

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: tba
Est Finish: tba
O/M 100 Breast
F 50 Free
O/M 50 Fly
F 100 IM HDW
O/M 200 IM HDW
F 200 Fly HDW
10 minute break
O/M 100 Breast Finals
F 50 Free Finals
O/M 50 Fly Finals

27/08/25

At Crown Pools, Ipswich

Session 4

Sunday 25th January
Warm Up: 8:30am
Start: tba
Est Finish: tba
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: tba
Start: tba
Est Finish: tba
F 100 Free
O/M 100 Back
F 200 Back HDW
O/M 200 Free HDW
5 minute break
F 100 Free Finals
O/M 100 Back Finals

Session 6

Saturday 31st January
Warm Up: 2:30pm
Start: tba
Est Finish: tba
F 100 Breast
O/M 50 Free
F 50 Fly
O/M 100 IM HDW
O/M 200 Fly HDW
10 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: tba
Est Finish: tba
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: tba
Start: tba
Est Finish: tba
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: tba
Start: tba
Est Finish: tba
F 400 Free HDW
O/M 400 Free HDW

Session 10

Sunday 8th February
Warm Up: tba
Start: tba
Est Finish: tba
F SKINS - Random Stroke
O/M SKINS - Random Stroke
Mixec 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
Mixec 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