



Speedo Open Meet 2026

Level 3, Long Course

Programme Of Events

(updated 03.12.25)

SATURDAY 3RD JANUARY

SESSION 1

Warm up: 7:30am

Start: 8:20am

101	Open/Male	400 Freestyle
102	Female	200 Backstroke
103	Open/Male	100 Freestyle
104	Female	50 Butterfly
105	Open/Male	100 Breaststroke

SUNDAY 4TH JANUARY

SESSION 4

Warm up: 7:30am

Start: 8:20am

401	Female	400 Freestyle
402	Open/Male	200 Backstroke
403	Female	100 Freestyle
404	Open/Male	50 Butterfly
405	Female	100 Breaststroke
406	Open/Male	1500 Freestyle

SESSION 2

Warm up: 11:00am

Start: 11:50am

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: 11:20am

Start: 12:10pm

501	Female	1500 Freestyle
502	Female	50 Breaststroke
503	Open/Male	100 Butterfly
504	Female	100 Backstroke
505	Open/Male	200 IM

SESSION 3

Warm up: 3:15pm

Start: 4:10pm

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
Estimated finish:		6:40pm

SESSION 6

Warm up: 3:20pm

Start: 4:10pm

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
Estimated finish:		6:45pm