



London Legacy Swimming Meet 2026 (Long Course) - Event Schedule

Saturday 28th March 2026

Session 1 - Warm Up: 08:00 Start: 09:00
Open/Male 16/Over 100m Butterfly
Female 16/Over 50m Backstroke
Open/Male 16/Over 400m IM
Female 16/Over 200m Breaststroke
Open/Male 16/Over 200m Backstroke
Female 16/Over 200m Butterfly
Open/Male 16/Over 50m Freestyle
Female 16/Over 50m Freestyle
Open/Male 16/Over 100m Breaststroke
Open/Male 1,500m Freestyle (All Ages)
Female 1,500m Freestyle (All Ages)

Session 2 - Warm Up: TBC Start: TBC
Open/Male 15/Under 100m Butterfly
Female 15/Under 50m Backstroke
Open/Male 15/Under 400m IM
Female 15/Under 200m Breaststroke
Open/Male 15/Under 200m Backstroke
Female 15/Under 200m Butterfly
Open/Male 15/Under 50m Freestyle
Female 15/Under 50m Freestyle
Open/Male 15/Under 100m Breaststroke

Session 3 (Finals) - Warm Up / Start: TBC
Open/Male 15/Under 100m Butterfly
(B) Open/Male 16/Over 100m Butterfly
(A) Open/Male 16/Over 100m Butterfly
Female 15/Under 50m Backstroke
(B) Female 16/Over 50m Backstroke
(A) Female 16/Over 50m Backstroke
Open/Male 15/Under 400m IM
Open/Male 16/Over 400m IM
Female 13/Under 200m Breaststroke
Female 14-15 200m Breaststroke
Female 16/Over 200m Breaststroke
Open/Male 13/Under 200m Backstroke
Open/Male 14-15 200m Backstroke
Open/Male 16/Over 200m Backstroke
Female 13/Under 200m Butterfly
Female 14-15 200m Butterfly
Female 16/Over 200m Butterfly
Open/Male 15/Under 50m Freestyle
(B) Open/Male 16/Over 50m Freestyle
(A) Open/Male 16/Over 50m Freestyle
Female 15/Under 50m Freestyle
(B) Female 16/Over 50m Freestyle
(A) Female 16/Over 50m Freestyle
Open/Male 15/Under 100m Breaststroke
(B) Open/Male 16/Over 100m Breaststroke
(A) Open/Male 16/Over 100m Breaststroke

Sunday 29th March 2026

Session 4 - Warm Up: 08:00 Start: 09:00
Open/Male 16/Over 400m Freestyle
Female 16/Over 400m IM
Open/Male 16/Over 50m Backstroke
Female 16/Over 200m Freestyle
Open/Male 16/Over 200m Butterfly
Female 16/Over 100m Backstroke
Open/Male 16/Over 100m Freestyle
Female 16/Over 100m Breaststroke
Open/Male 16/Over 50m Breaststroke
Female 16/Over 50m Butterfly
Open/Male 16/Over 200m IM
Female 800m Freestyle (All Ages)

Session 5 - Warm Up: TBC Start: TBC
Open/Male 15/Under 400m Freestyle
Female 15/Under 400m IM
Open/Male 15/Under 50m Backstroke
Female 15/Under 200m Freestyle
Open/Male 15/Under 200m Butterfly
Female 15/Under 100m Backstroke
Open/Male 15/Under 100m Freestyle
Female 15/Under 100m Breaststroke
Open/Male 15/Under 50m Breaststroke
Female 15/Under 50m Butterfly
Open/Male 15/Under 200m IM

Session 6 (Finals) - Warm Up / Start: TBC
Open/Male 15/Under 400m Freestyle
Open/Male 16/Over 400m Freestyle
Female 15/Under 400m IM
Female 16/Over 400m IM
Open/Male 15/Under 50m Backstroke
(B) Open/Male 16/Over 50m Backstroke
(A) Open/Male 16/Over 50m Backstroke
Female 13/Under 200m Freestyle
Female 14-15 200m Freestyle
Female 16/Over 200m Freestyle
Open/Male 13/Under 200m Butterfly
Open/Male 14-15 200m Butterfly
Open/Male 16/Over 200m Butterfly
Female 15/Under 100m Backstroke
(B) Female 16/Over 100m Backstroke
(A) Female 16/Over 100m Backstroke
Open/Male 15/Under 100m Freestyle
(B) Open/Male 16/Over 100m Freestyle
(A) Open/Male 16/Over 100m Freestyle
Female 15/Under 100m Breaststroke
(B) Female 16/Over 100m Breaststroke
(A) Female 16/Over 100m Breaststroke
Open/Male 15/Under 50m Breaststroke
(B) Open/Male 16/Over 50m Breaststroke
(A) Open/Male 16/Over 50m Breaststroke
Female 15/Under 50m Butterfly
(B) Female 16/Over 50m Butterfly
(A) Female 16/Over 50m Butterfly
Open/Male 13/Under 200m IM
Open/Male 14-15 200m IM
Open/Male 16/Over 200m IM

Monday 30th March 2026

Session 7 - Warm Up: 08:00 Start: 09:00
Female 16/Over 400m Freestyle
Female 16/Over 100m Butterfly
Open/Male 16/Over 200m Breaststroke
Female 16/Over 200m Backstroke
Open/Male 16/Over 100m Backstroke
Female 16/Over 100m Freestyle
Open/Male 16/Over 200m Freestyle
Female 16/Over 50m Breaststroke
Open/Male 16/Over 50m Butterfly
Female 16/Over 200m IM
Open/Male 800m Freestyle (All Ages)

Session 8 - Warm Up: TBC Start: TBC
Female 15/Under 400m Freestyle
Female 15/Under 100m Butterfly
Open/Male 15/Under 200m Breaststroke
Female 15/Under 200m Backstroke
Open/Male 15/Under 100m Backstroke
Female 15/Under 100m Freestyle
Open/Male 15/Under 200m Freestyle
Female 15/Under 50m Breaststroke
Open/Male 15/Under 50m Butterfly
Female 15/Under 200m IM

Session 9 (Finals) - Warm Up / Start: TBC
Female 15/Under 400m Freestyle
Female 16/Over 400m Freestyle
Female 15/Under 100m Butterfly
(B) Female 16/Over 100m Butterfly
(A) Female 16/Over 100m Butterfly
Open/Male 13/Under 200m Breaststroke
Open/Male 14-15 200m Breaststroke
Open/Male 16/Over 200m Breaststroke
Female 13/Under 200m Backstroke
Female 14-15 200m Backstroke
Female 16/Over 200m Backstroke
Open/Male 15/Under 100m Backstroke
(B) Open/Male 16/Over 100m Backstroke
(A) Open/Male 16/Over 100m Backstroke
Female 15/Under 100m Freestyle
(B) Female 16/Over 100m Freestyle
(A) Female 16/Over 100m Freestyle
Open/Male 13/Under 200m Freestyle
Open/Male 14-15 200m Freestyle
Open/Male 16/Over 200m Freestyle
Female 15/Under 50m Breaststroke
(B) Female 16/Over 50m Breaststroke
(A) Female 16/Over 50m Breaststroke
Open/Male 15/Under 50m Butterfly
(B) Open/Male 16/Over 50m Butterfly
(A) Open/Male 16/Over 50m Butterfly
Female 13/Under 200m IM
Female 14-15 200m IM
Female 16/Over 200m IM