	100 Fr	Final			17:05	00:02	01:22
239 (206)	L	100 Fr	Final			17:07	00:02	01:24
240 (207)	M	100 Br	Final			17:09	00:03	01:27
241 (207)	M	100 Br	Final			17:12	00:03	01:30
242 (207)	M	100 Br	Final			17:15	00:03	01:33
243 (207)	M	100 Br	Final			17:18	00:03	01:36
244 (207)	M	100 Br	Final			17:21	00:03	01:39
245 (207)	M	100 Br	Final			17:24	00:03	01:42

Estimated Session Finish Time 17:27

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If you are aware of any withdrawals, we do ask that you let us know using the online withdrawal form **up to 6pm** the day before the swim so we can make the withdrawal correctly and therefore reducing the number of empty lanes. Failure to notify us of a withdrawal from the 800m/1500m Freestyle events will result in a £20 fine, issued to the club of representation.

Withdrawals from finals need to be made at the withdrawals desk, no later than the time specified in the pre-meet pack. Failure to withdraw from a final before the given deadlines will result in a £20 fine issues to the club of representation. This includes reserves.

Saturday 2nd May, Corby, East Midlands International Pool

Session - 7 - 1EM260792				Warm Up: 08:00		Start: 09:00		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
301	M	400 Fr	Heats	91	12	09:00	01:05	01:05
302	L	100 Ba	Heats	126	16	10:05	00:36	01:41
303	M	200 Br	Heats	114	15	10:41	00:54	02:35
Estimated Session Finish Time 11:35								

Session - 8 - 1EM260792				Warm Up: 12:00		Start: 13:00		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
304	L	200 Fr	Heats	92	12	13:00	00:36	00:36
305	M	100 FI	Heats	114	15	13:36	00:27	01:03
306	L	400 IM	Heats	93	12	14:03	01:16	02:19
Estimated Session Finish Time 15:19								

Regional Long Course Championships 2026
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Session - 9 - 1EM260792

				Warm Up:	16:00			Start:	16:30
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative	
307 (301) M		400 Fr	Final			16:30	00:06	00:06	
308 (301) M		400 Fr	Final			16:36	00:06	00:12	
309 (302) L		100 Ba	Final			16:42	00:03	00:15	
310 (302) L		100 Ba	Final			16:45	00:03	00:18	
311 (302) L		100 Ba	Final			16:48	00:03	00:21	
312 (302) L		100 Ba	Final			16:51	00:03	00:24	
313 (302) L		100 Ba	Final			16:54	00:03	00:27	
314 (302) L		100 Ba	Final			16:57	00:03	00:30	
315 (303) M		200 Br	Final			17:00	00:04	00:34	
316 (303) M		200 Br	Final			17:04	00:04	00:38	
317 (303) M		200 Br	Final			17:08	00:04	00:42	
318 (303) M		200 Br	Final			17:12	00:04	00:46	
319 (303) M		200 Br	Final			17:16	00:04	00:50	
320 (303) M		200 Br	Final			17:20	00:04	00:54	
321 (304) L		200 Fr	Final			17:24	00:04	00:58	
322 (304) L		200 Fr	Final			17:28	00:04	01:02	
323 (304) L		200 Fr	Final			17:32	00:04	01:06	
324 (304) L		200 Fr	Final			17:36	00:04	01:10	
325 (304) L		200 Fr	Final			17:40	00:04	01:14	
326 (304) L		200 Fr	Final			17:44	00:04	01:18	
327 (305) M		100 Fl	Final			17:48	00:02	01:20	
328 (305) M		100 Fl	Final			17:50	00:02	01:22	
329 (305) M		100 Fl	Final			17:52	00:02	01:24	
330 (305) M		100 Fl	Final			17:54	00:02	01:26	
331 (305) M		100 Fl	Final			17:56	00:02	01:28	
332 (305) M		100 Fl	Final			17:58	00:02	01:30	
333 (306) L		400 IM	Final			18:00	00:07	01:37	
334 (306) L		400 IM	Final			18:07	00:07	01:44	

Estimated Session Finish Time 18:14

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Sunday 3rd May, Corby, East Midlands International Pool

Session - 10 - 1EM260792				Warm Up: 08:00		Start: 09:00		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
401	L	400 Fr	Heats	111	14	09:00	01:20	01:20
402	M	100 Ba	Heats	130	17	10:20	00:37	01:57
403	L	200 Br	Heats	100	13	10:57	00:48	02:45
Estimated Session Finish Time 11:45								

Session - 11 - 1EM260792				Warm Up: 12:30		Start: 13:30		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
404	M	200 Fr	Heats	109	14	13:30	00:41	00:41
405	L	100 FI	Heats	114	15	14:11	00:28	01:09
406	M	400 IM	Heats	99	13	14:39	01:20	02:29
Estimated Session Finish Time 15:59								

Regional Long Course Championships 2026
PROVISIONAL TIME LINES
Session - 12 - 1EM260792

				Warm Up:	16:30			Start:	17:00
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative	
407 (401) L		400 Fr	Final			17:00	00:06	00:06	
408 (401) L		400 Fr	Final			17:06	00:06	00:12	
409 (402) M		100 Ba	Final			17:12	00:02	00:14	
410 (402) M		100 Ba	Final			17:14	00:02	00:16	
411 (402) M		100 Ba	Final			17:16	00:02	00:18	
412 (402) M		100 Ba	Final			17:18	00:02	00:20	
413 (402) M		100 Ba	Final			17:20	00:02	00:22	
414 (402) M		100 Ba	Final			17:22	00:02	00:24	
415 (403) L		200 Br	Final			17:24	00:04	00:28	
416 (403) L		200 Br	Final			17:28	00:04	00:32	
417 (403) L		200 Br	Final			17:32	00:04	00:36	
418 (403) L		200 Br	Final			17:36	00:04	00:40	
419 (403) L		200 Br	Final			17:40	00:04	00:44	
420 (403) L		200 Br	Final			17:44	00:04	00:48	
421 (404) M		200 Fr	Final			17:48	00:03	00:51	
422 (404) M		200 Fr	Final			17:51	00:03	00:54	
423 (404) M		200 Fr	Final			17:54	00:03	00:57	
424 (404) M		200 Fr	Final			17:57	00:03	01:00	
425 (404) M		200 Fr	Final			18:00	00:03	01:03	
426 (404) M		200 Fr	Final			18:03	00:03	01:06	
427 (405) L		100 Fl	Final			18:06	00:03	01:09	
428 (405) L		100 Fl	Final			18:09	00:03	01:12	
429 (405) L		100 Fl	Final			18:12	00:03	01:15	
430 (405) L		100 Fl	Final			18:15	00:03	01:18	
431 (405) L		100 Fl	Final			18:18	00:03	01:21	
432 (405) L		100 Fl	Final			18:21	00:03	01:24	
433 (406) M		400 IM	Final			18:24	00:06	01:30	
434 (406) M		400 IM	Final			18:30	00:06	01:36	

Estimated Session Finish Time 18:36

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Monday 4th May, Corby, East Midlands International Pool

Session - 13 - 1EM260792				Warm Up: 08:00		Start: 09:00		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
501	M	50 FI	Heats	92	12	09:00	00:14	00:14
502	L	200 IM	Heats	123	16	09:14	00:54	01:08
503	M	50 Ba	Heats	125	16	10:08	00:25	01:33
504	L	800 Fr	Heats	40	5	10:33	00:54	02:27

Estimated Session Finish Time 11:27

Session - 14 - 1EM260792				Warm Up: 12:00		Start: 13:00		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
505	L	50 FI	Heats	107	14	13:00	00:17	00:17
506	M	200 IM	Heats	126	16	13:17	00:51	01:08
507	L	50 Ba	Heats	115	15	14:08	00:24	01:32
508	M	800 Fr	Heats	38	5	14:32	00:52	02:24

Estimated Session Finish Time 15:24

**Regional Long Course Championships 2026
PROVISIONAL TIME LINES**

Session - 15 - 1EM260792				Warm Up: 16:00		Start: 16:30		
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
509 (503) M		50 Ba	Final			16:30	00:02	00:02
510 (503) M		50 Ba	Final			16:32	00:02	00:04
511 (503) M		50 Ba	Final			16:34	00:02	00:06
512 (503) M		50 Ba	Final			16:36	00:02	00:08
513 (503) M		50 Ba	Final			16:38	00:02	00:10
514 (503) M		50 Ba	Final			16:40	00:02	00:12
515 (502) L		200 IM	Final			16:42	00:04	00:16
516 (502) L		200 IM	Final			16:46	00:04	00:20
517 (502) L		200 IM	Final			16:50	00:04	00:24
518 (502) L		200 IM	Final			16:54	00:04	00:28
519 (502) L		200 IM	Final			16:58	00:04	00:32
520 (502) L		200 IM	Final			17:02	00:04	00:36
521 (501) M		50 FI	Final			17:06	00:02	00:38
522 (501) M		50 FI	Final			17:08	00:02	00:40
523 (501) M		50 FI	Final			17:10	00:02	00:42
524 (501) M		50 FI	Final			17:12	00:02	00:44
525 (501) M		50 FI	Final			17:14	00:02	00:46
526 (501) M		50 FI	Final			17:16	00:02	00:48
527 (507) L		50 Ba	Final			17:18	00:02	00:50
528 (507) L		50 Ba	Final			17:20	00:02	00:52
529 (507) L		50 Ba	Final			17:22	00:02	00:54
530 (507) L		50 Ba	Final			17:24	00:02	00:56
531 (507) L		50 Ba	Final			17:26	00:02	00:58
532 (507) L		50 Ba	Final			17:28	00:02	01:00
533 (506) M		200 IM	Final			17:30	00:04	01:04
534 (506) M		200 IM	Final			17:34	00:04	01:08
535 (506) M		200 IM	Final			17:38	00:04	01:12
536 (506) M		200 IM	Final			17:42	00:04	01:16
537 (506) M		200 IM	Final			17:46	00:04	01:20
538 (506) M		200 IM	Final			17:50	00:04	01:24
539 (505) L		50 FI	Final			17:54	00:02	01:26
540 (505) L		50 FI	Final			17:56	00:02	01:28
541 (505) L		50 FI	Final			17:58	00:02	01:30
542 (505) L		50 FI	Final			18:00	00:02	01:32
543 (505) L		50 FI	Final			18:02	00:02	01:34
544 (505) L		50 FI	Final			18:04	00:02	01:36
545	M	800 FT	Heats	9	2	18:06	00:18	01:54
546	L	800 FT	Heats	8	1	18:24	00:11	02:05

Estimated Session Finish Time 18:35