

NDSC October Sprint Meet 2026

Programme of Events

LICENCE NUMBER 3ER260886

Age is at date of meet (Sunday 11th October 2026) and cut off times apply

SESSION 1 – warm up 9am start time 10am			
Event	Male	Event	Female
1	50m Breaststroke	2	50m Butterfly
3	50m Backstroke	4	50m Freestyle
5	100m IM		
6 9/10 yrs mixed 4 x 50 Freestyle relay			
7 11/12 yrs mixed 4 x 50 Freestyle relay			
8 13/14 yrs mixed 4 x 50 Freestyle relay			
9 15 & Open mixed 4 x 50 Freestyle relay			

SESSION 2 – warm up TBC start time TBC			
Event	Male	Event	Female
		10	50m Breaststroke
11	50m Freestyle	12	50m Backstroke
13	50m Butterfly	14	100m IM
15 9/10 yrs mixed 4 x 50 Medley relay			
16 11/12 yrs mixed 4 x 50 Medley relay			
17 13/14 yrs mixed 4 x 50 Medley relay			
18 15 & Open mixed 4 x 50 Medley relay			