



CONFIRMATION PACK AP RACE LONDON INTERNATIONAL

EXCLUSIVELY AT THE
LONDON AQUATICS CENTRE
24 - 26 MAY 2025

AP RACE LONDON INTERNATIONAL 2025

Exclusively at the London Aquatics Centre

DEAR ATHLETES & TEAMS

Thank you for entering the AP Race London International 2025! Now in our third year, we're thrilled to see the growth of clubs and athletes joining us and we look forward to welcoming you all to London. For the first time, this competition was oversubscribed and so it is unfortunate that some entry rejections had to be made. The team worked in detail to reduce the amount of rejections and the majority of rejections were outside the consideration times.

In this pack you will find many important details relating to the competition –
please read the information carefully.

We've had a fantastic uptake of interested officials and volunteers already, but if you're keen to help out please get in touch with relevant qualifications or interested areas at events@aprace.club

Our Event Hub has quick access to information links and resources click below:

[EVENT HUB](#)

We are on hand to assist with any queries you may have by emailing us at events@aprace.club

See you soon!

AP Race Team



Sanctioned by AquaticsGB, this meet is recognised by World Aquatics in which A & B times can be achieved to enter the **Singapore 2025 World Aquatics Championships.**

World Aquatics Delegate / Referee: **Tom Baster**

World Aquatics Starter: **Louise Mackie**

SATURDAY 24TH MAY 2025

9:30 HEATS

17:00 B & JUNIOR FINALS

19:00 SUPERFINALS

SUNDAY 25TH MAY 2025

9:30 HEATS

17:00 B & JUNIOR FINALS

19:00 SUPERFINALS

MONDAY 26TH MAY 2025

9:30 HEATS

17:00 B & JUNIOR FINALS

18:30 SUPERFINALS

LATE ENTRIES

Late entries will open on the **4th May 2025** and will be charged at £25 per swim. Please note there is **very** limited availability for late entries.

In order for a late entry to be accepted, the swimmer must be faster than the slowest entry accepted into each event, and these late entries will only be accepted if the Competition Director deems there is space available (such as from withdrawals or the first heat of the event has available lanes).

[ENTER HERE](#)

ADDITIONAL ACTIVITIES

We are delighted to announce that at the AP Race London International 2025, we have some additional activities for all attendees to enjoy. Whether you are an athlete, coach or spectator we have created a number of opportunities that we would love to see you at!

GORDON RAMSAY
BREAD STREET
KITCHEN & BAR

COACHES SOCIAL EVENING

GORDON RAMSAY
BREAD STREET
KITCHEN & BAR

Coaches are at the heart of our sport and to acknowledge this, we would like to invite all coaches who have purchased a Coaches Pass for AP Race London International 2025 to attend our Coaches Social Evening which will be hosted at Gordon Ramsay's Bread Street Kitchen, Stratford on Friday 23rd May at 7pm. There will be champagne provided on arrival, beer, wines and food all provided free of charge for any Coaches Pass holders. This is an opportunity to celebrate your contribution to our sport and we look forward to welcoming you to Bread Street Kitchen.

MEDIA SESSION

In addition to our Coaches Social Evening, for the first time, there will be an informal press conference hosted ahead of the competition beginning. This will be an opportunity for media outlets, and coaches to ask Adam Peaty, the AP Race Team and some of our star athletes racing at the competition your questions. This will be hosted at Gordon Ramsay's Bread Street Kitchen, Stratford on Friday 23rd May at 7pm. If you have purchased a coaches pass for any day across the 24 - 26 May, you are welcome to attend!

SPORTS MASSAGE / PHYSIOTHERAPY SESSIONS

We are excited to announce that for the first time throughout the event, we will be offering Physiotherapy / Sports Massage Sessions with our partner, Solution Therapy Clinic. This is your opportunity to utilise a world class service to aid your recovery between races. If you would like to book your session ahead of the competition please click the button below.

[BOOK HERE](#)

MASTERCLASS SESSIONS

Between the 24 - 26 May we will be running one Masterclass session each day with Adam Peaty! Throughout the masterclass, swimmers will be guided through the session by Adam and our coaching team, developing specific skills relating to the theme of each session. Availability for these masterclasses are very limited, if you are interested in booking any of these, please be sure to secure your space now!

Saturday 24th - Adam Peaty Turns

[BOOK HERE](#)

Sunday 25th - Adam Peaty Dive Starts

[BOOK HERE](#)

Monday 26th - Adam Peaty Breaststroke

[BOOK HERE](#)

SCHEDULE

SATURDAY 24TH MAY 2025

9:30 HEATS

WOMEN'S 400M FREESTYLE
MEN'S 100M BUTTERFLY
WOMEN'S 50M BACKSTROKE
MEN'S 400M INDIVIDUAL MEDLEY
WOMEN'S 200M BREASTSTROKE
MEN'S 200M BACKSTROKE
WOMEN'S 200M BUTTERFLY
MEN'S 50M FREESTYLE
MEN'S 100M BREASTSTROKE
WOMEN'S 50M FREESTYLE*
MEN'S 1500M FREESTYLE

17:00 B & JUNIOR FINALS

WOMEN'S 50M FREESTYLE
MEN'S 200M BACKSTROKE
WOMEN'S 200M BUTTERFLY
MEN'S 400M INDIVIDUAL MEDLEY
WOMEN'S 50M BACKSTROKE
MEN'S 100M BUTTERFLY
WOMEN'S 200M BREASTSTROKE
MEN'S 50M FREESTYLE
WOMEN'S 400M FREESTYLE
MEN'S 100M BREASTSTROKE

19:00 SUPERFINALS

MEN'S 1500M FREESTYLE (FH)
WOMEN'S 50M FREESTYLE
MEN'S 200M BACKSTROKE
WOMEN'S 200M BUTTERFLY
MEN'S 400M INDIVIDUAL MEDLEY
WOMEN'S 50M BACKSTROKE
MEN'S 100M BUTTERFLY
WOMEN'S 200M BREASTSTROKE
MEN'S 50M FREESTYLE
WOMEN'S 400M FREESTYLE
MEN'S 100M BREASTSTROKE

SUNDAY 25TH MAY 2025

9:30 HEATS

MEN'S 400M FREESTYLE
WOMEN'S 400M INDIVIDUAL MEDLEY
MEN'S 50M BACKSTROKE
WOMEN'S 200M FREESTYLE
MEN'S 200M BUTTERFLY
WOMEN'S 100M BACKSTROKE
MEN'S 100M FREESTYLE
WOMEN'S 100M BREASTSTROKE
MEN'S 50M BREASTSTROKE
WOMEN'S 50M BUTTERFLY
MEN'S 200M INDIVIDUAL MEDLEY
WOMEN'S 1500M FREESTYLE

17:00 B & JUNIOR FINALS

MEN'S 400M FREESTYLE
WOMEN'S 400M INDIVIDUAL MEDLEY
MEN'S 50M BACKSTROKE
WOMEN'S 50M BUTTERFLY
MEN'S 200M INDIVIDUAL MEDLEY
WOMEN'S 100M BACKSTROKE
MEN'S 50M BREASTSTROKE
WOMEN'S 200M FREESTYLE
MEN'S 200M BUTTERFLY
WOMEN'S 100M BREASTSTROKE
MEN'S 100M FREESTYLE

19:00 SUPERFINALS

MEN'S 400M FREESTYLE
WOMEN'S 400M INDIVIDUAL MEDLEY
MEN'S 50M BACKSTROKE
WOMEN'S 1500M FREESTYLE (FH)
WOMEN'S 50M BUTTERFLY
MEN'S 200M INDIVIDUAL MEDLEY
WOMEN'S 100M BACKSTROKE
MEN'S 50M BREASTSTROKE
WOMEN'S 200M FREESTYLE
MEN'S 200M BUTTERFLY
WOMEN'S 100M BREASTSTROKE
MEN'S 100M FREESTYLE

MONDAY 26TH MAY 2025

9:30 HEATS

WOMEN'S 100M BUTTERFLY
MEN'S 200M BREASTSTROKE
WOMEN'S 200M BACKSTROKE
MEN'S 100M BACKSTROKE
WOMEN'S 100M FREESTYLE
MEN'S 200M FREESTYLE
WOMEN'S 50M BREASTSTROKE
MEN'S 50M BUTTERFLY
WOMEN'S 200M INDIVIDUAL MEDLEY
WOMEN'S 800M FREESTYLE
MEN'S 800M FREESTYLE

17:00 B & JUNIOR FINALS

WOMEN'S 100M FREESTYLE
MEN'S 50M BUTTERFLY
WOMEN'S 50M BREASTSTROKE
WOMEN'S 200M BACKSTROKE
MEN'S 100M BACKSTROKE
WOMEN'S 100M BUTTERFLY
MEN'S 200M BREASTSTROKE
WOMEN'S 200M INDIVIDUAL MEDLEY
MEN'S 200M FREESTYLE

18:30 SUPERFINALS

MEN'S 800M FREESTYLE (FH)
WOMEN'S 100M FREESTYLE
MEN'S 50M BUTTERFLY
WOMEN'S 50M BREASTSTROKE
WOMEN'S 800M FREESTYLE (FH)
WOMEN'S 200M BACKSTROKE
MEN'S 100M BACKSTROKE
WOMEN'S 100M BUTTERFLY
MEN'S 200M BREASTSTROKE
WOMEN'S 200M INDIVIDUAL MEDLEY
MEN'S 200M FREESTYLE

* Updated order of events

PRIZE MONEY

Prize Money will be awarded to the Top 5 OPEN athletes & Junior Prize Money will be awarded to the Top 5 18/under.

Both categories are according to the highest World Aquatics Points swim, regardless of gender.

OPEN AGE PRIZE MONEY

CHAMPION
£10,000
2ND PLACE
£5,000
3RD PLACE
£2,500
4TH PLACE
£1,500
5TH PLACE
£1,000

JUNIOR PRIZE MONEY

CHAMPION
£500
2ND PLACE
£400
3RD PLACE
£300
4TH PLACE
£200
5TH PLACE
£100

COMPETITION INFORMATION

TRAINING POOL		COMPETITION POOL			
		FRIDAY 23rd			
		Private Training*	09:00 - 16:00	*PRE-BOOKED	
		Official Training**	16:00 - 19:00	**BOOKINGS ONLY	
		SATURDAY 24th			
Available (50m)	08:30 - 13:00	Warm Up	08:15 - 09:15	Heats	09:30 - 13:00
			30 Minute Swim Down Post-Heats		
Available (50m)	16:30 - 21:00	Warm Up	16:00 - 16:45	B & Junior Finals	17:00 - 18:40
				Pre-show & Grassroot Finals	18:40 - 19:00
				Super Finals	19:00 - 20:30
		SUNDAY 25th			
Available (50m)	08:30 - 13:00	Warm Up	08:15 - 09:15	Heats	09:30 - 13:00
			30 Minute Swim Down Post-Heats		
Available (50m)	16:30 - 21:00	Warm Up	16:00 - 16:45	B & Junior Finals	17:00 - 18:40
				Pre-show & Grassroot Finals	18:40 - 19:00
				Super Finals	19:00 - 20:30
		Monday 26th			
Available (50m)	08:30 - 13:00	Warm Up	08:15 - 09:15	Heats	09:30 - 13:00
			30 Minute Swim Down Post-Heats		
Available (50m)	16:30 - 20:30	Warm Up	16:00 - 16:45	B & Junior Finals	17:00 - 18:10
				Pre-show & Grassroot Finals	18:10 - 18:30
				Super Finals	18:30 - 20:00

FRIDAY 23 MAY

- Training

We have an allocation of lanes available in the competition pool for training on Friday 23 May. These will be mainly reserved for international athletes that have travelled and British World Class athletes & programmes. If athletes wish to use the pool time, please contact events@aprace.club with your desired training time and this will be allocated on a first-come-first-served basis. For domestic athletes, please follow the same process but note internationals will maintain priority.

Time slots are 45 minute sessions:

- 16:00-16:45
- 16:45-17:30
- 17:30-18:15
- 18:15-19:00

The AP Race team will be flexible in allowing as many requirements wherever possible.

- Accreditation Collection

This will be available at the Main Reception of the London Aquatics Centre on Friday 23 May from 3:30pm and into the Team Leader meeting. We encourage as many athletes as possible to collect their accreditation at this time to ease congestion on Saturday 24 May. Between 24 - 26 May all accreditation must be collected from the Sport Info desk.

- Team Leader Meeting

The Team Leader Meeting will take place at London Aquatics Centre at 6pm. A representative of each club/team/athlete are urged to be present. The Event Director will run through all the processes of the competition and any amendments to the running of the meet will be made clear at this meeting. We will also ensure this is available online.

WITHDRAWALS

These must be made online in your portal on the swimming.events website (the same place entries were submitted). The Team Leader meeting is the deadline for all withdrawals for Day 1 of competition.

ACCREDITATION

If you cannot collect your accreditation on Friday 23 May, then this will be available at the Athlete Entrance Door at the time you arrive. Please note that you may need to queue, so collection is advisable as early as possible when the doors open. **Accreditation must be worn by athletes at all times in the venue.** Security will be located throughout the venue at checkpoints and accreditation must be displayed to access each area. If you lose your accreditation, you must visit the Sport Info Desk where a new one can be purchased for £5.

Athlete accreditation will allow access to any session – even if the athlete is not racing. The allocated athlete seating area must be used. **Athletes will not be allowed to sit in the spectator area but can visit family.**

COACH / TEAM MANAGER PASSES

These are available to buy online on our Ticket Source website.

England, Scotland, Wales Coaches / Team Managers: [BUY HERE](#)

International Coaches / Team Managers: [BUY HERE](#)

All necessary information must be submitted for passes to be approved. Coaches / Team Managers from international federations must provide the equivalent documentation or evidence of qualification.

We know some athletes have entered on their own without a dedicated coach. Whilst we of course encourage individual swimmers to have a Coach / Team Manager alongside them, the logistics of the competition allow for sufficient safeguarding of the swimmers who may not be part of a team. This area is managed by security and has access to AP Race Team at the Sport Info Desk to provide any information required.

Athlete seating is located upstairs in the athlete section of the balcony, but accreditation allows them into the spectator area so there is no limit to how long athletes can spend with their family/friends. Please note that seats are ticketed so swimmers cannot sit in the spectator seats unless they have a ticket - but there will be spare seats mainly across the diving pit should you wish to sit with your child/swimmer for a certain time.

SPORT INFORMATION

This desk is located in the Athlete Seating area on the upper concourse. This desk is used for all queries, withdrawals, disputes, athlete accreditation or just general information should it be required. The team is here to help so please visit the desk should you need any assistance.

ANTI-DOPING

A reminder, particularly for international level athletes, that should anti-doping present themselves on site, athletes are subject to doping control tests conducted by an official body. **Athletes selected for anti- doping must provide an official photo ID to confirm their identity as per World Aquatics and World Anti-Doping requirements.**

BELONGINGS

Secure lockers are available for athletes in the Changing Village. A returnable £1 coin or token from reception can be used.

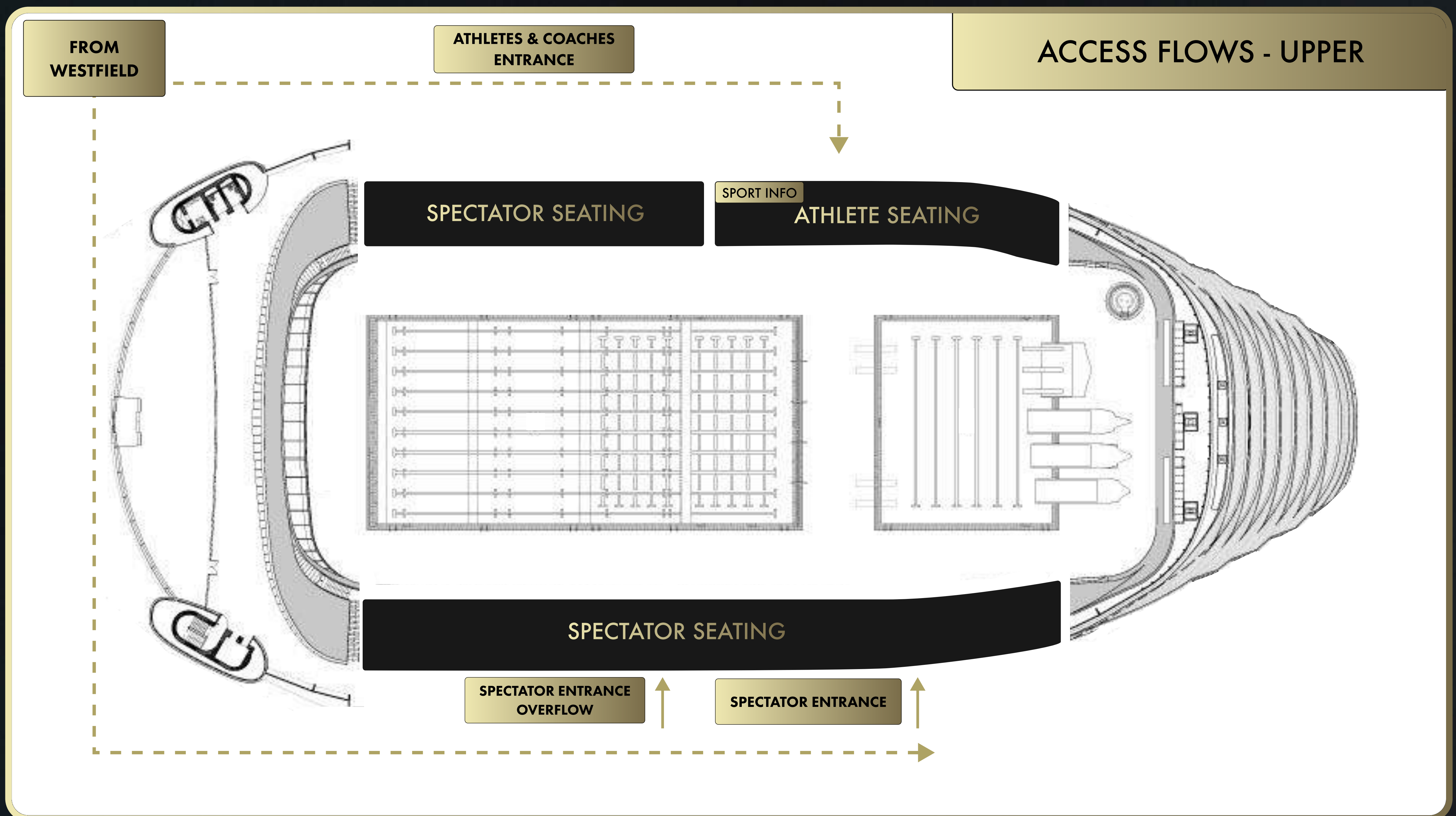
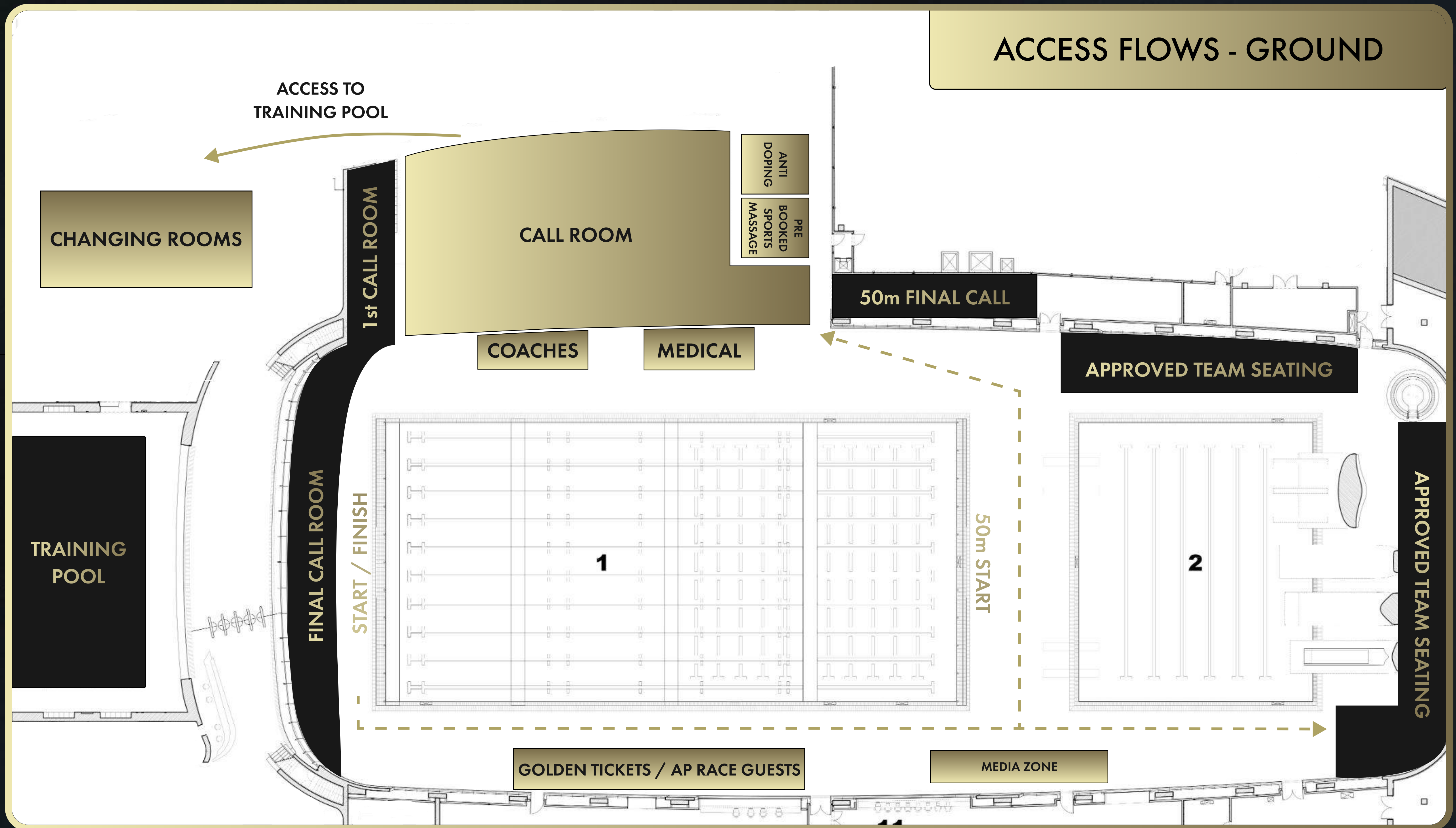
OFFICIALS

J1 Officials & upwards can apply to join our World Aquatics delegates in the smooth running of the competition.

If you would like to come on board and officiate at a world-class meet, get in touch by showing your interest in our meet at:

[CLICK HERE](#)

COMPETITION ACCESS



ATHLETE AREAS

- The main athlete seating is shown on the diagram above within the stands
- Approved team seating around the diving pit is reserved for athletes who are part of international teams or world class programmes and have prior approval for pool side seating from AP Race. Access to this space is only via the Changing Village
- The Changing Village, Training Pool and Call Rooms are all accessible via the staircase from the upper concourse
- If they wish, Coaches can choose to watch the racing from pool deck in the designated area

VENUE ACCESS ROUTES – UPPER

- **Athletes & Coaches** must enter through the upper side doors (except for Friday 23rd PM), which leads straight into the athlete seating area. No entry will be allowed through the venue's main entrance.
- **Spectators** enter on the opposite side through the upper doors immediately into spectator seating.
- **Bag checks** will be conducted by security on arrival for athletes, coaches and spectators.

COMPETITION SERVICES

TICKETING

[GET TICKETS HERE](#)

Tickets are selling very fast and there are only a limited number of seats for some of the session blocks. Some sections have already sold out.

Reminder that B, Junior and Super Finals are all covered within one Finals ticket.

Further spectator information will follow in a dedicated Spectator Information Pack.

AP RACE AVENUE

Situated upstairs on the upper concourse, the AP Race Avenue will house stalls with merchandise, programmes, competition entries and offerings from our event partners. Make sure you get your AP Race temporary tattoos and cheer along with the action! We encourage all our spectators to visit the AP Race Avenue!

SAFEGUARDING

We remain committed to protecting all our athletes in the following key ways:

- Coaches and Team Managers must disclose their approved Swim England (or other relevant body) details to the Event Team when emailed to do so otherwise accreditation will be revoked
- Photography and videos of individuals must not be taken by general spectators when attending the competition. Only official Photographers are permitted.
- Athletes will be allowed to enter the spectator area to speak with parents/guardians (but it will not be allowable for athletes to sit in the spectator section).
- A Sport Info Desk will be in the athlete section (upper concourse) to assist any athletes. Volunteers will be accompanied by a member of the AP Race staff who are well versed in athlete management and will be able to escalate any queries or concerns to the Event Leadership Team.

Should there be any specific requests prior to the event, please email us at events@aprace.club

MEDICAL

The Event Organisers have arranged for a paramedic to be present should there be any athlete emergencies. This is in addition to the London Aquatics Centre lifeguards who will conduct any water-based rescues and maintain the lead on medical emergencies in the building. There will also be two dedicated First Aiders for spectators should it be required – please contact a member of the team, an official or a steward if you require medical assistance.

Anti-doping teams may be present and if so, a specific area has been identified within the Changing Village for anti-doping teams to operate from. It is imperative that athletes tagged for anti-doping testing have an official form of identification as per international anti-doping rules.

For the information of international visitors:


- In the case of emergency when not on site, please dial 999
- In the case of non-emergency please dial 111 (or consult Event Medical Teams)
- The nearest A&E department is Homerton University Hospital, Homerton Row, London E9 6SR (10-15 min drive from London Aquatics Centre)

NATIONAL / INTERNATIONAL ARRIVALS



In London, public transport is by far the quickest, easiest and cheapest form of travel to get around the city. All London Underground, overground trains and buses operate on a contactless basis and you can use Apple Pay or other contactless devices to tap in and out on every form of transport. See below an overview of how to get from the main London transport hubs to Stratford.

FROM LONDON HEATHROW

Option 1 (from T2/3 – you can get from any terminal to these if you wish)

- **Elizabeth Line**  directly to Stratford (40-45 mins / £13)
- Very well signposted from all Terminals and airport staff can help to guide you

Option 2 (all terminals)

- LONDON UNDERGROUND: **Piccadilly Line**  Heathrow to Holborn
- LONDON UNDERGROUND: At Holborn, change to **Central Line**  eastbound to Stratford
- Total approx 1h20 / £5

FROM LONDON GATWICK

Depending on time of landing:

Option 1

- Train (Thameslink) from Gatwick Station to London Bridge (28 mins, costs differ)
- Then get **Jubilee Line**  from London Bridge to Stratford (approx 18 mins / £3)

Option 2

- Train (Gatwick Express or Southern) to London Victoria (30 mins, costs differ)
- LONDON UNDERGROUND: **Victoria Line**  northbound 2 stops to Oxford Circus
- LONDON UNDERGROUND: At Oxford Circus, change to **Central Line**  eastbound to Stratford

FROM LONDON STANSTED

- Trains every 30 mins
- Train (Greater Anglia) London Stansted to Tottenham Hale (38 mins)
- Train (Greater Anglia) change at Tottenham Hale to Stratford (10 mins)

FROM LONDON CITY AIRPORT

- **DLR**  (Docklands Light Railway) to Canning Town (6 mins)
- LONDON UNDERGROUND: **Jubilee Line**  from Canning Town to Stratford (5 mins)

FROM LONDON EUSTON TRAIN STATION

- LONDON UNDERGROUND: **Northern Line**  southbound to Tottenham Court Road (3 mins)
- Then get **Central Line**  from Tottenham Court Road to Stratford (approx 14 mins / £2-3)

FROM LONDON ST PANCRAS (EUROSTAR)

- Same instructions as Euston
- Or, every 30-60 mins there is a 7 minute direct train from St Pancras to Stratford

Use [TFL PLAN A JOURNEY](#) for live travel around London

HOTELS, TRANSPORT, FOOD & ARRIVING AT THE VENUE

HOTEL

If you require accommodation for the event, we would recommend our favourite hotel in the Olympic Park, **The Stratford**.

[BOOK HERE](#)

TRAVEL

Stratford Underground Station

7-minute walk from the London Aquatics Centre

- Jubilee Line - links through Canary Wharf (9 minutes) and Central London (19 minutes)
- Central Line - links westbound to Liverpool Street (9 minutes) and Oxford Circus area (19 minutes)
- National Rail services & bus station to local areas

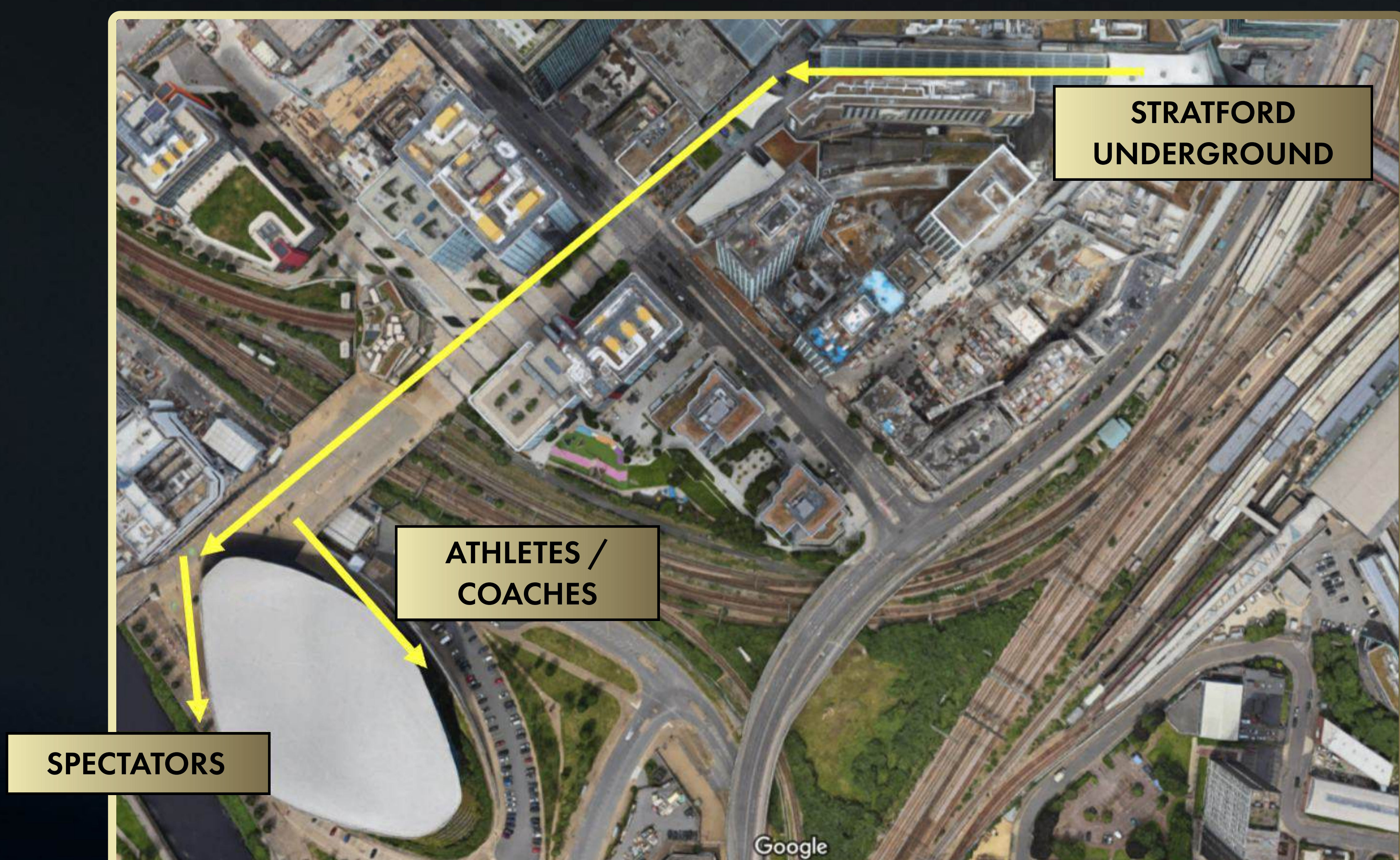
Stratford International Station

5-minute walk from the London Aquatics Centre

- 7 minute highspeed to Euston Station
- DLR (Docklands Light Railway) travels through Canary Wharf to London City Airport (17 minutes)
- Links to other National Rail services

FOOD

Westfield (Stratford City) shopping centre which is located a 5 minute walk from the London Aquatics Centre has over 90 different dining options for all budgets and dietary requirements. To view all shops, restaurants, bars and other amenities, visit: [CLICK HERE](#)





AP RACE LONDON INTERNATIONAL 2025

Exclusively at the London Aquatics Centre

CONTACT

events@aprace.club

John Bailey,
Competition Director

A MESSAGE FROM AP RACE

“When we launched the AP Race London International in 2023 it was a huge risk, we were taking a step into the unknown, running a much bigger event than we’d ever undertaken before.

Just 2 years later, the progress of the AP Race London International is incredible and we couldn’t be more excited to welcome athletes, coaches and spectators from around the world. We want to thank everyone for their support of AP Race’s mission and we can’t wait to watch you become...

Better Than Yesterday

Ed Baxter,
AP Race CEO