



Speedo Open Meet 2026

Level 3, Long Course

Programme Of Events

SATURDAY 3 RD JANUARY		
SESSION 1		
Warm up: TBC		Start: TBC
101	Open/Male	400 Freestyle
102	Female	200 Backstroke
103	Open/Male	100 Freestyle
104	Female	50 Butterfly
105	Open/Male	100 Breaststroke

SUNDAY 4 TH JANUARY		
SESSION 4		
Warm up: TBC		Start: TBC
401	Female	400 Freestyle
402	Open/Male	200 Backstroke
403	Female	100 Freestyle
404	Open/Male	50 Butterfly
405	Female	100 Breaststroke

SESSION 2		
Warm up: TBC		Start: TBC
201	Mixed	800 Freestyle
202	Open/Male	50 Breaststroke
203	Female	100 Butterfly
204	Open/Male	100 Backstroke
205	Female	200 IM

SESSION 5		
Warm up: TBC		Start: TBC
501	Mixed	1500 Freestyle
502	Female	50 Breaststroke
503	Open/Male	100 Butterfly
504	Female	100 Backstroke
505	Open/Male	200 IM

SESSION 3		
Warm up: TBC		Start: TBC
301	Open/Male	400 IM
302	Female	200 Butterfly
303	Open/Male	50 Backstroke
304	Female	200 Freestyle
305	Open/Male	50 Freestyle
306	Female	200 Breaststroke

SESSION 6		
Warm up: TBC		Start: TBC
601	Female	400 IM
602	Open/Male	200 Butterfly
603	Female	50 Backstroke
604	Open/Male	200 Freestyle
605	Female	50 Freestyle
606	Open/Male	200 Breaststroke