Race

AP RACE LONDON INTERNATIONAL (25M)



AP Race London International

28 - 29 November 2026

Exclusively at the London Aquatics Centre

CONFIRMATION PACK

Better Than Yesterday

Dear Athletes & Teams,

Thank you for entering the AP Race London International (25m) 2026! As our first ever Short Course edition, we're thrilled to see a number of International teams, local clubs and athletes from far and wide join us.

In this pack you will find lots of important details – please read the information carefully.

We've had a fantastic uptake of interested officials and volunteers already, but if you would like to help support the event we still have some vacancies available. To find out more please contact 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

Saturday 28 November 2026
08:30 Warm Up
09:30 Heats
15:30 Warm Up
16:30 B Finals
18:00 Super Finals

Sunday 29 November 2026
08:30 Warm Up
09:30 Heats
15:30 Warm Up
16:30 B Finals
18:00 Super Finals

LATE ENTRIES

Late entries are now open and will be charged at £25 per swim. Please note that this is only if there are available spaces in that event. In order to be accepted, the swimmer must be faster than the slowest entry accepted into each event.

https://swimming.events/meets/556/late_entry_form/new

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Competition Schedule

Day 1	Day 2
Women's 400 Freestyle	Men's 400 Freestyle
Men's 50 Backstroke	Women's 50 Backstroke
Women's 200 Individual Medley	Men's 200 Individual Medley
Men's 100 Breaststroke	Women's 100 Breaststroke
Women's 50 Butterfly	Men's 50 Butterfly
Men's 50 Freestyle	Women's 50 Freestyle
Women's 100 Backstroke	Men's 100 Backstroke
Men's 100 Individual Medley	Women's 100 Individual Medley
Men's 200 Backstroke	Women's 200 Backstroke
Men's 1500 Freestyle *	Women's 1500 Freestyle *
Men's 4x50 Freestyle Relay*	Women's 4x50 Freestyle Relay*
Women's 200 Breaststroke	Men's 200 Breaststroke
Men's 100 Butterfly	Women's 100 Butterfly
Women's 100 Freestyle	Men's 100 Freestyle
Women's 50 Breaststroke	Men's 50 Breaststroke
Men's 400 Individual Medley	Women's 400 Individual Medley
Women's 200 Butterfly	Men's 200 Butterfly
Men's 200 Freestyle	Women's 200 Freestyle
Women's 800 Freestyle *	Men's 800 Freestyle *
Women's 4x50 Medley Relay*	Men's 4x50 Medley Relay*

Event order within sessions are subject to change

* Super Final Only

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Competition Timings

DIVING POOL	COMPETITION POOL			
FRIDAY 27 NOVEMBER				
/	**Team Leader Meeting**		**18:30-19:15**	**Online**
SATURDAY 28 NOVEMBER				
Doors Open 08:00				
Available 09:00-13:00	**Warm Up**	08:30-09:15	**Heats**	09:30-12:30
Available 16:30-20:30	**Warm Up**	15:30-16:15	**B Finals**	16:30-17:45
			Super Finals	18:00-20:15
SUNDAY 29 NOVEMBER				
Doors Open 08:00				
Available 09:00-13:00	**Warm Up**	08:30-09:15	**Heats**	09:30-12:30
Available 16:30-20:30	**Warm Up**	15:30-16:15	**B Finals**	16:30-17:45
			Super Finals	18:00-20:15

Should the diving pool not be available for use during the times indicated above, the second 25m pool within the competition pool will be opened and available as an alternative training space.

General Information

Access to Competition Information
All information available for the Competition will be shared on our Competition Hub below

COMPETITION HUB - https://hub.aprace.club/70308f1b2dc6463899472fbd058e989d

Training
We have very limited access within the venue on Friday 27 November and therefore no open training will be available before the competition. If you are part of an International Team travelling to compete at this event, a very select number of lanes are available at certain times throughout the day within the 25m training pool. Should you wish to utilise this pool time, please speak to the team at events@aprace.club. These will be allocated on a first come first serve basis.

Team Leader Meeting
The Team Leader Meeting will take place online at 18:30 on Friday 27 November. 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. Details will be shared closer to the time to all Athletes and Coaches/Team Managers who have purchased the relevant pass. The meeting link will be shared to all Coach/Team Manager holders at least 48 hours before.

Accreditation Collection
All accreditation collection will be available from Saturday 28 November at the main athlete doors, located upstairs on the upper concourse.

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. Upon request, tables, chairs, power and internet can be provided by AP Race. You must contact the team a minimum of 14 days before the competition should you require analysis space - events@aprace.club.

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.

General Information

Accreditation
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.

Coach / Team Manager Passes
Deadline: Friday 27 November

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.

Relay Entries
Should you wish to enter your club into any of our relays, please head to our Swimming Events page here and submit your club entries - https://swimming.events/meets/556

- Please note, relays will be limited to 10 entries per event, and will take place in the Super Finals session only.

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General Information

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**.

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SATURDAY 28TH NOVEMBER

IMPORTANT INFORMATION

West Ham United will have a home game against Stoke City at the Olympic Stadium next door to the Aquatics Centre, with a kick off time of 3pm.

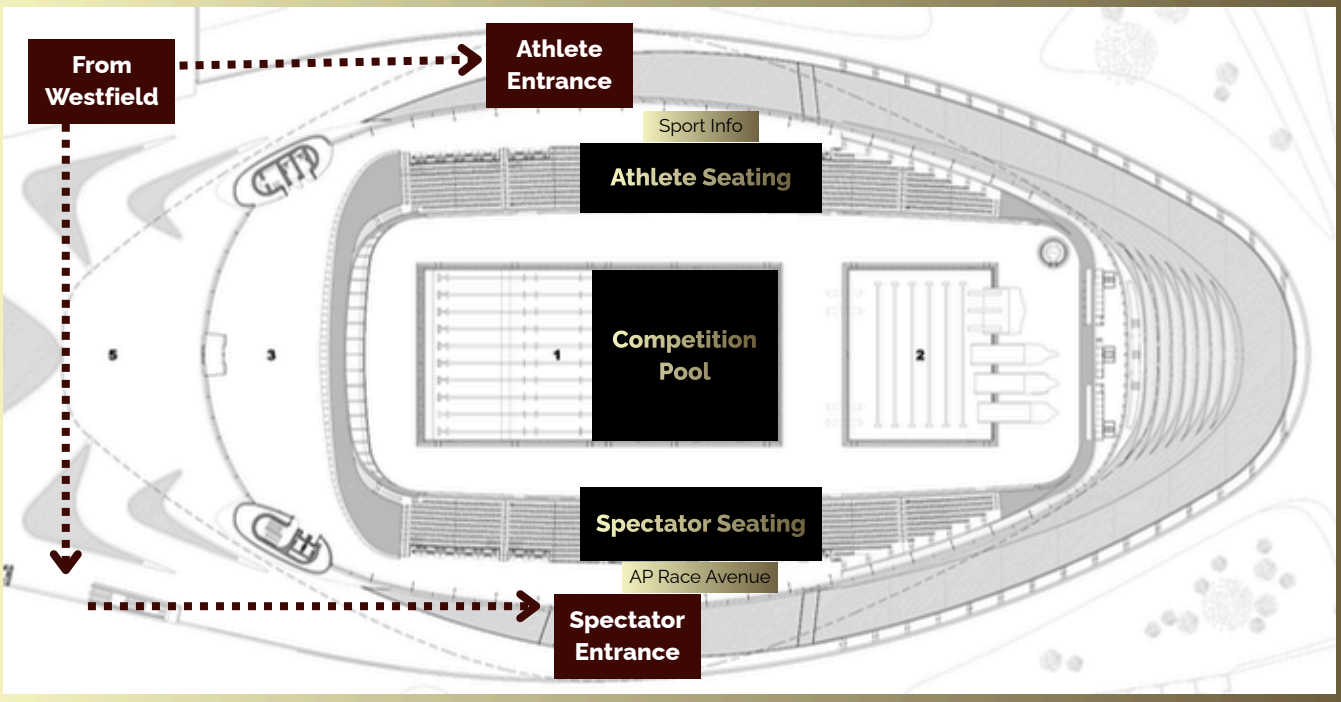
Please note the following:

- In excess of 50,000 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 Home football game. 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 16:45 and it will be EXTREMELY busy leaving the park. This is a key time for athletes arriving at the venue for Finals and so we advise to arrive by 15:00 or after 17:00.



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 located on the ground floor.
- Spectators enter on the Olympic Stadium side through the upper doors immediately into spectator seating.

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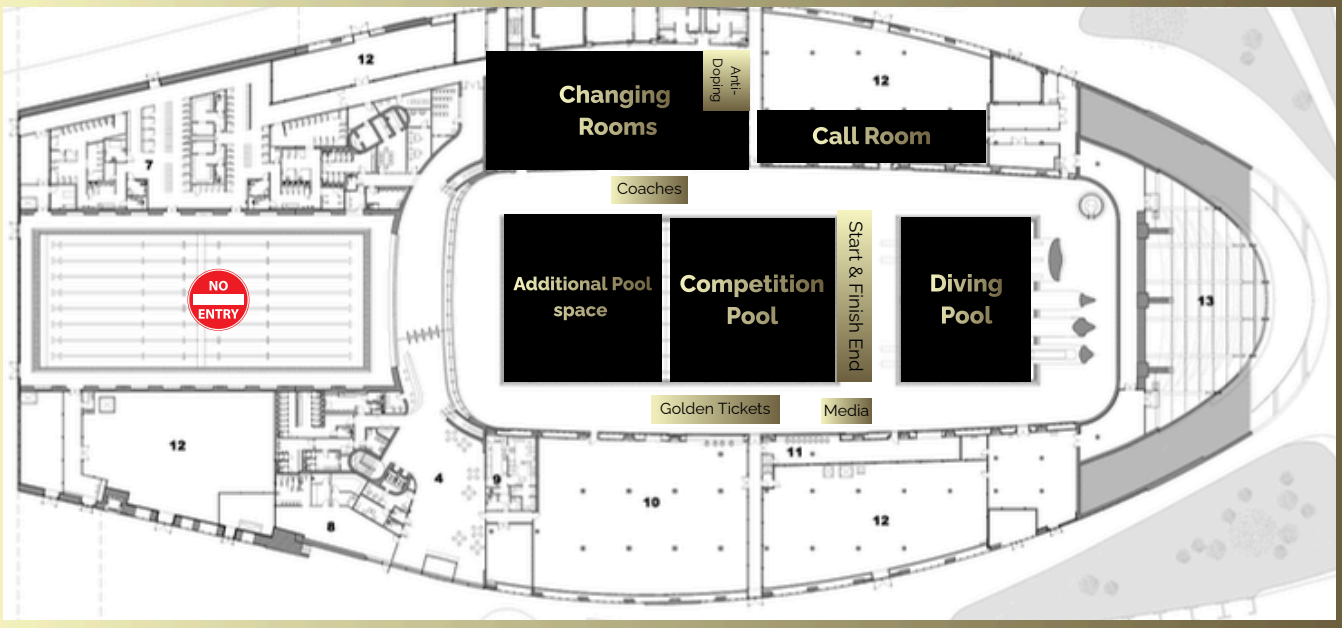
Competition Access

ACCESS ROUTES - LOWER



Athlete Areas

- The main athlete seating is shown on the upper 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, Diving 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
- The additional pool located on the left hand side of the map will not be in use, only the 25m diving pool must be used for training purposes.
- At certain times throughout the weekend, the additional pool space be opened as an alternative warm-up/cool-down facility when necessary. Athletes will be informed if they can utilise the additional pool space via the announcer. At all other times, the 25m diving pool remains the single pool available for training purposes.

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. Reminder that B, 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.

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.

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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	
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

Hotels, Transport, Food & Arriving at the Venue

Hotels

If you require accommodation, 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

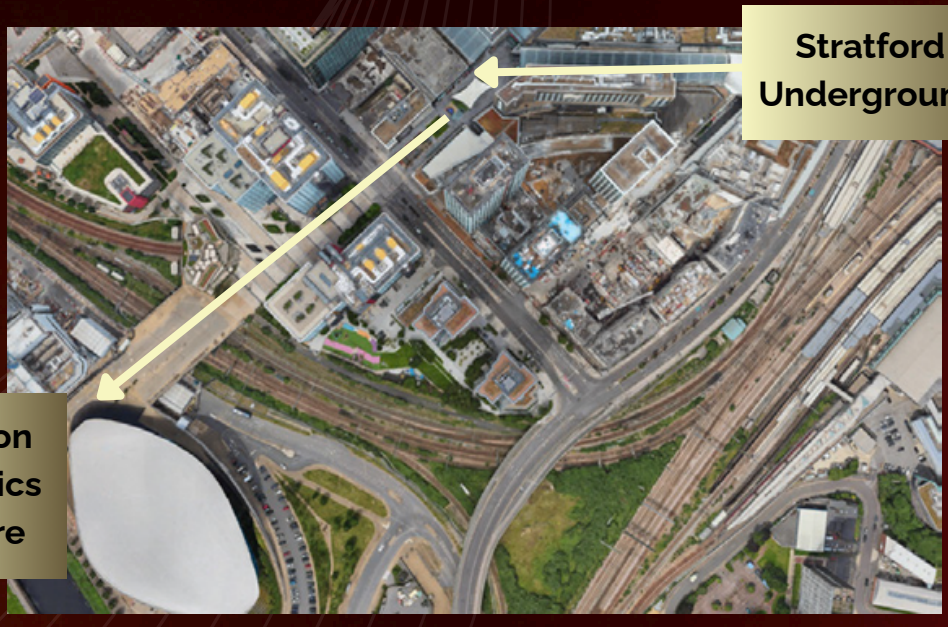
Stratford International Station

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.



See You In London!

COMPETITION & ENTRY ENQUIRIES

John Bailey | Competition Director | john@aprace.club

Tom Baster will be acting as the Co-competition Director alongside John Bailey.

TICKETING & GENERAL ENQUIRIES

AP Race Team | events@aprace.club

A Message From AP Race

In 2019 when we first launched AP Race in 2019, we 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, by introducing our first ever Short Course Competition. We have one goal, to help swimming become...

Better Than Yesterday

AP Race Co-Founders,
Adam Ramsay-Peaty OBE & Ed Baxter