

London Region Masters Long Course Competition London Aquatics Centre - 16 May 2026

SCHEDULE OF EVENTS

Session 1 - Warm up – 08:00 – Start 09:00				Session 2 - Warm up – 13:00 – Start 14:00			
1	Mixed	800m	Freestyle	16	Mixed	400m	Individual Medley
2	Open/Male	100m	Fly	17	Mixed	200m	Breaststroke
3	Female	100m	Fly	18	Female	100m	Freestyle
4	Open/Male	50m	Breaststroke	19	Open/Male	100m	Freestyle
5	Female	50m	Breaststroke	20	Female	50m	Fly
6	Mixed	200m	Individual Medley	21	Open/Male	50m	Fly
7	Open/Male	50m	Backstroke	22	Female	100m	Backstroke
8	Female	50m	Backstroke	23	Open/Male	100m	Backstroke
9	Mixed	200m	Freestyle	24	Mixed	200m	Fly
10	Open/Male	100m	Breaststroke	25	Mixed	400m	Freestyle
11	Female	100m	Breaststroke	26	Female	50m	Freestyle
12	Mixed	200m	Backstroke	27	Open/Male	50m	Freestyle
13	Mixed	4x50m	Freestyle Relay	28	Mixed	4x50m	Medley Relay
14	Open/Male	4x50m	Freestyle Relay	29	Female	4x50m	Medley Relay
15	Female	4x50m	Freestyle Relay	30	Open/Male	4x50m	Medley Relay

Lunch 12:30

Expected finish time: 17:15

Please note this schedule is subject to change.