

Swim England East Region Open Water Championships 2026 Timeline

Start	Activity	Ends
07:20	Assemble	
07:40	Officials & Safety Team Brief	08:20
07:45	3K - REGISTRATION OPENS	08:25
08:30	3K Swimmers Briefing	
08:55	3K Swimmers Mark-Up	
09:15	1K - REGISTRATION OPENS	09:55
09:40	3K Wave 1 Start - NAG Open/Male	
09:45	3K Wave 2 Start - NAG Female	
09:50	3K Wave 3 Start - Para / Mixed	11:20
10:25	1K Swimmers Briefing	
11:05	2K - REGISTRATION OPENS	11:50
11:05	1K Swimmers Mark-Up	
11:35	1K Wave 1 Start - Open/Male	
11:40	1K Wave 2 Start - Female	
11:45	1K Wave 3 Start - Para / Mixed	12:30
12:20	2K Swimmers Briefing	
12:35	3K Medals	
12:35	Safety Team Off Water Break	13:35
13:00	5K - REGISTRATION OPENS	13:30
13:00	2K Swimmers Mark-Up	
13:20	1K Medals	
13:40	2K Wave 1 Start - NAG Open/Male	
13:45	2K Wave 2 Start - NAG Female	
13:50	2K Wave 3 Start - Open/Male	
13:55	2K Wave 4 Start - Female	14:55
14:00	5K Swimmers Briefing	
14:35	5K Swimmers Mark-Up	
15:05	5K Wave 1 Start - Open/Male	
15:10	5K Wave 2 Start - Female	17:30
15:50	2K Medals	
17:50	5K Medals	

ALL TIMINGS ARE APPROXIMATE