Race



AP RACE LONDON INTERNATIONAL 25M 2026

TEAM LEADER MEETING

Competition Overview

WELCOME to the first instalment of the AP Race London International 25m!

- 350 swimmers from across Europe and beyond
- Competition will be adapted to become a 3-day primary preparation meet ahead of the World Aquatics Swimming Championships (25m) and other end of cycle majors.

More Than Racing…

- Golden Ticket - Poolside passes
- AP Race Masterclasses with Anna Hopkin and the AP Race Team
- AP Race Merchandise
- AP Race goggle partner SWANS

- Sanctioned by World Aquatics
- Results will appear on Swim England/AGB Rankings and World Rankings

Core Delivery Team

Ed Baxter - AP Race CEO & Co Founder

Tom Baster - Competition Manager/AQUA Referee

Paige Steel - Event Director

Molly Monk - Operations

Marie Atkinson-Brian - Workforce Manager

Languages available – French, Spanish, Portuguese

Event Team

Race

Competition & Production - Tom / Paige

Rachel Washington - Showcaller

Anna Hopkin - Host

Lee Cutter - Announcer

Huw Jones, Nick Hallam, Miles Munro - Timing & Data

Sync - Production

Josh Devine, Mia Slevin - Call Room, FOP

Event Services - Marie

Abbie Holl, Nathan Friend - Event Services

Tracy Cox - Spectator Services

Clare Greaves - Ticketing Services

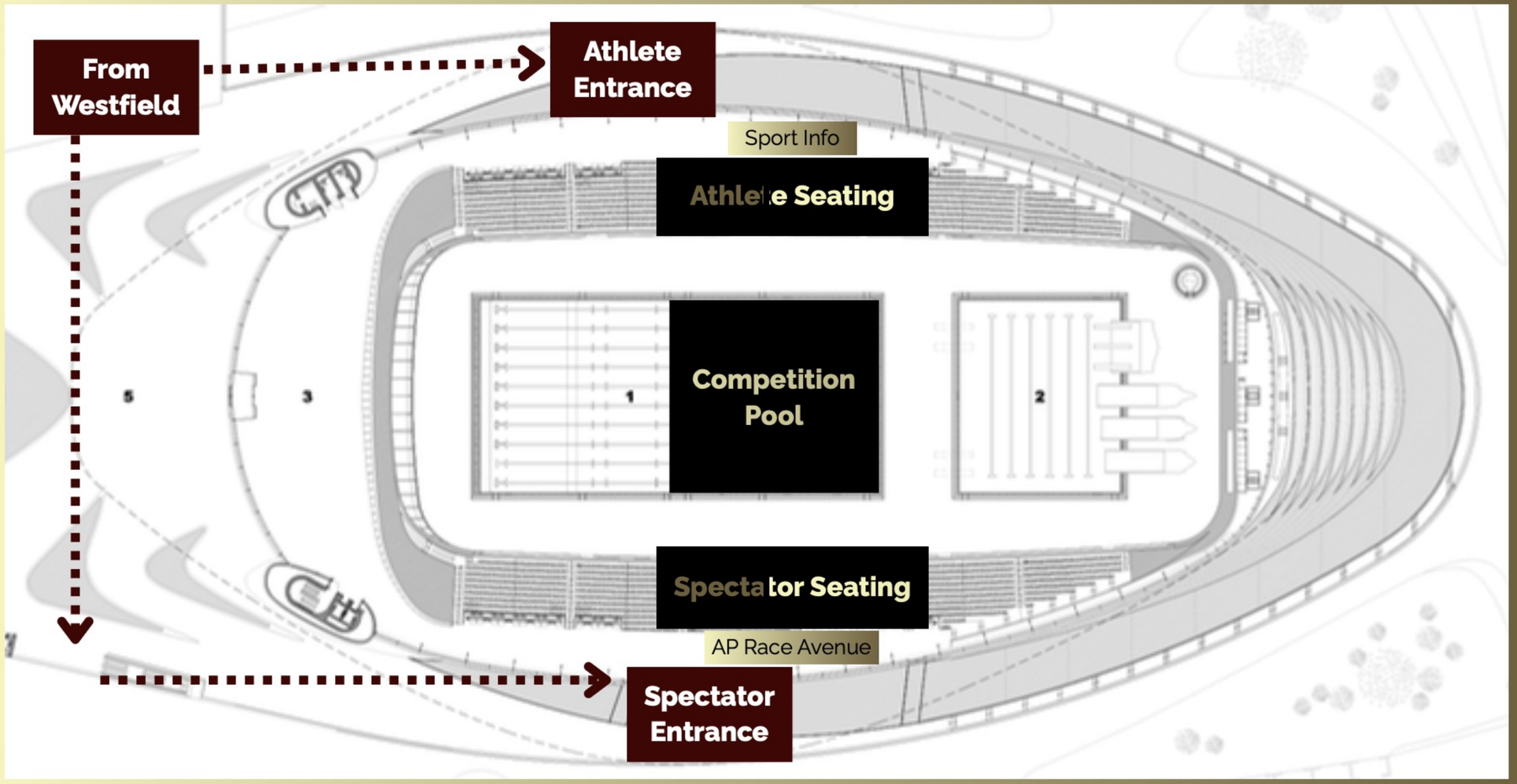
Adrienne Wilson, Ian Tonks - Welcome Desk

Kevin Pickard - Sport Info

Anna Hopkin - Golden Tickets

Floor Plans

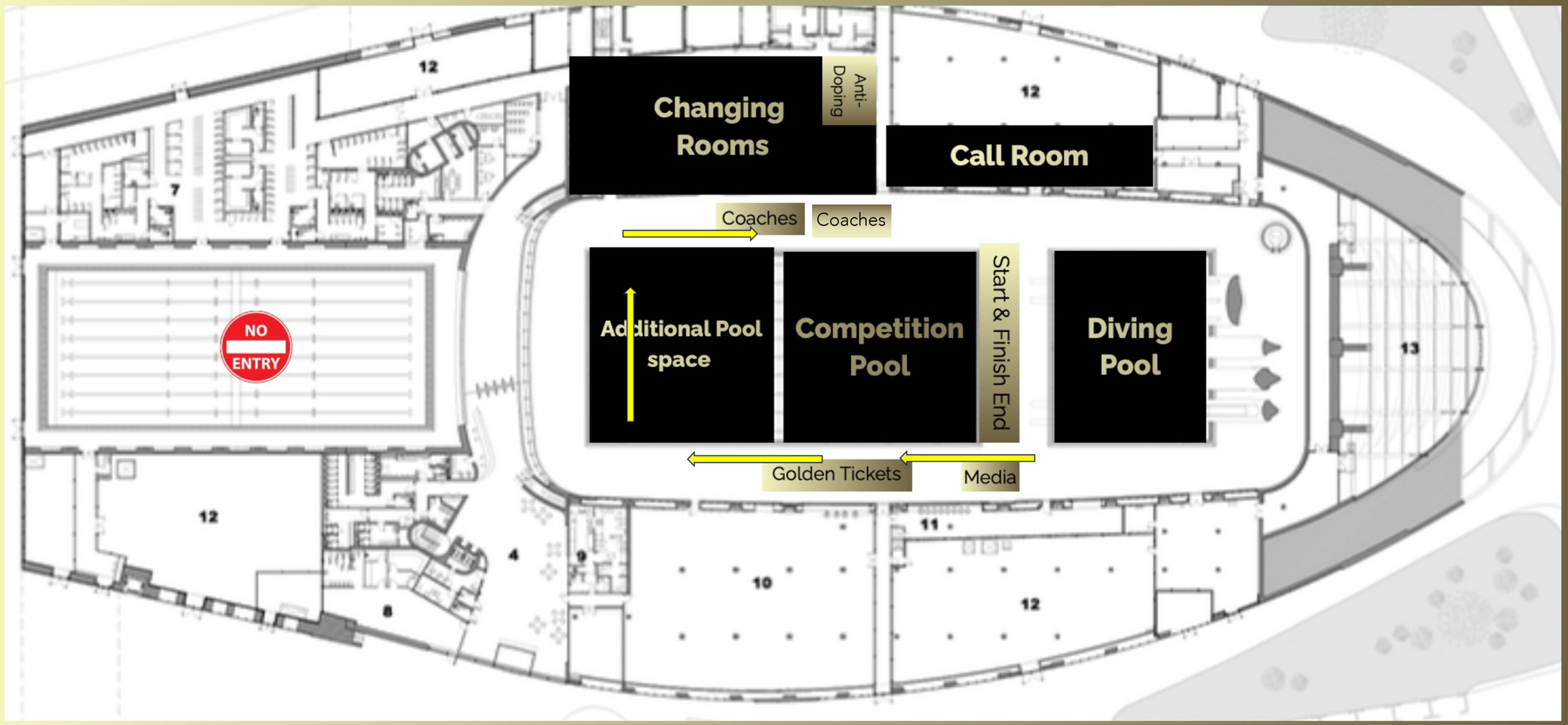
ACCESS ROUTES - UPPER



Team
Sport
Science
Filming
Area

Floor Plans / Athlete Route

ACCESS ROUTES - LOWER



Deck Space

Germany

Poland

Tanglin

YELLOW ROUTE - Athlete flow post race

Event Schedule

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

Athlete & Coach doors

AM – 08:00

PM – 15:00

Event Schedule – Warm Up

Saturday

08:30 – 09:15 Warm-Up in Competition and Spare Pool

09:15 – 10:15 Warm-Up/Swim Down in Spare Pool

10:15 –13:00 Use of Diving Pit

15:30-16:15 Warm-Up in Competition and Spare Pool

16:30 Diving Pit Opens

Event Schedule – Warm Up

Race

Sunday

08:30 – 09:15 Warm-Up in Competition and Spare Pool

09:15 – 13:00 Use of Diving Pit

15:30-16:15 Warm-Up in Competition and Spare Pool

16:30 Diving Pit Opens

Event Schedule – Warm Up

Coaches and Team Managers

When working/supervising athletes in the spare pool or Dive Pit when the competition is in session:

-Refrain from using whistles

-No noise at the start of races



Event Schedule – Warm Up

COMPETITION POOL
START/FINISH END

0	1	2	3	4	5	6	7	8	9
No entry	Back stroke Starts	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane	Dive Start Sprint Lane
									
Dive Start Sprint Lane	Back stroke Starts	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane	No entry
0	1	2	3	4	5	6	7	8	9

Event Schedule – Warm Up

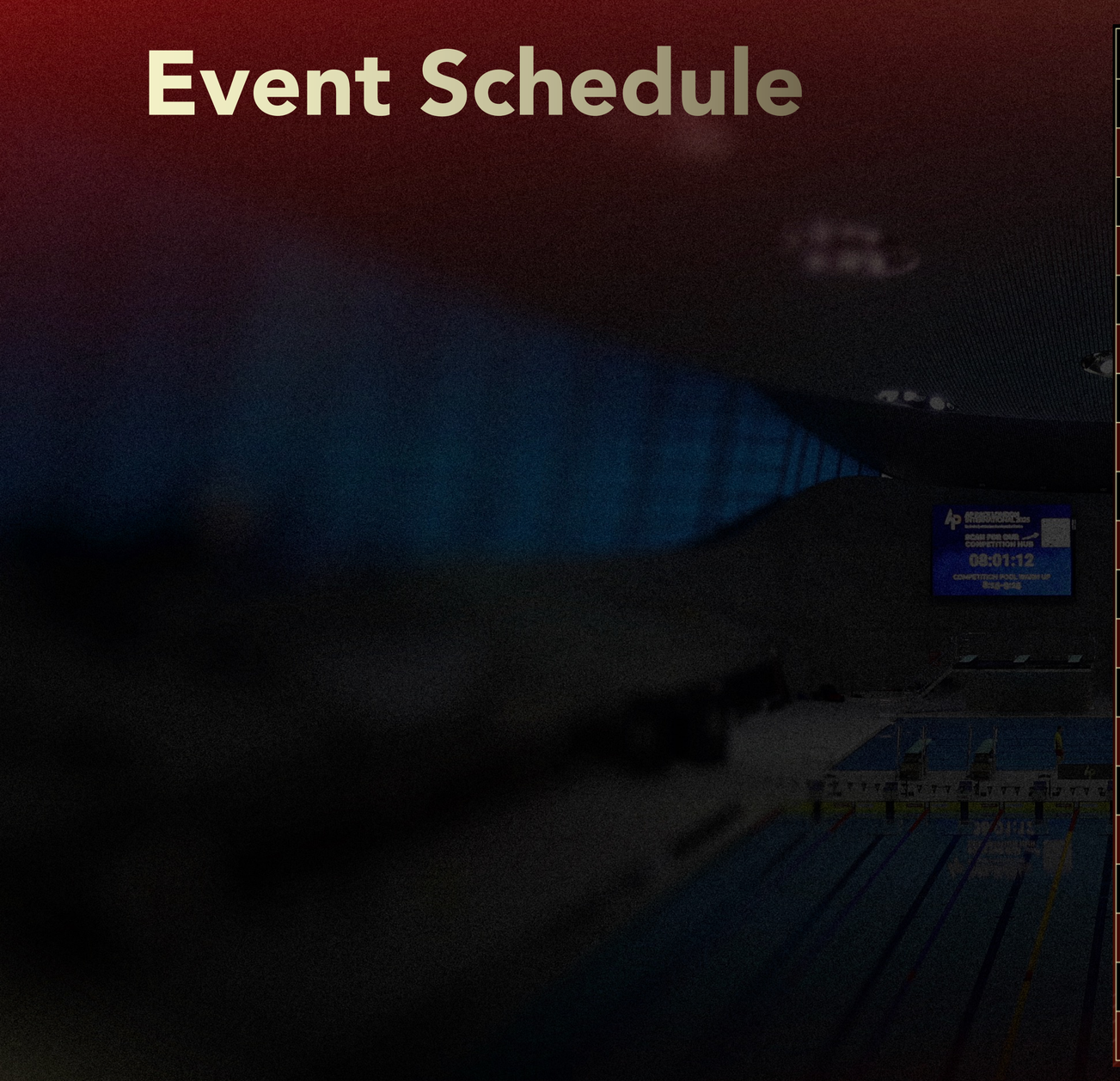
COMPETITION POOL

- Lane 9 always a one-way dive / pace from the start end
- Lane 8 and 7 will be opened on demand
- Backstroke ledge will be available
- No diving in normal lanes
- No bungees, paddles or fins allowed in the competition pool
- FOP Manager will coordinate – Josh Devine

SPARE POOL

Lane 9 is dedicated one way pace / dive lane
Remaining space is open
Please keep Lane 0 of spare pool for our youngest swimmers

Event 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

AP Race London International 25m 2026

Event Schedule

Heats – 10 lanes

Finals – 8 lanes

B Final – 8 lanes

Swim-offs will be organised in accordance with World Aquatics Competition Regulations

Event Schedule

Straight Super Finals

Men’s and Women’s 800m and 1500m Freestyle

In these events, where there are 10 athletes, there will be a 10-lane Super Final

Men’s 400m Individual Medley

Relays (Declaration forms by 15:30, we will seed on times submitted)

Forms available from Competition Manager (Tom) and from Sport Information Desk

Entries & Withdrawals

Managed by Huw

SWIMMING EVENTS WEBSITE - SWIMMING.EVENTS

DAY 1 ENTRY CORRECTIONS & WITHDRAWALS
At the end of Team Leader Meeting Friday 27th
Day 1 heats to be published soon after

DAY 2 ENTRY CORRECTIONS AND WITHDRAWALS
DEADLINE - 2pm the day before

WITHDRAWAL FROM FINALS
Maximum 30 minutes after the qualifying events
Finals starts lists to be published approximately 2pm

Finals Timelines

Available on the Competition Hub - Friday PM

Queries

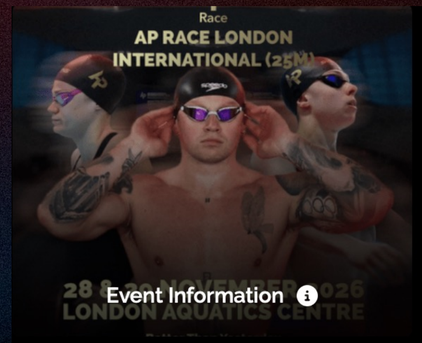
Sport information Desk

- Upper Concourse
- Hub for all teams

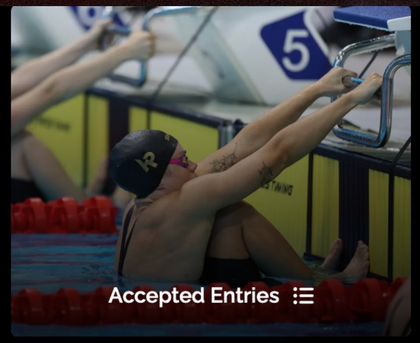


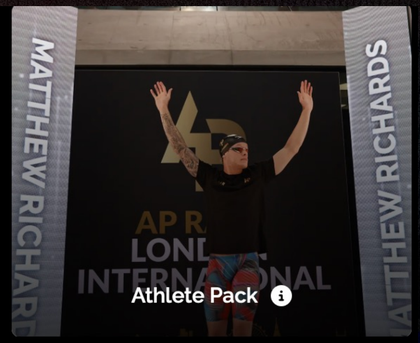
Competition Hub

Race

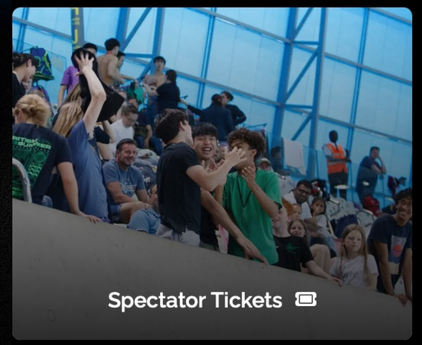


Event Information


Accepted Entries



Athlete Pack


Spectator Tickets

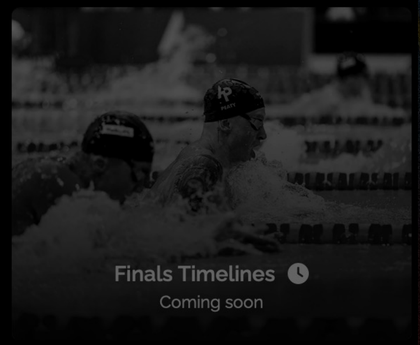

Merchandise



SWANS
Official Goggle Partner


Jacuzzi


Contact Us


Finals Timelines
Coming soon



Caption

AP Race London International 25m 2026

Call Room

Managed by Mia Slevin

-Must report to the First Call Room 15-20 minutes before the race
-There will not be any spare swimwear or goggles provided
-Fast passes available for back-to-back swims – inform Tom (Competition Manager)
-Coaches and Team Managers not permitted (only official chaperones)

- Wearables – Only from World Aquatics Approved List
- Heats and B Finals – sent out as standard as a group
- Super Finals will be introduced individually
- 8-1-7-2-6-3-5-4

Competition Rules

The Competition is held under World Aquatics Rules:

- General Rules
- By-Laws
- Swimming Rules



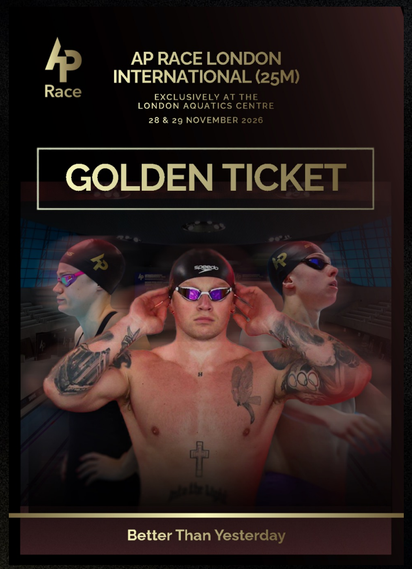
The latest World Aquatics Competition Regulations 18 Feb 2026

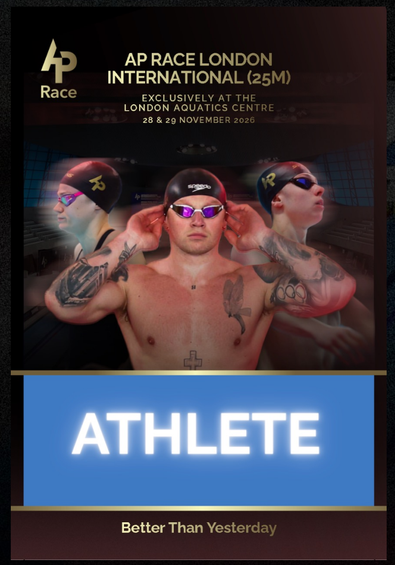
- AP Race London International 25m Event Conditions
- Technical protests/queries will be dealt with by Meet Referee
  Anything not covered in the Event Conditions will be dealt with by the Competition Manager (Tom Baster) and Event Director (Paige Steel)
- Strobe Lights – Gerry Metcalf and Louise Mackie
- Records – Communicate with Competition Manager

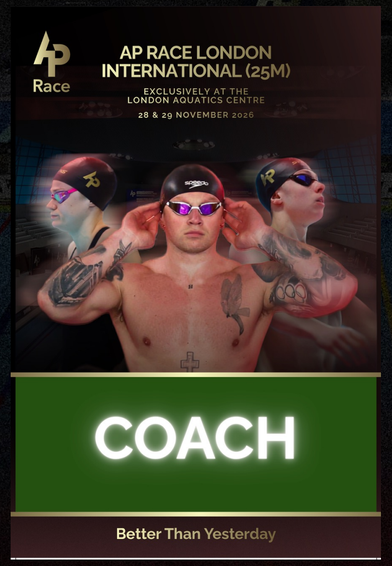
Accreditation

All accreditation will be collectable from Saturday morning once the doors open.
Lanyards will be provided to Athletes, Coaches/Team Managers.

<u>Please refrain from using the main reception on the ground floor during the competition. The venue is open to the public and will be busy.</u>







Must be worn at all times
No Accreditation = No Access
Lost Accreditation = Sport Info £5

Athletes -> Spectators ✅

Spectators -> Athletes ❌

Coaches Zone

Dedicated Coaches / Team Manager zone located on poolside.



Doping Control

No prior knowledge of attendance.

- UKAD and ITA (AQUA appointed) doping control teams could be present - Paige
- Changing Village for anti-doping teams to operate from
- Athletes tagged for anti-doping testing must have an official form of identification as per international anti-doping rules.
- Accreditation is NOT sufficient at this meet.



Athlete Information

- Required athlete food can be brought in
- Athlete water bottles can be brought in
- Empty water bottles can be filled at venue water fountains
- Security will conduct bag searches – please allow time for checks and entry before warm up
- Venue café
- Venue kiosk on upper concourse

Medical & Safeguarding

MET Medical has been arranged for the duration of the event and will be onsite during all session times.
1 paramedic & 1 first responder
Venue lifeguards will conduct pool rescues or incidents
Medical professionals to decide point of handovers to paramedic.

- Coaches and team managers must disclose their approved Swim England (or other relevant body)
- 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 information desk will be in the athlete section (upper concourse) to assist any athletes.

Medical & Safeguarding

- 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)

In the case of any medical incident on or off site, please ensure the Competition Management Team are informed.

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QUESTIONS?