

Heat start	Heat #	Lane	Name	AoD	Club	A/B	Entry Time
2:30 PM	Water familiarisation session						
2:45 PM	1	1					
		2	Violet FREEZER	11	teamipswich	A	
		3	Nellie SNOWDEN	11	Deben	A	
		4	Emilia BUTT	11	Deben	A	
		5	Isla MASON	11	Stowmarket	A	
3:00 PM	2	1					
		2	Luke TUCKER	11	Leiston	A	
		3	Jack MUNDAY	11	teamipswich	A	
		4	Logan RUDD	11	St Felix Sch	A	
		5	Harrison SUPPLE	11	St Felix Sch	A	
3:15 PM	3	1					
		2	Emilia ARMSTRONG	12	Stowmarket	A	
		3	Betsy KIRK	12	Leiston	A	
		4	Nathanel ILIE	12	Felixstowe	A	
		5	Annaliese HEDGES	12	Stowmarket	A	
3:30 PM	4	1					
		2	Isla COACKLEY	12	teamipswich	A	
		3	Nicole PEDDELTY	12	teamipswich	A	
		4	Janos CSEPELY	12	teamipswich	A	
		5	Ted THOMPSON	12	Leiston	A	
3:45 PM	5	1	Ewan WILCOX	12	Felixstowe	A	
		2	Diggory DAVIES	12	Deben	A	
		3	Ethan KNIGHTS	12	teamipswich	A	
		4	Sebastian CLOKE	12	Deben	A	
		5	Charles STOCK	14	St Felix Sch	A	
4:00 PM	Water familiarisation session						
4:10 PM	6	1	Rebecca LUCKETT	12	St Felix Sch	A	
		2	Amelia GARNHAM	12	teamipswich	A	
		3	Nathan BROADWATER	12	teamipswich	A	
		4	Maggie MARSHALL	13	teamipswich	A	
		5	Polly RUDDELL	13	teamipswich	A	
4:25 PM	7	1	Lucy WALKER	13	Deben	A	
		2	Cameron JACKSON	13	Felixstowe	A	
		3	Oliver BUTT	13	Deben	A	
		4	Lily MUNDAY	13	teamipswich	A	
		5	Lilley DRING	13	Deben	A	
4:40 PM	8	1	James THORNTON-COATES	13	Deben	A	
		2	Amelia LEWIS	14	teamipswich	A	
		3	Abbigail GARNHAM-ADAMS	14	Felixstowe	A	
		4	Samuel BLACKWELL	14	West Suffolk	B	
		5	Kain SHOPLAND	14	Deben	A	
4:55 PM	9	1	Katie WALKER	14	Deben	A	
		2	Charlie RUDDELL	14	teamipswich	A	
		3	Thomas KIRK	14	Leiston	A	

		4	Linus ALDRIDGE	14 St Felix Sch	A	
		5	Radu PETRULE	14 Felixstowe	A	
5:10 PM	10	1	Sophie ROBERTS	14 teamipswich	A	
		2	Florence DAVIES	15 Deben	A	
		3	Daniel TURNER	15 Team Waveney	A	
		4	Isabella GALE	15 Deben	A	
		5	May RICHARDSON	15 Stowmarket	A	
5:25 PM Officials' break						
5:45 PM Water familiarisation session						
5:55 PM	11	1	Jamie PENNINGTON	15 teamipswich	A	
		2	Iona TAIT	15 Deben	A	
		3	Lottie ELLIS	15 Deben	A	
		4	Sophie HARRINGTON	15 Deben	A	
		5	Lottie HITCHCOCK	15 teamipswich	A	
6:10 PM	12	1	Jack BIDDLE	15 Team Waveney	A	
		2	Amelie CRABB	16 teamipswich	A	
		3	Owen YOUNG	16 Felixstowe	A	
		4	Cameron WHITING	16 Deben	A	
		5	Jack OSBORNE	16 Deben	A	
6:25 PM	13	1	Beatrice SNOWDEN	16 Deben	A	
		2	Amber FINBOW	17 Deben	A	
		3	Connie DAVIES	17 Deben	A	
		4	Daniel PRYKE	17 Deben	A	
		5	Samuel TOLPUTT	17 Deben	A	
6:40 PM	14	1	Isla THORN	12 St Felix Sch	A	14:27.0
		2	Mikolaj POPLAWSKI	13 Mildenhall	B	12:38.2
		3	Erin STEWART	12 West Suffolk	B	12:37.8
		4	Rex HARRISON	12 Stowmarket	A	12:47.3
		5	Matthew BLACKWELL	11 West Suffolk	B	14:07.8
6:54 PM	15	1	Freya MAY	13 Leiston	A	12:27.6
		2	Heath HARRISON	12 Stowmarket	A	12:19.8
		3	Blake ALDRIDGE	16 St Felix Sch	A	12:00.0
		4	Angus THOMPSON	14 Leiston	A	12:05.7
		5	Maelys JACQUET	12 Felixstowe	A	12:25.2
7:06 PM Water familiarisation session						
7:16 PM	16	1	Freya REED	11 West Suffolk	B	11:51.7
		2	Jake BATTLE	12 Stowmarket	A	11:38.6
		3	India CLEMENT	11 West Suffolk	B	11:36.6
		4	Amelie HARRISON	14 Stowmarket	A	11:38.5
		5	Jed MILLIN	14 Stowmarket	A	11:51.2
7:28 PM	17	1	Luke TIGGES	15 Hadleigh	A	11:36.0
		2	Imogen FORRESTER	14 Deben	A	11:18.8
		3	Finlay BLAGG	14 Stowmarket	A	10:54.9
		4	Poppy MOORE	12 West Suffolk	B	11:11.5
		5	Jude MASON	14 Stowmarket	A	11:19.6
7:39 PM	18	1	Spencer BATTISSON	15 Team Waveney	A	10:53.5
		2	Toby GLENNERSTER	14 St Felix Sch	A	10:48.4

		3	Ella STEWART	14 West Suffolk	B	10:42.9
		4	Brooke COPPING	13 West Suffolk	B	10:43.1
		5	Vaughn RUFFLES-FRANCIS	18 Stowmarket	A	10:51.8
7:50 PM Water familiarisation session						
8:00 PM	19	1	Gemma CANNON	31 Deben	A	10:42.7
		2	Maia THOMPSON	15 Team Waveney	A	10:38.3
		3	Teilo RUFFLES-FRANCIS	15 Stowmarket	A	10:33.7
		4	Haiden HALL	13 Deben	A	10:33.9
		5	Attila MOZES	13 teamipswich	A	10:41.0
8:11 PM	20	1	Orlando WHITING	12 St Felix Sch	A	10:30.0
		2	Isabel MOORE	15 West Suffolk	B	10:04.4
		3	Gabriella TROMAN	14 teamipswich	A	09:53.7
		4	Ciaran STRIKE	15 Team Waveney	A	10:01.7
		5	Kiera BROAD	15 West Suffolk	B	10:13.3
8:21 PM	21	1	Oliver HITCHCOCK	19 teamipswich	A	09:42.6
		2	Thomas SPELMAN	16 Stowmarket	A	09:21.9
		3	Patch ROBINSON	16 teamipswich	A	08:37.5
		4	Matthew BROWN	18 Stowmarket	A	08:59.7
		5	Amelia SAUNDERS	15 St Felix Sch	A	09:40.3
8:31 PM						