



Northamptonshire ASA

(Under Swim England Regulations & Technical Rules of Swimming)

County Championships 2026 - Timeline

17th January 2026 – Corby East Midlands International Pool - 50m Pool **Day One**



Mixed Warm Up				18:00-18:13				
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	M	800 Fr	Heats	50	7	18:15	01:25	01:11
111	L	1500 Fr	Heats	40	5	19:40	01:53	03:17
Estimated Session Finish Time 21:32								

There will be a short comfort break for officials between the 800 and 1500 Freestyle events.

The 20m pool will be available throughout the competition for continuous warm up / cool down.

Please ensure withdrawals are submitted to events@northantsasa.org ASAP.