

# Suffolk County Championships 2026

## Session 1

**Saturday 17th January**  
**@ UEA Sportspark**  
**Warm Up: tba**  
O/M/F 800 Free

## Session 2

**Sunday 18th January**  
**@ UEA Sportspark**  
**Warm Up: tba**  
O/M/F 1500 Free

## Session 3

**Saturday 24th January**  
**Warm Up: 2:30pm**  
**Start: 3:50pm**  
**Est Finish: 7:30pm**  
O/M 100 Breast  
F 50 Free  
O/M 50 Fly  
F 100 IM HDW  
O/M 200 IM HDW  
F 200 Fly HDW  
*20 minute break*  
O/M 100 Breast Finals  
F 50 Free Finals  
O/M 50 Fly Finals

03/02/26

## At Crown Pools, Ipswich

## Session 4

**Sunday 25th January**  
**Warm Up: 8:30am**  
**Start: 9:55am**  
**Est Finish: 1:05pm**  
F 100 Fly  
O/M 50 Breast  
F 50 Back  
O/M 400 IM HDW  
F 200 Breast HDW  
O/M 150 IM HDW (para)  
*10 minute break*  
F 100 Fly Finals  
O/M 50 Breast Finals  
F 50 Back Finals

## Session 5

**Sunday 25th January**  
**Warm Up: 1:30pm**  
**Start: 2:40pm**  
**Est Finish: 5:30pm**  
F 100 Free  
O/M 100 Back  
F 200 Back HDW  
O/M 200 Free HDW  
*10 minute break*  
F 100 Free Finals  
O/M 100 Back Finals

## Session 6

**Saturday 31st January**  
**Warm Up: 2:30pm**  
**Start: 3:50pm**  
**Est Finish: 7:30pm**  
F 100 Breast  
O/M 50 Free  
F 50 Fly  
O/M 100 IM HDW  
F 200 IM HDW  
O/M 200 Fly HDW  
*20 minute break*  
F 100 Breast Finals  
O/M 50 Free Finals  
F 50 Fly Finals

## Session 7

**Sunday 1st February**  
**Warm Up: 8:30am**  
**Start: 9:50am**  
**Est Finish: 1:10pm**  
O/M 100 Fly  
F 50 Breast  
O/M 50 Back  
F 400 IM HW  
O/M 200 Breast HDW  
F 150 IM HDW (para)  
*10 minute break*  
O/M 100 Fly Finals  
F 50 Breast Finals  
O/M 50 Back Finals

## Session 8

**Sunday 1st February**  
**Warm Up: 1:30pm**  
**Start: 2:50pm**  
**Est Finish: 5:35pm**  
O/M 100 Free  
F 100 Back  
O/M 200 Back HDW  
F 200 Free HDW  
*5 minute break*  
O/M 100 Free Finals  
F 100 Back Finals

## Session 9

**Sunday 8th February**  
**Warm Up: 9:30am**  
**Start: 10:20am**  
**Est Finish: 12:20pm**  
F 400 Free HDW  
O/M 400 Free HDW

## Session 10

**Sunday 8th February**  
**Warm Up: 1:00pm**  
**Start: 2:25pm**  
**Est Finish: 4:50pm**  
F SKINS - Random Stroke  
O/M SKINS - Random Stroke  
Mixed 10 & 11 Medley Team  
F 16 & Under Freestyle Team  
O/M 16 & Under Medley Team  
F 14 & Under Freestyle Team  
O/M 14 & Under Medley Team  
F 12 & Under Freestyle Team  
O/M 12 & Under Medley Team  
F Open Freestyle Team  
O/M Open Medley Team  
*break*  
Mixed 10 & 11 Free Team  
F 16 & Under Medley Team  
O/M 16 & Under Freestyle Team  
F 14 & Under Medley Team  
O/M 14 & Under Freestyle Team  
F 12 & Under Medley Team  
O/M 12 & Under Freestyle Team  
F Open Medley Team  
O/M Open Freestyle Team