

Swim England Essex Age Group Championships 2026 - Race Schedule version B

Saturday 17th January (Day 1) Session 1 (Heats) 08.00 warm up	Sunday 18 th January (Day2) Session 5 (Heats) 08.00 warm up	Saturday 21st February (Day 3) Session 9 (Heats) 08.00 warm up	Sunday 22 nd February (Day 4) Session 13 (Heats) 08.00 warm up	Saturday 28 th February (Day5) Session 17 (Heats) 08.00 warm up	Sunday 1 st March Day 6) Session 21 (Heats) 08.00 warm up
M/O 14+ 50m Breaststroke F 14+ 50m Backstroke M/O 10-13 200m IM F 10-13 200m Breaststroke (HDW) M/O 14+ 800m Freestyle F 14+ 800m Freestyle	F 14 + 400m Freestyle (HDW) M/O 10-13 400m Freestyle (HDW) M/O 14+ 100m Butterfly F10-13 100m Backstroke F 14+ 100m Freestyle	M/O 14+ 100m Freestyle M/O 10-13 100m Backstroke F 10-13 50m Breaststroke M/O 12-13 1500m Freestyle F 12-13 1500m Freestyle	M/O 10-13 50m Breaststroke M/O 14+ 50m Freestyle F 14+ 50m Butterfly F 10-13 200m Backstroke (HDW) M/O 14+ 1500m Freestyle F 14+ 1500m Freestyle	M/O 10-13 100m Butterfly F 10-13 100m Breaststroke M/O 14+ 50m Butterfly F 14+ 200m Freestyle (HDW) M/O 14+ 200m Backstroke (HDW) M/O 12-13 800m Freestyle F 12-13 800m Freestyle	F 10-13 400m Freestyle (HDW) M/O 14+ 400m Freestyle (HDW) M/O 10-13 200m Backstroke (HDW) M/O 14+ 100m Backstroke F 14+ 100m Butterfly F 10-13 100m Butterfly
Session 2 (Finals) M/O 14 50m Breaststroke M/O 15 50m Breaststroke M/O 16 50m Breaststroke M/O 17 50m Breaststroke M/O 18+ 50m Breaststroke F 14 50m Backstroke F 15 50m Backstroke F 16 50m Backstroke F 17 50m Backstroke F 18 50m Backstroke M/O 9/10yrs. 4x50m Medley relay (HDW) W 9/10yrs. 4x50m Medley relay (HDW) M/O 14+ 800m Freestyle fastest heat F 14+ 800m Freestyle fastest heat	Session 6 (Finals) M/O 14 100m Butterfly M/O 15 100m Butterfly M/O 16 100m Butterfly M/O 17 100m Butterfly M/O 18+ 100m Butterfly F10/11 100m Backstroke F12 100m Backstroke F 13 100m Backstroke F 14 100m Freestyle F 15 100m Freestyle F 16 100m Freestyle F 17 100m Freestyle F 18 100m Freestyle M/O 11/12yrs. 4x50m Medley relay (HDW) W 11/12yrs. 4x50m Medley relay (HDW)	Session 10 (Finals) M/O 10/11 100m Backstroke M/O 12 100m Backstroke M/O 13 100m Backstroke F 10/11 50m Breaststroke F 12 50m Breaststroke F 13 50m Breaststroke M/O 14 100m Freestyle M/O 15 100m Freestyle M/O 16 100m Freestyle M/O 14+ 100m Freestyle M/O 17 100m Freestyle M/O 12-13 1500m Freestyle fastest heat F 12-13 1500m Freestyle fastest heat	Session 14 (Finals) M/O 10/11 50m Breaststroke M/O 12 50m Breaststroke M/O 13 50m Breaststroke M/O 14 50m Freestyle M/O 15 50m Freestyle M/O 16 50m Freestyle M/O 17 50m Freestyle F 14 50m Butterfly F 15 50m Butterfly F 16 50m Butterfly F 17 50m Butterfly F 18+ 50m Butterfly W 13/14yrs. 4x50m Medley Relay (HDW) M/O 13/14yrs.+ 4x50m Medley Relay (HDW) M/O 14+ 1500m Freestyle fastest heat F 14+ 1500m Freestyle fastest heat	Session 18 (Finals) M/O 10-11 100m Butterfly M/O 12 100m Butterfly M/O13 100m Butterfly F 10/11 100m Breaststroke F 12 100m Breaststroke F 13 100m Breaststroke M/O 14 50m Butterfly M/O 15 50m Butterfly M/O 16 50m Butterfly M/O 17 50m Butterfly M/O 18+ 50m Butterfly M/O 12-13 800m Freestyle fastest heat F 12-13 800m Freestyle fastest heat	Session 22 (Finals & Relays) M/O 14 100m Backstroke M/O 15 100m Backstroke M/O 116 100m Backstroke M/O 17 100m Backstroke M/O 18+ 100m Backstroke F 14 100m Butterfly F 15 100m Butterfly F 16 100m Butterfly F 17 100m Butterfly F 18+ 100m Butterfly F 10/11 100m Butterfly F 12 100m Butterfly F 13 100m Butterfly W 15yrs.+ 4x50m Medley Relay (HDW) M/O 15yrs.+ 4x50m Medley Relay (HDW)
Session 3 (Heats) Warmup TBC F 10-13 200m IM (HDW) F 14+ 200m Breaststroke (HDW) F 10-13 100m Freestyle M/O 14+ 200m IM (HDW) M/O 10-13 100m Breaststroke	Session 7 (Heats) Warmup TBC F 12-13 400m IM (HDW) M/O 14+ 400m IM (HDW) F 14+ 200m IM (HDW) F 10-13 50m Freestyle M/O 10-13 50m Freestyle F 14+ 50m Breaststroke	Session 11 (Heats) Warmup TBC F 14+ 200m Butterfly (HDW) F 10-13 200m Freestyle (HDW) M/O 10-13 200m Freestyle (HDW) F 14+ 100m Backstroke F 10-13 50m Backstroke	Session 15 (Heats) Warmup TBC M/O 14+ 200m Breaststroke (HDW) M/O10-13 200m Butterfly HDW) F 14+ 200m Backstroke (HDW) F 10-13 50m Butterfly M/O 10-13 50m Backstroke M/O 14+ 50m Backstroke	Session 19 (Heats) Warmup TBC F 10-13 200m Butterfly (HDW) M/O 10-13 200m Breaststroke (HDW) M/O 14+ 200m Freestyle (HDW) F 14+ 100m Breaststroke M/O 10-13 100m Freestyle	Session 23 (Heats) Warmup TBC M/O 14+ 200m Butterfly (HDW) F 14+ 400m IM (HDW) M/O 12-13 400m IM (HDW) M/O 10-13 50m Butterfly M/O 14+ 100m Breaststroke F 14+ 50m Freestyle
Session 4 (Finals & Relays) F 10/11 100m Freestyle F 12 100m Freestyle F 13 100m Freestyle M/O 10/11 100m Breaststroke M/O 12 100m Breaststroke M/O 13 100m Breaststroke M/O 9-10yrs. 4x50m Freestyle relay (HDW) W 9-10yrs 4x50m Freestyle relay (HDW)	Session 8 (Finals & Relays) F 10/11 50m Freestyle F 12 50m Freestyle F 13 50m Freestyle M/O 10/11 50m Freestyle M/O 12 50m Freestyle M/O 13 50m Freestyle F 14 50m Breaststroke F 15 50m Breaststroke F 16 50m Breaststroke F 17 50m Breaststroke F 18 50m Breaststroke M/O 11/12yrs. 4x50m Freestyle relay (HDW) W 11/12yrs. 4x50m Freestyle relay (HDW)	Session 12(Finals & Relays) F 14 100m Backstroke F 15 100m Backstroke F 16 100m Backstroke F 17 100m Backstroke F 18+ 100m Backstroke F 10/11 50m Backstroke F 12 50m Backstroke F 13 50m Backstroke	Session 16 (Finals & Relays) F 10/11 50m Butterfly F 12 50m Butterfly F 13 50m Butterfly M/O 14 50m Backstroke M/O 15 50m Backstroke M/O 16 50m Backstroke M/O 17 50m Backstroke M/O 18+ 50m Backstroke M/O 10/11 50m Backstroke M/O 12 50m Backstroke M/O 13 50m Backstroke W 13/14yrs. 4x50m Freestyle Relay (HDW) M/O 13/14yrs. 4x50m Freestyle Relay (HDW)	Session 20 (Finals & Relays) F 14 100m Breaststroke F 15 100m Breaststroke F 16 100m Breaststroke F 17 100m Breaststroke F 18+ 100m Breaststroke M/O 10/11 100m Freestyle M/O 12 100m Freestyle M/O 13 100m Freestyle	Session 24 (Finals & Relays) F 14 50m Freestyle F 15 50m Freestyle F 16 50m Freestyle F 17 50m Freestyle F 18+ 50m Freestyle M/O 10/11 50m Butterfly M/O 12 50m Butterfly M/O 13 50m Butterfly M/O 14 100m Breaststroke M/O 15 100m Breaststroke M/O 16 100m Breaststroke M/O 17 100m Breaststroke M/O 18+ 100m Breaststroke W 15yrs.+ 4x50m Freestyle Relay (HDW) M/O 15yrs.+ 4x50m Freestyle Relay (HDW)