

2026 LONDON MASTERS

WARM UP

See Lane Allocation Posters and Notices posted around venue.

Guidance on Scoreboards and from Announcer.

Sprint Starts – Both ends – last 5 mins of each Phase.

Sprint Starts – Swim to 25m and exit to side.

SESSION 1 (AM)

Phase 1 – Open/Male – 08:00AM – 08:25AM (25 minutes)

Phase 2 – Female – 08:30AM – 08:55AM (25 minutes)

SESSION 2 (PM)

Phase 1 – Female – 13:00PM – 13:25PM (25 minutes)

Phase 2 – Open/Male – 13:30PM – 13:55PM (25 minutes)

COOL DOWN (REVISED)

11:00AM – 12:00PM – Lane 5 (Training Pool)

12:00PM – 14:00PM – Lane 6 (Training Pool)

DO NOT USE OTHER LANES – MAINTAIN DISCIPLINE.
KEEP DECK AND WALKWAYS CLEAR OF BAGS ETC.

13:00PM – END OF DAY

Dive Pit