

London Legacy Swimming Meet 2026 Long Course - 28/03/2026 to 30/03/2026**Estimated Timings**

Session: 1 Saturday Morning - 16/Over Heats & 1500m Free

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 42 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	101 Open/Male 16 & Over 100 Butterfly	09:00 AM	_____
Prelims	102 Female 16 & Over 50 Backstroke	09:14 AM	_____
Prelims	103 Open/Male 16 & Over 400 IM	09:24 AM	_____
Prelims	104 Female 16 & Over 200 Breaststroke	09:35 AM	_____
Prelims	105 Open/Male 16 & Over 200 Backstroke	09:46 AM	_____
Prelims	106 Female 16 & Over 200 Butterfly	09:56 AM	_____
Prelims	107 Open/Male 16 & Over 50 Freestyle	10:06 AM	_____
Prelims	108 Female 16 & Over 50 Freestyle	10:20 AM	_____
Prelims	109 Open/Male 16 & Over 100 Breaststroke	10:32 AM	_____
Finals	110 Open/Male 12 & Over 1500 Freestyle	10:44 AM	_____
Finals	111 Female 12 & Over 1500 Freestyle	11:21 AM	_____
	Swimmers Counts for Warm-ups: 397		
	Finish Time	12:00 PM	_____

Session: 2 Saturday Afternoon - 15/Under Heats

Day of Meet: 1 Starts at 01:10 PM Heat Interval: 42 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	112 Open/Male 10-15 100 Butterfly	01:10 PM	_____
Prelims	113 Female 10-15 50 Backstroke	01:24 PM	_____
Prelims	114 Open/Male 10-15 400 IM	01:47 PM	_____
Prelims	115 Female 10-15 200 Breaststroke	02:19 PM	_____
Prelims	116 Open/Male 10-15 200 Backstroke	02:53 PM	_____
	Break: 15 Minutes:		
Prelims	117 Female 10-15 200 Butterfly	03:37 PM	_____
Prelims	118 Open/Male 10-15 50 Freestyle	03:51 PM	_____
Prelims	119 Female 10-15 50 Freestyle	04:09 PM	_____
Prelims	120 Open/Male 10-15 100 Breaststroke	04:32 PM	_____
	Swimmers Counts for Warm-ups: 503		
	Finish Time	04:48 PM	_____

London Legacy Swimming Meet 2026 Long Course - 28/03/2026 to 30/03/2026**Estimated Timings**

Session: 3 Saturday Evening - Finals

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 65 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	112 Open/Male 10-15 100 Butterfly	05:30 PM	_____
Finals	101 Open/Male 16 & Over 100 Butterfly	05:33 PM	_____
Finals	113 Female 10-15 50 Backstroke	05:37 PM	_____
Finals	102 Female 16 & Over 50 Backstroke	05:39 PM	_____
Finals	114 Open/Male 10-15 400 IM	05:42 PM	_____
Finals	103 Open/Male 16 & Over 400 IM	05:49 PM	_____
Finals	115 Female 10-15 200 Breaststroke	05:54 PM	_____
Finals	104 Female 16 & Over 200 Breaststroke	06:02 PM	_____
Finals	116 Open/Male 10-15 200 Backstroke	06:06 PM	_____
Finals	105 Open/Male 16 & Over 200 Backstroke	06:13 PM	_____
Finals	117 Female 10-15 200 Butterfly	06:17 PM	_____
Finals	106 Female 16 & Over 200 Butterfly	06:24 PM	_____
Finals	118 Open/Male 10-15 50 Freestyle	06:28 PM	_____
Finals	107 Open/Male 16 & Over 50 Freestyle	06:29 PM	_____
Finals	119 Female 10-15 50 Freestyle	06:32 PM	_____
Finals	108 Female 16 & Over 50 Freestyle	06:34 PM	_____
Finals	120 Open/Male 10-15 100 Breaststroke	06:37 PM	_____
Finals	109 Open/Male 16 & Over 100 Breaststroke	06:39 PM	_____
	Swimmers Counts for Warm-ups: 215		
	Finish Time	06:43 PM	_____

Session: 4 Sunday Morning - 16/Over Heats & Female 800m Free

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 42 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	201 Open/Male 16 & Over 400 Freestyle	09:00 AM	_____
Prelims	202 Female 16 & Over 400 IM	09:16 AM	_____
Prelims	203 Open/Male 16 & Over 50 Backstroke	09:28 AM	_____
Prelims	204 Female 16 & Over 200 Freestyle	09:39 AM	_____
Prelims	205 Open/Male 16 & Over 200 Butterfly	09:53 AM	_____
Prelims	206 Female 16 & Over 100 Backstroke	10:02 AM	_____
Prelims	207 Open/Male 16 & Over 100 Freestyle	10:13 AM	_____
Prelims	208 Female 16 & Over 100 Breaststroke	10:29 AM	_____
Prelims	209 Open/Male 16 & Over 50 Breaststroke	10:39 AM	_____
Prelims	210 Female 16 & Over 50 Butterfly	10:47 AM	_____
Prelims	211 Open/Male 16 & Over 200 IM	10:58 AM	_____
Finals	212 Female 12 & Over 800 Freestyle	11:14 AM	_____
	Swimmers Counts for Warm-ups: 423		
	Finish Time	11:57 AM	_____

London Legacy Swimming Meet 2026 Long Course - 28/03/2026 to 30/03/2026**Estimated Timings**

Session: 5 Sunday Afternoon - 15/Under Heats

Day of Meet: 2 Starts at 01:10 PM Heat Interval: 42 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	213 Open/Male 10-15 400 Freestyle	01:10 PM	_____
Prelims	214 Female 10-15 400 IM	01:32 PM	_____
Prelims	215 Open/Male 10-15 50 Backstroke	01:57 PM	_____
Prelims	216 Female 10-15 200 Freestyle	02:13 PM	_____
Prelims	217 Open/Male 10-15 200 Butterfly	02:37 PM	_____
Prelims	218 Female 10-15 100 Backstroke	02:51 PM	_____
	Break: 15 Minutes:		
Prelims	219 Open/Male 10-15 100 Freestyle	03:25 PM	_____
Prelims	220 Female 10-15 100 Breaststroke	03:43 PM	_____
Prelims	221 Open/Male 10-15 50 Breaststroke	04:02 PM	_____
Prelims	222 Female 10-15 50 Butterfly	04:14 PM	_____
Prelims	223 Open/Male 10-15 200 IM	04:28 PM	_____
	Swimmers Counts for Warm-ups: 471		
	Finish Time	04:54 PM	_____

Session: 6 Sunday Evening - Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 65 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	213 Open/Male 10-15 400 Freestyle	05:30 PM	_____
Finals	201 Open/Male 16 & Over 400 Freestyle	05:36 PM	_____
Finals	214 Female 10-15 400 IM	05:41 PM	_____
Finals	202 Female 16 & Over 400 IM	05:48 PM	_____
Finals	215 Open/Male 10-15 50 Backstroke	05:54 PM	_____
Finals	203 Open/Male 16 & Over 50 Backstroke	05:56 PM	_____
Finals	216 Female 10-15 200 Freestyle	05:59 PM	_____
Finals	204 Female 16 & Over 200 Freestyle	06:06 PM	_____
Finals	217 Open/Male 10-15 200 Butterfly	06:09 PM	_____
Finals	205 Open/Male 16 & Over 200 Butterfly	06:16 PM	_____
Finals	218 Female 10-15 100 Backstroke	06:20 PM	_____
Finals	206 Female 16 & Over 100 Backstroke	06:22 PM	_____
Finals	219 Open/Male 10-15 100 Freestyle	06:27 PM	_____
Finals	207 Open/Male 16 & Over 100 Freestyle	06:29 PM	_____
Finals	220 Female 10-15 100 Breaststroke	06:33 PM	_____
Finals	208 Female 16 & Over 100 Breaststroke	06:35 PM	_____
Finals	221 Open/Male 10-15 50 Breaststroke	06:40 PM	_____
Finals	209 Open/Male 16 & Over 50 Breaststroke	06:42 PM	_____
Finals	222 Female 10-15 50 Butterfly	06:45 PM	_____
Finals	210 Female 16 & Over 50 Butterfly	06:46 PM	_____
Finals	223 Open/Male 10-15 200 IM	06:49 PM	_____
Finals	211 Open/Male 16 & Over 200 IM	06:56 PM	_____
	Swimmers Counts for Warm-ups: 237		
	Finish Time	07:00 PM	_____

London Legacy Swimming Meet 2026 Long Course - 28/03/2026 to 30/03/2026**Estimated Timings**

Session: 7 Monday Morning - 16/Over Heats & Open/Male 800m Free

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 42 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	301 Female 16 & Over 400 Freestyle	09:00 AM	_____
Prelims	302 Female 16 & Over 100 Butterfly	09:17 AM	_____
Prelims	303 Open/Male 16 & Over 200 Breaststroke	09:26 AM	_____
Prelims	304 Female 16 & Over 200 Backstroke	09:40 AM	_____
Prelims	305 Open/Male 16 & Over 100 Backstroke	09:54 AM	_____
Prelims	306 Female 16 & Over 100 Freestyle	10:06 AM	_____
Prelims	307 Open/Male 16 & Over 200 Freestyle	10:24 AM	_____
Prelims	308 Female 16 & Over 50 Breaststroke	10:41 AM	_____
Prelims	309 Open/Male 16 & Over 50 Butterfly	10:47 AM	_____
Prelims	310 Female 16 & Over 200 IM	10:59 AM	_____
Finals	311 Open/Male 12 & Over 800 Freestyle	11:16 AM	_____
	Swimmers Counts for Warm-ups: 379		
	Finish Time	11:57 AM	_____

Session: 8 Monday Afternoon - 15/Under Heats

Day of Meet: 3 Starts at 01:10 PM Heat Interval: 42 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	312 Female 10-15 400 Freestyle	01:10 PM	_____
Prelims	313 Female 10-15 100 Butterfly	01:33 PM	_____
Prelims	314 Open/Male 10-15 200 Breaststroke	01:45 PM	_____
Prelims	315 Female 10-15 200 Backstroke	02:03 PM	_____
Prelims	316 Open/Male 10-15 100 Backstroke	02:32 PM	_____
Prelims	317 Female 10-15 100 Freestyle	02:47 PM	_____
	Break: 15 Minutes:		
Prelims	318 Open/Male 10-15 200 Freestyle	03:27 PM	_____
Prelims	319 Female 10-15 50 Breaststroke	03:55 PM	_____
Prelims	320 Open/Male 10-15 50 Butterfly	04:07 PM	_____
Prelims	321 Female 10-15 200 IM	04:20 PM	_____
	Swimmers Counts for Warm-ups: 432		
	Finish Time	04:50 PM	_____

London Legacy Swimming Meet 2026 Long Course - 28/03/2026 to 30/03/2026**Estimated Timings**

Session: 9 Monday Evening - Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 65 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	312 Female 10-15 400 Freestyle	05:30 PM	_____
Finals	301 Female 16 & Over 400 Freestyle	05:36 PM	_____
Finals	313 Female 10-15 100 Butterfly	05:42 PM	_____
Finals	302 Female 16 & Over 100 Butterfly	05:44 PM	_____
Finals	314 Open/Male 10-15 200 Breaststroke	05:48 PM	_____
Finals	303 Open/Male 16 & Over 200 Breaststroke	05:56 PM	_____
Finals	315 Female 10-15 200 Backstroke	05:59 PM	_____
Finals	304 Female 16 & Over 200 Backstroke	06:07 PM	_____
Finals	316 Open/Male 10-15 100 Backstroke	06:11 PM	_____
Finals	305 Open/Male 16 & Over 100 Backstroke	06:13 PM	_____
Finals	317 Female 10-15 100 Freestyle	06:18 PM	_____
Finals	306 Female 16 & Over 100 Freestyle	06:20 PM	_____
Finals	318 Open/Male 10-15 200 Freestyle	06:24 PM	_____
Finals	307 Open/Male 16 & Over 200 Freestyle	06:30 PM	_____
Finals	319 Female 10-15 50 Breaststroke	06:34 PM	_____
Finals	308 Female 16 & Over 50 Breaststroke	06:35 PM	_____
Finals	320 Open/Male 10-15 50 Butterfly	06:39 PM	_____
Finals	309 Open/Male 16 & Over 50 Butterfly	06:40 PM	_____
Finals	321 Female 10-15 200 IM	06:43 PM	_____
Finals	310 Female 16 & Over 200 IM	06:50 PM	_____
	Swimmers Counts for Warm-ups: 218		
	Finish Time	06:54 PM	_____