Race



AP RACE LONDON INTERNATIONAL

23 - 25 May 2026

Exclusively at the London Aquatics Centre

CONFIRMATION PACK

Better Than Yesterday

Dear Athletes & Teams

Thank you for entering the AP Race London International 2026! Now in our fourth year, we're thrilled to see the growth of federations, clubs and athletes joining us and we look forward to welcoming you all to London. The competition was oversubscribed and so it is unfortunate that some rejections had to be made. The team worked in detail to reduce the amount of rejections to ensure the maximum amount of entrants could compete.

In this pack you will find many important details – **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 Competition Hub has quick access to information links and resources: **CLICK HERE**

Please find contact details at the end of this pack if you need further assistance.

See you in London!
AP Race Team

Sanctioned by AquaticsGB, this meet is recognised by World Aquatics in which A & B times can be achieved to enter the **World Aquatics Swimming Championships (25m) 2026 in Beijing and World Aquatics Championships Budapest 2027.**

Saturday 23 May 2026	Sunday 24 May 2026	Bank Holiday Monday 25 May 2026
09:30 Heats	09:30 Heats	09:30 Heats
16:30 B/Jnr Finals	16:30 B/Jnr Finals	16:30 B/Jnr Finals
19:00 Super Finals	19:00 Super Finals	18:30 Super Finals

Late Entries

Late entries will open on 4 May 2026 and will be charged at £25 per swim. Please note that this is only if there are available spaces in that event from withdrawals. In order to be accepted, the swimmer must be faster than the slowest entry accepted into each event. Check the swimming events page for available events **HERE.**

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Competition Schedule

Saturday 23 May 2026

9:30 Heats

Women's 400m Freestyle
Men's 400m Individual Medley
Men's 100m Butterfly (Includes Para S9-10)
Women's 50m Freestyle (Includes Para S11-13)
Women's 200m Butterfly
Men's 50m Freestyle (Includes Para S6-7, S11-13)
Women's 200m Breaststroke
Men's 200m Backstroke
Women's 50m Backstroke
Men's 50m Breaststroke
Men's 1500m Freestyle

16:30 B, Junior, Para Finals

Women's 400m Freestyle (Junior)
Men's 400m Individual Medley (Junior)
Men's 100m Butterfly (Junior, B)
Men's 100m Butterfly Para (S9-10)
Women's 50m Freestyle (Junior, B)
Women's 50m Freestyle Para (S11-13)
Men's 50m Freestyle (Junior, B)
Men's 50m Freestyle Para (S6-7, S11-13)
Women's 200m Butterfly (Junior, B)
Women's 200m Breaststroke (Junior, B)
Men's 200m Backstroke (Junior, B)
Women's 50m Backstroke (Junior, B)
Men's 50m Breaststroke (Junior, B)

18:25 approx
Girl's Grassroots Race 1 - 50m Butterfly
Boy's Grassroots Race 1 - 50m Butterfly
Girl's Grassroots Race 2 - Breaststroke
Boy's Grassroots Race 2 - Breaststroke

19:00 Super Finals

Women's 400m Freestyle
Men's 200m Backstroke
Women's 50m Freestyle
Men's 50m Freestyle
Women's 200m Butterfly
Men's 1500m Freestyle
Women's 50m Backstroke
Women's 200m Breaststroke
Men's 100m Butterfly
Men's 400m Individual Medley
Men's 50m Breaststroke
Women's 4x100m Medley Relay
Men's 4x100m Freestyle Relay

Sunday 24 May 2026

9:30 Heats

Men's 400m Freestyle
Women's 400m Individual Medley
Men's 50m Backstroke
Women's 50m Butterfly
Men's 100m Freestyle (Includes Para S11-13)
Women's 100m Backstroke (Includes Para S8-9)
Men's 200m Butterfly
Women's 200m Freestyle (Includes Para S14)
Men's 100m Breaststroke (Includes Para SB8-9)
Women's 100m Breaststroke (Includes Para SB7-8)
Men's 200m Individual Medley
Women's 1500m Freestyle

16:30 B, Junior, Para Finals

Men's 400m Freestyle (Junior)
Women's 400m Individual Medley (Junior)
Men's 50m Backstroke (Junior, B)
Women's 50m Butterfly (Junior, B)
Men's 100m Freestyle (Junior, B)
Men's 100m Freestyle Para (S11-13)
Women's 100m Backstroke (Junior, B)
Women's 100m Backstroke Para (S8-9)
Men's 200m Butterfly (Junior, B)
Women's 200m Freestyle (Junior, B)
Women's 200m Freestyle Para (S14)
Men's 100m Breaststroke (Junior, B)
Men's 100m Breaststroke Para (SB8-9)
Women's 100m Breaststroke (Junior, B)
Women's 100m Breaststroke Para (SB7-8)
Men's 200m Individual Medley (Junior, B)

18:30 approx
Girl's Grassroots Race 3 - 50m Backstroke
Boy's Grassroots Race 3 - 50m Backstroke

19:00 Super Finals

Men's 400m Freestyle
Women's 200m Freestyle
Men's 200m Individual Medley
Women's 100m Breaststroke
Men's 50m Backstroke
Women's 400m Individual Medley
Men's 100m Freestyle
Women's 1500m Freestyle
Men's 200m Butterfly
Women's 50m Butterfly
Women's 100m Backstroke
Men's 100m Breaststroke
Mixed 4x200m Freestyle Relay

Monday 25 May 2026

9:30 Heats

Women's 100m Freestyle
(Includes Para S8-9, S11-13)
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
(Includes Para SM9-10)
Men's 200m Freestyle (Includes Para S14)
Women's 800m Freestyle
Men's 800m Freestyle

16:30 B, Junior, Para Finals

Women's 100m Freestyle (Junior, B)
Women's 100m Freestyle Para (S8-9, S11-S13)
Men's 50m Butterfly (Junior, B)
Women's 50m Breaststroke (Junior, B)
Women's 200m Backstroke (Junior, B)
Men's 100m Backstroke (Junior, B)
Women's 100m Butterfly (Junior, B)
Men's 200m Breaststroke (Junior, B)
Women's 200m Individual Medley (Junior, B)
Women's 200m Individual Medley Para (SM9-10)
Men's 200m Freestyle (Junior, B)
Men's 200m Freestyle Para (S14)

18:10 approx
Girl's Grassroots Race 4 - 50m Freestyle
Boy's Grassroots Race 4 - 50m Freestyle

18:30 Super Finals

Men's 800m Freestyle
Women's 100m Freestyle
Men's 50m Butterfly
Women's 50m Breaststroke
Women's 800m Freestyle
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
Women's 4x100m Freestyle Relay
Men's 4x100m Medley Relay

CEREMONY
Overall Junior & Open Winners

Event order within sessions are subject to change

Prize Money

Prize Money will be awarded to the Top 5 OPEN athletes and Top 5 JUNIOR 18/under athletes. Both categories are according to the highest World Aquatics points swim, regardless of gender.

£21,500 PRIZE MONEY POT

Open Age	Junior (Born 2008 or later)
1st - £10,000	1st - £500
2nd - £5,000	2nd - £400
3rd - £2,500	3rd - £300
4th - £1,500	4th - £200
5th - £1,000	5th - £100

Prize money will be awarded to the top five athletes (men and women combined) according to their highest World Aquatics points swim). Adam Ramsay-Peaty not eligible for Prize Money.



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Competition Timings

The 50m warm up pool will be available for the morning Heats and throughout the Finals in the evening. If heats occur when the 50m training pool is not available, the 25m Diving Pit will open as a swim down facility.

TRAINING POOL		COMPETITION POOL			
FRIDAY 22 MAY					
		Private Training	09:00-16:00	**Private lanes**	
		Official Training	16:00-19:00	**Time slot booking available**	
		Team Leader Meeting	19:15-20:00	**Gordon Ramsay Bread Street Kitchen**	
		Coaches Welcome Drinks	20:00-21:30	**Gordon Ramsay Bread Street Kitchen**	
SATURDAY 23 MAY					
Doors Open 08:00					
Available (50m)	09:00-13:30	Warm Up	08:30-09:15	**Heats**	**09:30-13:00**
		Post-Heats Swim Down TBC			
Available (50m)	16:30-21:00	Warm Up	15:30-16:15	**B & Junior Finals**	**16:30**
				Para Finals	**17:45**
				Grassroots Finals	**18:05**
				Super Finals	**19:00-20:50**
SUNDAY 24 MAY					
Doors Open 08:00					
Available (50m)	09:00-12:15	Warm Up	08:30-09:15	**Heats**	**09:30-13:00**
		Post-Heats Swim Down TBC			
Available (50m)	16:30-21:00	Warm Up	15:30-16:15	**B & Junior Finals**	**16:30**
				Para Finals	**17:55**
				Grassroots Finals	**18:30**
				Super Finals	**19:00-20:55**
MONDAY 25 MAY					
Doors Open 08:00					
Available (50m)	09:00-12:15	Warm Up	08:30-09:15	**Heats**	**09:30-13:00**
		Post-Heats Swim Down TBC			
Available (50m)	16:30-21:00	Warm Up	15:30-16:15	**B & Junior Finals**	**16:30**
				Para Finals	**17:45**
				Grassroots Finals	**18:10**
				Super Finals	**18:30-20:20**

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FRIDAY 22 MAY

Training

We have an allocation of lanes available in the competition pool for training on Friday 22 May. 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 22 May from 3.30-7pm and at the Team Leader meeting where a coach / Team Manager can collect on behalf of the team. We encourage as many athletes as possible to collect their accreditation at this time to ease congestion on Saturday 23 May.

Team Leader Meeting

The Team Leader Meeting will take place on the first floor of Gordon Ramsay Bread Street Kitchen at 7.15pm. A representative of each club/team/athlete must be present. The Competition 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 for those unable to make it in person. Details will be shared closer to the time.

Team Preparation Area Setup

We have certain restrictions with the venue in terms of available space on Friday 22 May. We will contact international teams to organise specific areas on this day.

Follow our Whatsapp Channel!

For key competition updates, start lists and information throughout the event, scan the QR code or **CLICK THIS LINK ON YOUR PHONE.**

General Information

Ice Baths

Our Wellness Partner, Jacuzzi, will be supplying limited ice baths to be utilised by athletes. These products are free to use throughout the competition and will be an open, shared amenity. Teams are able to bring their own ice baths but they must inform AP Race before doing so. Ice will not currently be provided by AP Race. If this changes, we will inform teams accordingly.

Analysis / Filming

There are a small number of available spaces for official team filming & analysis. This will be on the upper concourse on the athlete seating side. Tables, chairs, power and internet will be provided by AP Race and each space will be allocated – therefore please contact us if you wish to reserve a position.

Withdrawals

These must be made online on your profile 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 22 May, then this will be available at the Athlete Entrance Door at the time you arrive on competition day. Please note that you may need to queue, so collection is advisable as early as possible when the doors open (see timings section). 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 Information 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.

Start Lists & Results

All competition information is available online on the swimming.events website. **HERE**
Coaches will be provided with paper Start Lists should they prefer.

Sports Massage

Throughout the competition we will be offering a sports massage service on venue in the athlete area. To book a 30 minute sports massage or a 10 minute post-race flush, **CLICK HERE**

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Coach / Team Manager Passes
Deadline: Friday 22 May

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

England, Scotland, Wales Coaches / Team Managers: **HERE**

International Coaches / Team Managers: **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 stands, 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 may be spare seats mainly across the diving pit should you wish to sit with your child/swimmer for a certain time.

Sport Info Desk

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 in a world-class environment, get in touch by showing your interest in our meet **HERE**

Grassroots Finals

These are invitational finals for young, local swimmers in the borough. They are not part of the official competition and they cannot be entered – it is for legacy and show purposes only.

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SUNDAY 24 MAY

IMPORTANT INFORMATION

This will be the last day of the football Premier League season. At the Olympic Stadium next door to the Aquatics Centre, West Ham United v Leeds United will kick off at 4pm. Note the following:

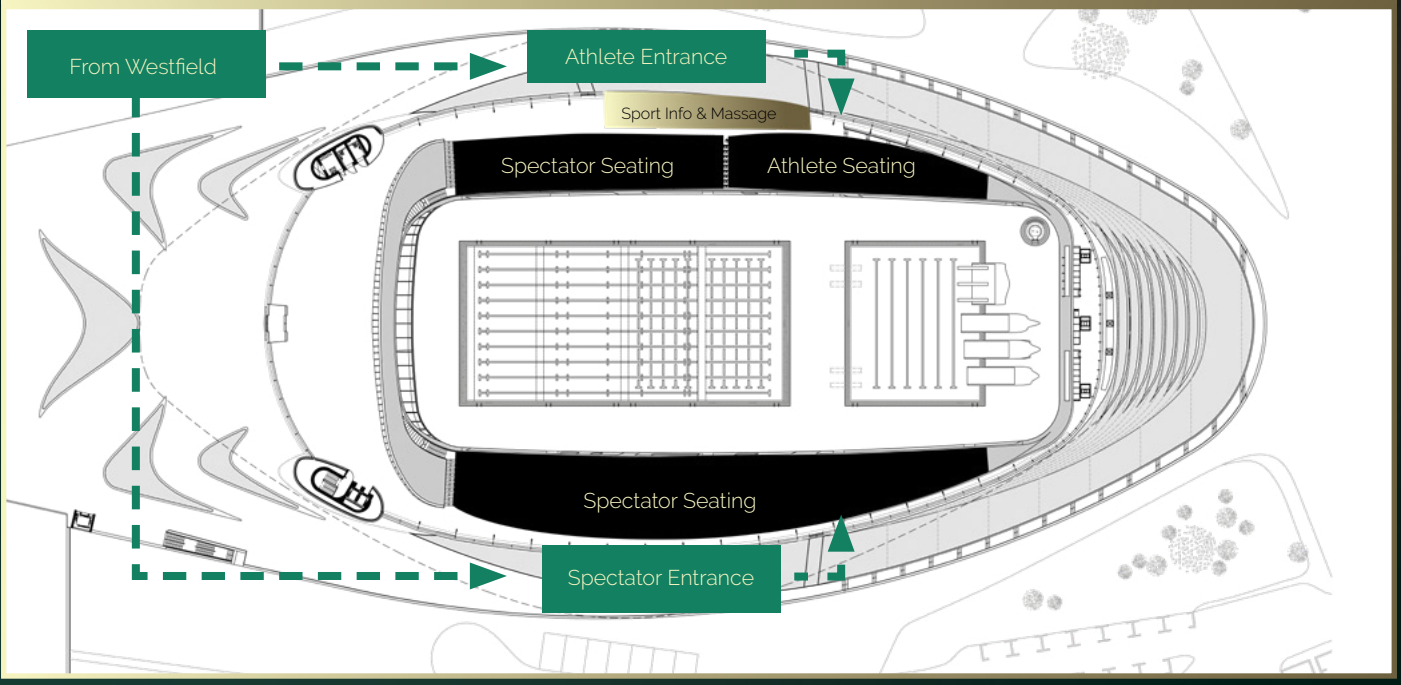
- In excess of 65,000 people will be attending
- It will be extremely busy in the Westfield and Olympic Park areas from 12:00 onwards
- No parking will be available at London Aquatics Centre
- Roads will be closed in the area around the pool and park
- The main gate to access Westfield from the Olympic Park is usually **closed** (next to The Cow Pub) following a Premier League match. If your hotel is in this area or you are looking to access Westfield, please allow more time and follow the guidance of stewards.
- Fans will be leaving the stadium at approximately 18:00 and it will be **extremely** busy within the park. This is a key time for athletes arriving at the venue for Finals and so we advise to arrive before 17:30 to avoid the 65,000 fans leaving the stadium.
- As this is the last day of the season, depending on the match result, West Ham United may stay in the Premier League and fans stay to celebrate in the stadium. Equally, West Ham could be relegated and so fans may leave early. This result will affect the time in which fans egress the stadium.



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Competition Access

ACCESS ROUTES - UPPER

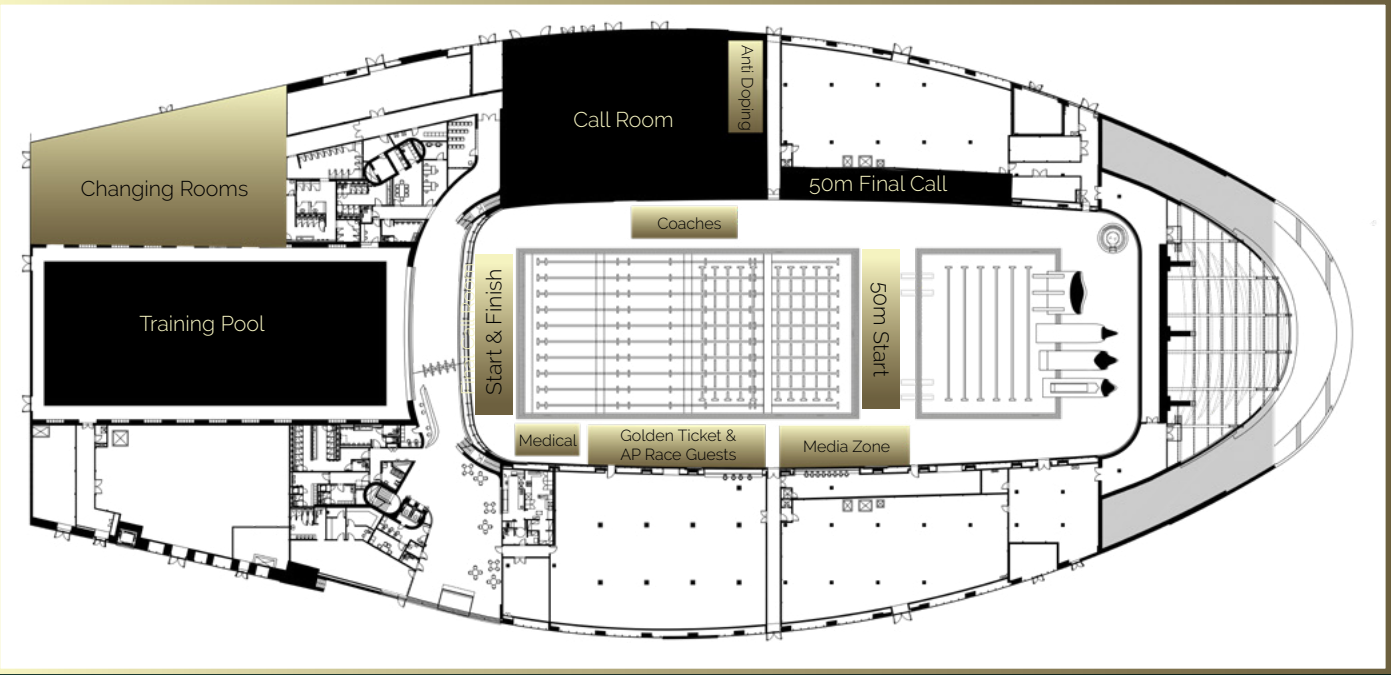


Venue Access Routes Upper

- **Athletes & Coaches** must enter through the upper side doors on the Westfield side, which leads straight into the athlete seating area. No entry will be allowed through the venue's main entrance.
- **Spectators** enter on the Olympic Stadium side through the upper doors immediately into spectator seating.

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ACCESS ROUTES - LOWER



Athlete Areas

- The main athlete seating is shown on the diagram above within the stands
- Specific international teams will be allocated other spaces within the venue if they are contacted prior to the competition.
- 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

Competition Services

TICKETING

CLICK HERE FOR TICKETS

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 and last year we fully sold out some sessions.

Reminder that B, Junior, Para 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 competition partners. Make sure you get your AP Race temporary tattoos and cheer along with the action!

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
- Only official accredited media are permitted pool deck access.
- 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 seats).**
- 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**

Race

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)	**Option 2** (all terminals)
1. Elizabeth Line directly to Stratford (40-45 mins / £13) Very well signposted from all Terminals and airport staff can help to guide you	**LONDON UNDERGROUND:** 2. Piccadilly Line Heathrow to Holborn 3. At Holborn, change to Circle Line eastbound to Stratford Total approx 1h20 / £5
FROM LONDON GATWICK (Depending on time of landing)	
Option 1	**Option 2**
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)	Train (Gatwick Express or Southern) to London Victoria (30 mins, costs differ) **LONDON UNDERGROUND:** 1. Victoria Line northbound 2 stops to Oxford Circus 2. At Oxford Circus, change to Circle Line eastbound to Stratford
FROM LONDON STANSTED	
Trains every 30 mins 1. Train (Greater Anglia) London Stansted to Tottenham Hale (38 mins) 2. Change at Tottenham Hale to Stratford (10 mins)	
FROM LONDON CITY AIRPORT	
1. DLR (Docklands Light Railway) to Canning Town (6 mins) **2. LONDON UNDERGROUND:** Jubilee Line from Canning Town to Stratford (5 mins)	
FROM LONDON EUSTON TRAIN STATION	
LONDON UNDERGROUND: 3. Northern Line southbound to Tottenham Court Road (3 mins) 4. 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	

CLICK HERE for live travel around London

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HOTELS, TRANSPORT, FOOD & ARRIVING AT THE VENUE

Hotels

If you require accommodation, we have partnered with several local hotels. Please get in touch as soon as possible if you require assistance as many are already fully booked.

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

Catering

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, **CLICK HERE**



COMPETITION & ENTRY ENQUIRIES

John Bailey | Competition Director | **john@aprace.club**

TICKETING & GENERAL ENQUIRIES

AP Race Team | **events@aprace.club**

A Message From AP Race

Since we first launched AP Race in 2019, myself and Adam have been completely committed to the development of swimming, we are driven by a lifelong connection to swimming and a strong sense of responsibility to the sport that shaped us as people.

The AP Race London International is our flagship event, a celebration of not just world class performances but of grassroots inspiration and fans wanting to simply enjoy our sport. This event represents everything we are committed to as a brand and as a team.

In 2025, we had one sell out evening with every single seat in the venue full for the finals. In 2026, we are taking a step up again, more production, more spectators and even faster swimming. We have one goal, to help swimming become...

Better Than Yesterday

Ed Baxter
AP Race
Chief Executive Officer

