



DERBYSHIRE ASA
(Affiliated to Swim England East Midland Region)
Short Course Competition 2026



Timetable - Day 1 - Sunday 11th October

SESSION 1			
Warm ups :- Maximum 12 swimmers per lane Both pools to be used for warm-ups Lanes 0,1,2,7,8,9 will be used for starts for the last 5 minutes of each warm-up session Backstroke ledge starts will be permitted in Lanes 5 - 9 at the window end only.			
Warm up 1	Mixed (24)	08:30 - 08:55	
Event		Approximate Start Time	Heats
101	Mixed 10 Yrs/Over 1500m Freestyle	09:00	3
Warm Up 2	Mixed (119)	10:15 - 10:40	
102	Open/Male 10/14 Yrs 200m Backstroke	10:45	3
103	Open/Male 15 Yrs/Over 200m Backstroke	10:58	2
104	Female 10/14 Yrs 100m Backstroke	11:06	12
105	Female 15 Yrs/Over 100m Backstroke	11:37	4
106	Open/Male 10 Yrs/Over 200m Butterfly	11:47	2
	Approximate Session Finish Time	11:55	

SESSION 2			
Warm ups :- Maximum 12 swimmers per lane Lanes 0,1,2,7,8,9 will be used for starts for the last 5 minutes of each warm-up session			
Warm up 1	Female (124) (Both Pools)	12:30 - 12:45	
Warm up 2	Open/Male (69) (Competition Pool)	12:45 - 13:00	
Event		Approximate Start Time	Heats
201	Female 10/14 Yrs 200m Breaststroke	13:05	6
202	Female 15/Over Yrs 200m Breaststroke	13:32	3
203	Open/Male 10/14 Yrs 200m Freestyle	13:50	7
204	Open/Male 15/Over Yrs 200m Freestyle	14:16	3
205	Female 10/14 Yrs 200m IM	14:26	9
206	Female 15/Over Yrs 200m IM	15:02	5
	Approximate Session Finish Time	15:14	

SESSION 3			
Warm ups :- Maximum 12 swimmers per lane Both pools to be used for warm-ups Lanes 0,1,2,7,8,9 will be used for starts for the last 5 minutes of each warm-up session			
Warm up 1	Open/Male (80)	15:30 - 15:45	
Warm up 2	Female (91)	15:45 - 16:00	
Event		Approximate Start Time	Heats
301	Open/Male Open 400m IM	16:05	2
302	Female Open 400m Freestyle	16:21	7
303	Open/Male 10/14 Yrs 100m Breaststroke	17:18	7
304	Open/Male 15/Over Yrs 100m Breaststroke	17:26	3
305	Female 10/14 Yrs 100m Butterfly	17:33	5
306	Female 15/Over Yrs 100m Butterfly	17:45	3
	Approximate Session Finish Time	17:52	