

| Heat start | Heat # | Lane | Name | AoD | Club | Entry Time | Swum time |
|------------|--------|------|-----------------------------|-----|--------------|------------|-----------|
| 2:30 PM | 1 | 5 | Alexander Gaydon | 11 | teamipswich | | |
| | | 1 | Felicity Morris | 11 | Leiston | | |
| | | 4 | Liberty Morris | 11 | Leiston | | |
| | | 2 | Linus ALDRIDGE | 12 | St Felix Sch | | |
| | | 3 | Will Riley | 12 | teamipswich | | |
| 2:45 PM | 2 | 5 | Bethany Crawley | 13 | teamipswich | | |
| | | 1 | Darcy Gladwell | 13 | teamipswich | | |
| | | 4 | Harry Alexander | 13 | teamipswich | | |
| | | 2 | Jack OSBORNE | 14 | Deben | | |
| | | 3 | Ciaran Strike | 13 | Team Waveney | | |
| 3:00 PM | 3 | 5 | Eloise Manton | 14 | West Suffolk | | |
| | | 1 | Benjamin Houghton | 15 | Hadleigh | | |
| | | 4 | Toby Richardson | 15 | West Suffolk | | |
| | | 2 | Max Nicholls | 13 | Leiston | | 13:44.5 |
| | | 3 | Erin Barber | 11 | Newmarket | | 13:16.7 |
| 3:15 PM | 4 | 5 | Isabel Thomas | 13 | Newmarket | | 13:15.0 |
| | | 1 | Selina GREEN | 12 | St Felix Sch | | 13:02.5 |
| | | 4 | Lily HILLS | 12 | St Felix Sch | | 12:50.6 |
| | | 2 | Toby GLENNERSTER | 12 | St Felix Sch | | 12:47.2 |
| | | 3 | Emily TURNER | 12 | St Felix Sch | | 12:37.8 |
| 3:30 PM | | | Water familiarisation break | | | | |
| 3:45 PM | 5 | 5 | Aidan SCOTT | 12 | St Felix Sch | | 12:37.1 |
| | | 1 | Nicole TAYLOR | 12 | St Felix Sch | | 12:31.9 |
| | | 4 | Orlando WHITING | 11 | St Felix Sch | | 12:30.7 |
| | | 2 | Kiera Broad | 13 | West Suffolk | | 12:28.5 |
| | | 3 | Eveline Gaydon | 12 | teamipswich | | 12:27.1 |
| 3:57 PM | 6 | 5 | Amelia Saunders | 13 | Leiston | | 12:25.3 |
| | | 1 | Adrija Raudonyte | 13 | Newmarket | | 12:17.1 |
| | | 4 | Harriet GLENNERSTER | 14 | St Felix Sch | | 12:05.0 |
| | | 2 | Blake ALDRIDGE | 14 | St Felix Sch | | 11:45.9 |
| | | 3 | Elizabeth Wright | 14 | West Suffolk | | 11:29.7 |
| 4:08 PM | 7 | 5 | Amber Ridgeon | 16 | Leiston | | 11:24.1 |
| | | 1 | Amber Bryson | 16 | Leiston | | 11:21.6 |
| | | 4 | Millie Talbot | 16 | Newmarket | | 11:20.2 |
| | | 2 | Florence Talbot | 14 | Newmarket | | 11:20.2 |
| | | 3 | Jersey Holmes | 14 | Team Waveney | | 11:19.8 |
| 4:19 PM | 8 | 5 | Evan ALDRIDGE | 13 | St Felix Sch | | 11:15.6 |
| | | 1 | Megan Barker | 14 | West Suffolk | | 10:56.9 |
| | | 4 | Grace ROBINSON | 12 | St Felix Sch | | 10:50.4 |
| | | 2 | Sophie Norton | 15 | Felixstowe | | 10:44.0 |
| | | 3 | Lilia CLARKSON | 14 | St Felix Sch | | 10:40.3 |

4:30 PM

Water familiarisation break

4:45 PM

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| 9 | 5 Noah Mann | 14 Newmarket | 10:40.2 |
| | 1 Alex Harrop | 13 teamipswich | 10:34.9 |
| | 4 Jude GUNNER | 12 St Felix Sch | 10:32.2 |
| | 2 Emily Cutting | 16 West Suffolk | 10:30.3 |
| | 3 Charlie MCKINNON | 14 St Felix Sch | 10:26.3 |

4:55 PM

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| 10 | 5 Natalie TAYLOR | 14 St Felix Sch | 10:24.7 |
| | 1 Kiera Turner | 15 Team Waveney | 10:22.2 |
| | 4 Charlotte SANFORD | 14 St Felix Sch | 10:20.6 |
| | 2 Ben EVERY | 13 St Felix Sch | 10:20.1 |
| | 3 Nathan BIRCHENOUGH | 14 St Felix Sch | 10:07.0 |

5:06 PM

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| 11 | 5 Joe FLOWERS | 15 St Felix Sch | 10:05.7 |
| | 1 Patch Robinson | 14 teamipswich | 10:00.2 |
| | 4 Oliver Hitchcock | 17 teamipswich | 09:45.0 |
| | 2 Sophie DOWDING | 14 teamipswich | 09:39.5 |
| | 3 Ben Allen | 19 West Suffolk | 09:25.9 |

5:16 PM