Race



AP RACE LONDON INTERNATIONAL

23 - 25 May 2026

Exclusively at the London Aquatics Centre

SPECTATOR INFORMATION PACK

Better Than Yesterday

GORDON RAMSAY BREAD STREET KITCHEN & BAR
COLLEGE SPORTS AMERICA
SWANS
Jacuzzi
SYNC PRODUCTION | AUDIO-VISUAL & EVENT SPECIALISTS

Dear AP Race London International Ticket Holders

Thank you for purchasing a ticket to the fourth instalment of the AP Race London International, we cannot wait to welcome you to the iconic London Aquatics Centre! In preparation for your attendance, **please read all the information carefully in this pack.**

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	
08:45	Spectator doors open
09:30	HEATS START
13:00	Heats End (Approximately)
13:15	Venue closed to spectators
15:45	Spectator doors open
16:30	B, JUNIOR & PARA FINALS START
18:00	B, Junior & Para Finals End
18:30	Pre Show Begins - Make sure you're in your seats ready!
19:00	SUPER FINALS START
20:50	Super Finals End
21:15	Venue closed to spectators

Sunday 24 May	
08:45	Spectator doors open
09:30	HEATS START
13:00	Heats End (Approximately)
13:15	Venue closed to spectators
15:45	Spectator doors open
16:30	B, JUNIOR & PARA FINALS START
18:30	B, Junior & Para Finals End
18:30	Pre Show Begins - Make sure you're in your seats ready!
19:00	SUPER FINALS START
20:45	Super Finals End
21:00	Venue closed to spectators

Monday 25 May	
08:45	Spectator doors open
09:30	HEATS START
13:00	Heats End (Approximately)
13:15	Venue closed to spectators
15:45	Spectator doors open
16:30	B, JUNIOR & PARA FINALS START
18:00	B, Junior & Para Finals End
18:00	Pre Show Begins - Make sure you're in your seats ready!
18:30	SUPER FINALS START
20:20	Super Finals End
20:30	Venue closed to spectators

Race

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

Race

Pre-Show Includes:

Grassroots Finals: Just before our Super Finals commence a full race of 12&U swimmers from the local area will deliver their best performances in a packed-out arena!

Kyle Sockwell: The Texas based Internet Swimming sensation, Kyle Sockwell will be taking on a new challenge each evening and on Monday will be going head to head with Adam Ramsay-Peaty as they run back their famous "Jorts Race".

DJ Performance: Roscoe Bros will be bringing the energy to the arena from on poolside at the athlete entry... they will be loud!

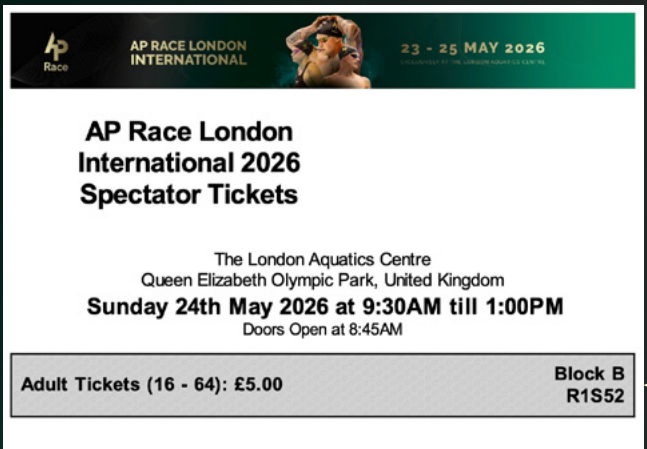
John Mason Build Up: The face of world swimming, John Mason will be previewing the evening of racing, speaking with some of your favourite swimming stars and building the energy for a fast night of racing!

If you have any questions relating to your tickets that aren't answered within this information pack, we are on hand to assist with any queries you may have by emailing us at **events@aprace.club**

See you soon!



Your Ticket - What Does It Mean?



Your ticket contains your block number, row number and seat number.

The row number and seat number are combined.

EXAMPLE - Block B Row 1 Seat 52

- Tickets are selling very fast and there are only a limited number of seats for sessions with some blocks already sold out.
- Tickets cannot be bought on the door; they must be bought online in advance.
- **Reminder that B Finals, Junior Finals, Para Finals and Super Finals are all covered within one Finals ticket.**
- All spectators **must** arrive together with the ticket holder and present your e-ticket at the door.
- Bag checks will be in place. Only handbags or equivalent size will be allowed and will be subject to a security check on arrival.
- We have a re-entry policy that will only be accepted if you collect a wristband as you leave from the Spectator door on the upper concourse and have your tickets to hand.

- Food and drinks are not allowed to be brought into the venue if not bought at the London Aquatics Centre, except for a sealed bottle of water. Anything else will be **detained** at the door if brought.

- One catering kiosk and the main venue cafe will be available throughout the event - with the sale of alcoholic beverages to 18+ only.
- Spectators must not enter the athlete seating areas. Athletes may enter the spectator area to visit parents & family, but not to sit due to allocated seating.
- We'd like to remind everybody that we encourage you to take as many pictures of this amazing experience as possible! But don't forget, images of minors under the age of 18 that are not under your direct supervision cannot be taken or shared at our events. Those not complying with the rules may be asked to leave the venue and reported.

Race

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.

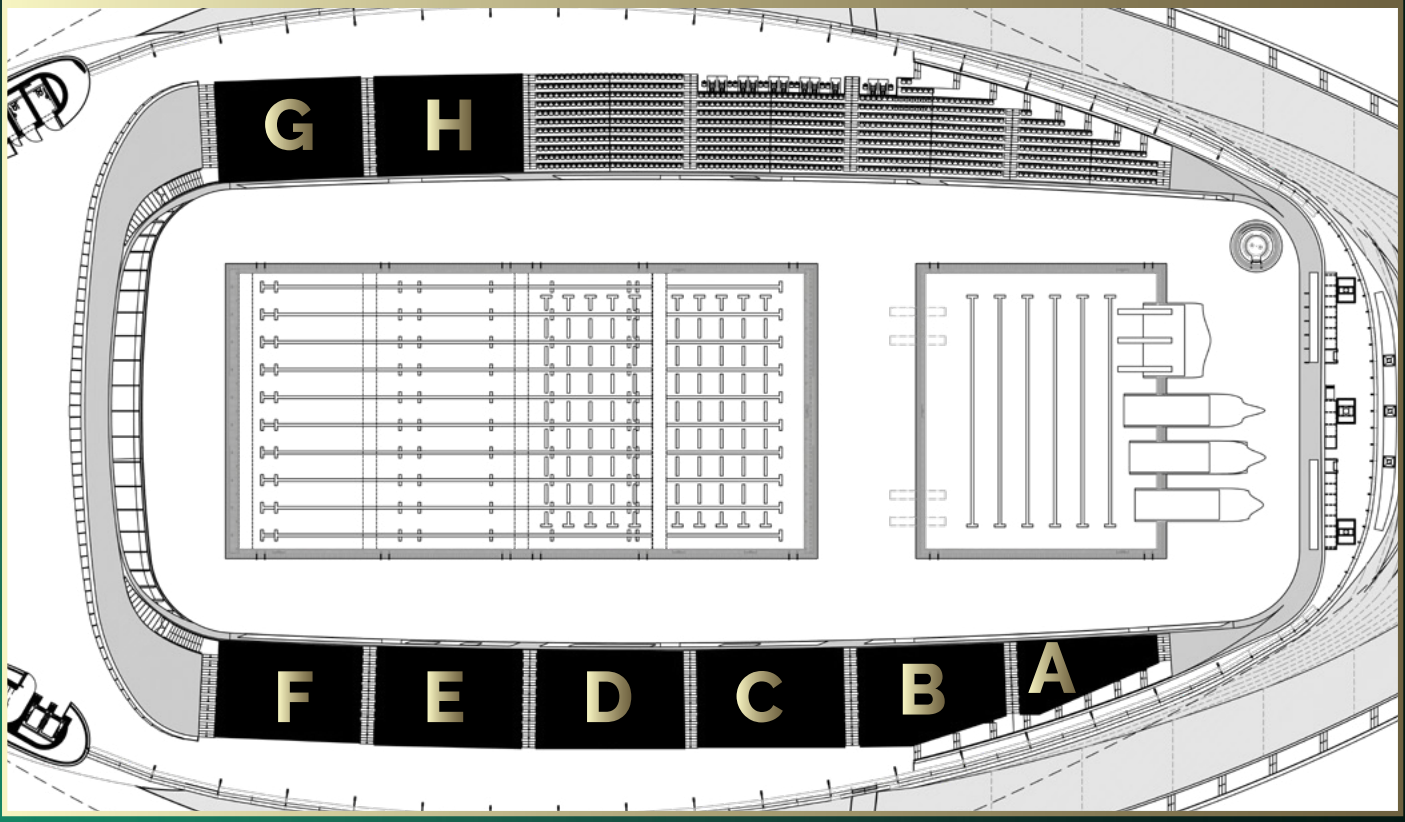


Race

Some All-Important Do's & Don'ts

- When exiting the venue please only use the exit doors on the upper concourse
- Please be quiet during the starts but make as much noise during the races!
- Only flags of competing nations can be brought to the venue. Other flags and signs may be removed by event staff and security.
- Dress comfortably! There may be queues outside the doors, but don't forget aquatics centres are warm places.
- Arrive early! Make sure you have time to go through security and ticket checks and visit our AP Race Avenue before taking your seats.
- We have a re-entry policy that will only be accepted if you collect a wristband as you leave from the Spectator door on the upper concourse and have your tickets to hand.

SEATING BLOCKS



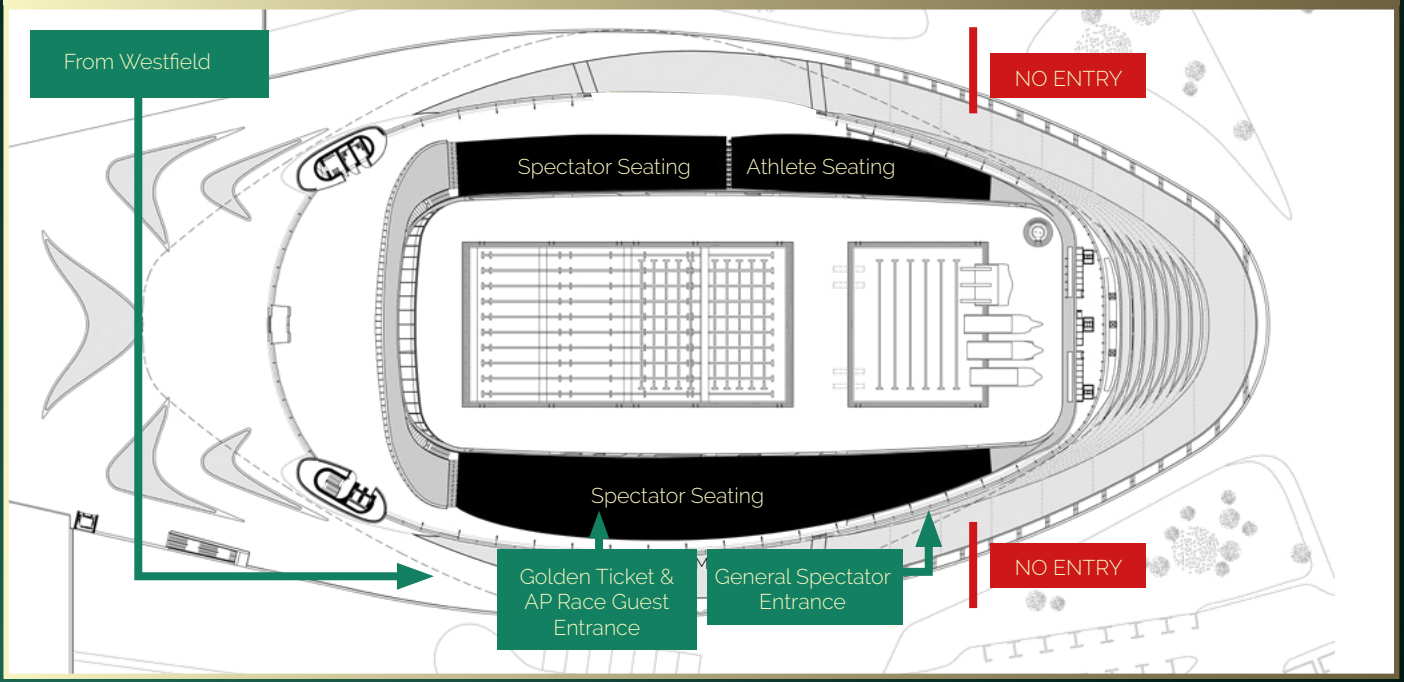
Competition Hub

For everything you need during the weekend, visit our Competition Hub. Here you can find competition start lists, results, timings and key links to our merch, photos and more.

CLICK HERE FOR COMPETITION HUB

Venue Areas

ACCESS ROUTES - UPPER



For General Spectator, Golden Ticket Holders & AP Race Guests please follow the green arrows to the entrance. You must walk from the direction of Westfield.

Exclusive AP Race Masterclass

As part of the prestigious AP Race London International taking place at the world iconic London Aquatics Centre, we are running Masterclass Experiences for you to be coached by our world class AP Race Team & some extra special guests.

With three exciting opportunities available, this is not to be missed! There are very limited spaces available so be sure to secure your spot now.

All three sessions are pool based and will be breaking down and focussing on the technical elements of three different themes. This will allow the athletes taking part to gain as much knowledge as possible. These sessions are aimed at competent Club swimmers & upwards, not beginners.

This is your chance to be coached by Anna Hopkin, Kyle Sockwell & Adam Ramsay-Peaty alongside the world class AP Race Team!

Saturday 23: Turns Masterclass with Anna Hopkin & Kyle Sockwell

Sunday 24: Dive Starts Masterclass with Anna Hopkin & Kyle Sockwell

Monday 25: Breaststroke Masterclass with Adam Ramsay-Peaty

Timeline	
13:00-13:15	Sign in at reception downstairs (Enter via the main reception doors)
13:15-13:30	Change
13:30-15:00	Pool session (Competition pool) - Parents to watch from spectator stands
15:00-15:15	Q&A
15:15-15:30	Photos
15:30-15:45	Change & finish (Exit via the main reception doors)

CLICK HERE TO BOOK

AP Race Avenue

Situated 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!

MEDICAL INFORMATION

The Event organisers have arranged for a paramedic and responder to be present should there be any athlete emergencies. There will also be a first responder for spectators should it be required - please contact a member of the team or a steward if you require medical assistance.

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



Dine With AP Race Athletes

We are delighted to announce that AP Race and Gordon Ramsay Bread Street Kitchen are partnering for the AP Race London International 2026! This partnership has been formed to add to the experience at the AP Race's flagship event so that even when the racing finishes, the experience doesn't.

This is your opportunity to dine at one of the Olympic Park's newest and most iconic restaurants with Adam Ramsay-Peaty and the AP Race Team. On the 23rd & 24th of May, you can book a table at Bread Street Kitchen, Stratford as AP Race takes over an entire floor of the restaurant following the finals session at the AP Race London International.

To register your interest in booking a table, please click the button below (please note, tables are very limited). This truly will be an immersive experience like no other swimming competition. We look forward to welcoming you to Bread Street Kitchen!

REGISTER YOUR INTEREST HERE

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

Race

We want you to share your experience across this incredible weekend of racing!

Be sure to tag us in all your social media posts @apraceofficial

