

2026 Essex Open Winter Championships Schedule of Events (25m)

Saturday 17th October 2026

Sunday 18th October 2026

Session 1

Session 2

Session 3

Session 4

Warm-up: 08:00–09:00

Warm-up: TBC

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Warm-up: TBC

Heats 09.05

Heats

Heats: 09:05

Heats:

Females 200m Breaststroke (HDW)
 Male/Open 200m Breaststroke (HDW)
 Females 50m Freestyle
 Male/Open 50m Freestyle
 Females 100m Butterfly
 Male/Open 100m Butterfly
 Females 200m Individual Medley (HDW)
 Male/Open 200m Individual Medley (HDW)
 Mixed 800m Freestyle (HDW)

Females 400m Freestyle (HDW)
 Male/Open 400m Freestyle (HDW)
 Females 50m Backstroke
 Male/Open 50m Backstroke
 Females 100m IM
 Male/Open 100m IM
 Females 100m Breaststroke
 Male/Open 100m Breaststroke
 Females 200m Butterfly (HDW)
 Male/Open 200m Butterfly (HDW)

Females 200m Backstroke (HDW)
 Male/Open 200m Backstroke (HDW)
 Females 100m Freestyle
 Male/Open 100m Freestyle
 Mixed 1500m Freestyle (HDW)

Females 400m Individual Medley (HDW)
 Male/Open 400m Individual Medley (HDW)
 Females 50m Butterfly
 Male/Open 50m Butterfly
 Females 100m Backstroke
 Male/Open 100m Backstroke
 Females 50m Breaststroke
 Male/Open 50m Breaststroke
 Females 200m Freestyle (HDW)
 Male/Open 200m Freestyle (HDW)

Break: 15 minutes

Break/Relay Warmup: 15 minutes

Break: 15 minutes

Break/Relay Warmup: 15 minutes

Finals

Finals

Finals

Finals

Females 50m Freestyle 15yrs/U
 Females 50m Freestyle 16yrs +
 Male/Open 50m Freestyle 15yrs/U
 Male/Open 50m Freestyle 16yrs +
 Females 100m Butterfly 15yrs/U
 Females 100m Butterfly 16yrs +
 Male/Open 100m Butterfly 15yrs/U
 Male/Open 100m Butterfly 16yrs +

Females 50m Backstroke 15yrs/U
 Females 50m Backstroke 16yrs +
 Male/Open 50m Backstroke 15yrs/U
 Male/Open 50m Backstroke 16yrs+
 Females 100m IM 15yrs/U
 Females 100m IM 16yrs +
 Male/Open 100m IM 15yrs/U
 Male/Open 100m IM 16yrs +
 Females 100m Breaststroke 15yrs/U
 Females 100m Breaststroke 16 yrs +
 Male/Open 100m Breaststroke 15yrs/U
 Male/Open 100m Breaststroke 16 Yrs +
 Females 15yrs/U 4 x 50 Medley Relay (HDW)
 Females 16yrs + 4 x 50 Medley Relay (HDW)
 Male/Open 15/U 4 x 50 Freestyle Relay (HDW)
 Male/Open 16yrs + 4 x 50 Medley Relay (HDW)

Females 100m Freestyle 15yrs/U
 Females 100m Freestyle 16yrs +
 Male/Open 100m Freestyle 15yrs/U
 Male/Open 100m Freestyle 16yrs +

Females 50m Butterfly 15yrs/U
 Females 50m Butterfly 16yrs +
 Male/Open 50m Butterfly 15yrs/U
 Male/Open 50m Butterfly 16yrs +
 Females 100m Backstroke 15yrs/U
 Females 100m Backstroke 16yrs +
 Male/Open 100m Backstroke 15yrs/U
 Male/Open 100m Backstroke 16yrs +
 Females 50m Breaststroke 15yrs/U
 Females 50m Breaststroke 16 yrs +
 Male/Open 50m Breaststroke 15yrs/U
 Male/Open 50m Breaststroke 16 Yrs +
 Females 15yrs /U 4 x 50 Freestyle Relay (HDW)
 Females 16yrs + 4 x 50 Freestyle Relay (HDW)
 Male/Open 15yrs/U 4 x 50 Freestyle Relay (HDW)
 Male/Open 16yrs + 4 x 50 Freestyle Relay (HDW)

Lunch Break 30 mins

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Key:

HDW = Heat Declared Winner

15yrs/U = Swimmers aged 15 years and under

16 Yrs+= Swimmers aged 16 years and over