



Lincolnshire ASA

Lincolnshire Amateur Swimming Association

74th Annual County Swimming Championships and Age Group Competitions

(Under Swim England Regulations & Technical Rules)

2026 EVENTS SCHEDULE

Saturday 24th January at Grantham

Warm-Up 14.00 for 14.20 start

1. Heats Mixed 800m Freestyle

Saturday 31st January at Grantham

Warm-Up 14.00 for 14.30 start

1. Heats Female 400m Freestyle
2. Heats Open/Male 400m Freestyle
(20 minute break)
3. Heats Female 400m IM
4. Heats Open/Male 400m IM

Sunday 1st February at Grantham

Warm up time 09.30 for 10.30 start

1. Heats Female 200m Freestyle
2. Heats Open/Male 200m Breaststroke
3. Heats Female 100m Backstroke
4. Heats Open/Male 100m Butterfly
(15 minute break)
5. Finals Female 100m Backstroke
6. Finals Open/Male 100m Butterfly
7. Relays Female 10–13 yrs 4 x 50m Freestyle
8. Relays Open/Male 17+ yrs 4 x 50m Freestyle

Saturday 7th February at Louth

Warm up time 09.00 for 10.00 start

1. Heats Female 200m Ind Med
2. Heats Open/Male 200m Backstroke
3. Heats Female 50m Freestyle
4. Heats Open/Male 100m Breaststroke
5. Heats Female 50m Backstroke
(15 minute break)
6. Finals Female 50m Freestyle
7. Finals Open/Male 100m Breaststroke
8. Finals Female 50m Backstroke
9. Relays Open/Male 10–13 yrs 4 x 50m Medley
10. Relays Female 10–13 yrs 4 x 50m Medley

Sunday 8th February at Louth

Warm up time 09.00 for 10.00 start

1. Heats Female 200m Butterfly
2. Heats Open/Male 100m Ind Med
3. Heats Female 100m Freestyle
4. Heats Open/Male 50m Breaststroke
5. Heats Female 50m Butterfly
(15 minute break)
6. Finals Open/Male 100m Ind Med
7. Finals Female 100m Freestyle
8. Finals Open/Male 50m Breaststroke
9. Finals Female 50m Butterfly
10. Relays Open/Male 14–16 yrs 4 x 50m Freestyle
11. Relays Female 17+ yrs 4 x 50m Medley

Sunday 25th January at Grantham

Warm-Up 13.00 for 13.20 start

1. Heats Mixed 1500m Freestyle

Sunday 1st February at Grantham

Warm up time TBC

1. Heats Open/Male 200m Freestyle
2. Heats Female 200m Breaststroke
3. Heats Open/Male 100m Backstroke
4. Heats Female 100m Butterfly
(15 minute break)
5. Finals Open/Male 100m Backstroke
6. Finals Female 100m Butterfly
7. Relays Open/Male 10–13 yrs 4 x 50m Freestyle
8. Relays Female 17+ yrs 4 x 50m Freestyle

Saturday 7th February at Louth

Warm up time TBC

1. Heats Open/Male 200m Ind Med
2. Heats Female 200m Backstroke
3. Heats Open/Male 50m Freestyle
4. Heats Female 100m Breaststroke
5. Heats Open/Male 50m Backstroke
(15 minute break)
6. Finals Open/Male 50m Freestyle
7. Finals Female 100m Breaststroke
8. Finals Open/Male 50m Backstroke
9. Relays Female 14–16 yrs 4 x 50m Medley
10. Relays Open/Male 14–16 yrs 4 x 50m Medley

Sunday 8th February at Louth

Warm up time TBC

1. Heats Open/Male 200m Butterfly
2. Heats Female 100m Ind Med
3. Heats Open/Male 100m Freestyle
4. Heats Female 50m Breaststroke
5. Heats Open/Male 50m Butterfly
(15 minute break)
6. Finals Female 100m Ind Med
7. Finals Open/Male 100m Freestyle
8. Finals Female 50m Breaststroke
9. Finals Open/Male 50m Butterfly
10. Relays Female 14–16 yrs 4 x 50m Freestyle
11. Relays Open/Male 17+ yrs 4 x 50m Medley