



LONDON LEGACY SWIMMING

London Legacy Swimming Meet 2025

Thursday 10th - Saturday 12th April

We, **Hackney Aquatics, Camden Swiss Cottage SC, Anaconda SC & Greenwich Royals SC**, look forward to welcoming you at the **London Aquatics Centre** for the inaugural London Legacy Swimming Meet 2025.

We will be welcoming a high calibre of swimmers for this event coming from **3 different Continents and 86 Swimming Clubs**. A special welcome to all those that have never attended a meet run by the 4 host clubs in the past, we hope you enjoy the gala and have some time to explore London too.

This unique opportunity for swimmers to compete in a Championship Style swimming event in London, will come with up to 4 Finals per Event. There will be Senior A, Senior B, Junior A and Junior B Finals for all of the 50, 100 & 200m Events. There will be a Senior Final & Junior Final for the 400m Events. For the 800 & 1,500m Freestyle Events the Fastest Heat will be held in the Finals Session, and run as if it were a Final too.

The Venue

London Aquatics Centre, Queen Elizabeth Olympic Park, London E20 2ZQ

This is the host Olympic Venue from the 2012 Olympics, a 10 Lane 50m Pool with a consistent pool depth of 3.0m throughout. Backstroke Ledges will also be in use.





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Session Timings

Thursday 10th April		Friday 11th April		Saturday 12th April	
<u>Session 1 (Faster Heats)</u>		<u>Session 4 (Faster Heats)</u>		<u>Session 7 (Faster Heats)</u>	
Warm Up	8:00 am	Warm Up	8:00 am	Warm Up	8:00 am
Start Time	9:00 am	Start Time	9:00 am	Start Time	9:00 am
<u>Session 2 (Remaining Heats)</u>		<u>Session 5 (Remaining Heats)</u>		<u>Session 8 (Remaining Heats)</u>	
Warm Up	12:00 pm	Warm Up	12:00 pm	Warm Up	12:00 pm
Start Time	1:00 pm	Start Time	1:00 pm	Start Time	1:00 pm
<u>Session 3 (Fastest 1500 Heats & Finals)</u>		<u>Session 6 (Fastest Female 800 Heat & Finals)</u>		<u>Session 9 (Fastest Open/Male 800 Heat & Finals)</u>	
Warm Up	4:10 pm	Warm Up	4:10 pm	Warm Up	4:10 pm
Start Time	4:45 pm	Start Time	4:45 pm	Start Time	4:45 pm

Warm Up Schedules

Fastest Heats Sessions

The Warm Ups for the Fastest Heats Sessions will all be run with Sprint Lanes
Opening in Lanes 0, 1, 2, 7, 8 & 9 after 15 minutes.

	8:00 - 8:25am	8:25 - 8:50am
Thursday - Session 1	Open / Male	Female
Friday - Session 4	Open / Male	Female
Saturday - Session 7	Female	Open / Male

Remaining Heats Sessions

The Warm Ups for the Remaining Heats Sessions will all be run with Sprint Lanes
Opening in Lanes 0, 1, 2, 7, 8 & 9 after 15 minutes.

	12:00 - 12:25pm	12:25 - 12:50pm
Thursday - Session 1	Open / Male	Female
Friday - Session 4	Open / Male	Female
Saturday - Session 7	Female	Open / Male



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Finals Sessions

The Warm Ups for the Finals Sessions will be a 30 minute Mixed Warm Up. Lanes 0, 1, 2 will become Sprint Lanes 10 minutes after the Warm Up begins.

Meet Schedule

Thursday 10th April

Session 1 (Fastest heats)
Open/Male 100m Butterfly
Female 50m Backstroke
Open/Male 400m IM
Female 200m Breaststroke
Open/Male 200m Backstroke
Female 200m Butterfly
Open/Male 50m Freestyle
Female 50m Freestyle
Open/Male 100m Breaststroke
Open/Male 1,500m Freestyle
Female 1,500m Freestyle

Session 2 (Remaining heats)
Open/Male 100m Butterfly
Female 50m Backstroke
Open/Male 400m IM
Female 200m Breaststroke
Open/Male 200m Backstroke
Female 200m Butterfly
Open/Male 50m Freestyle
Female 50m Freestyle
Open/Male 100m Breaststroke

Session 3 (Finals)
Open/Male 1,500m Freestyle
Female 1,500m Freestyle
Open/Male 100m Butterfly
Female 50m Backstroke
Open/Male 400m IM
Female 200m Breaststroke
Open/Male 200m Backstroke
Female 200m Butterfly
Open/Male 50m Freestyle
Female 50m Freestyle
Open/Male 100m Breaststroke

Friday 11th April

Session 4 (Fastest heats)
Open/Male 400m Freestyle
Female 400m IM
Open/Male 50m Backstroke
Female 200m Freestyle
Open/Male 200m Butterfly
Female 100m Backstroke
Open/Male 100m Freestyle
Female 100m Breaststroke
Open/Male 50m Breaststroke
Female 50m Butterfly
Open/Male 200m IM
Female 800m Freestyle

Session 5 (Remaining heats)
Open/Male 400m Freestyle
Female 400m IM
Open/Male 50m Backstroke
Female 200m Freestyle
Open/Male 200m Butterfly
Female 100m Backstroke
Open/Male 100m Freestyle
Female 100m Breaststroke
Open/Male 50m Breaststroke
Female 50m Butterfly
Open/Male 200m IM

Session 6 (Finals)
Female 800m Freestyle
Open/Male 400m Freestyle
Female 400m IM
Open/Male 50m Backstroke
Female 200m Freestyle
Open/Male 200m Butterfly
Female 100m Backstroke
Open/Male 100m Freestyle
Female 100m Breaststroke
Open/Male 50m Breaststroke
Female 50m Butterfly
Open/Male 200m IM

Saturday 12th April

Session 7 (Fastest heats)
Female 400m Freestyle
Female 100m Butterfly
Open/Male 200m Breaststroke
Female 200m Backstroke
Open/Male 100m Backstroke
Female 100m Freestyle
Open/Male 200m Freestyle
Female 50m Breaststroke
Open/Male 50m Butterfly
Female 200m IM
Open/Male 800m Freestyle

Session 8 (Remaining heats)
Female 400m Freestyle
Female 100m Butterfly
Open/Male 200m Breaststroke
Female 200m Backstroke
Open/Male 100m Backstroke
Female 100m Freestyle
Open/Male 200m Freestyle
Female 50m Breaststroke
Open/Male 50m Butterfly
Female 200m IM

Session 9 (Finals)
Open/Male 800m Freestyle
Female 400m Freestyle
Female 100m Butterfly
Open/Male 200m Breaststroke
Female 200m Backstroke
Open/Male 100m Backstroke
Female 100m Freestyle
Open/Male 200m Freestyle
Female 50m Breaststroke
Open/Male 50m Butterfly
Female 200m IM



Call for Officials

We are seeking Officials that can volunteer for any sessions, that they are available, over the 3 days of the event. Officials are crucial to the success of this meet, and we would greatly appreciate any time you can offer. Please [Sign-Up here!](#)

Call for Volunteers

We are still looking for a number of Volunteers to make sure that this event runs smoothly for all 3 days. We need people to support in a number of different positions, such as Marshalling, Runners and Swim Down Supervision. All Volunteers are crucial to the success of this event, and we would greatly appreciate any time you can offer. Please [Sign-Up here!](#)

Withdrawals

Swimmers (or their representatives) who are not intending to swim an event must submit notice withdrawal(s), either **electronically before the Tuesday 8th April** or at the Announcers Desk on poolside by completing a Withdrawal Form **no later than 50 mins before the Session Start Time.**

Withdrawals for the Finals must be submitted into the **Meet Manager**, located in the AOE Timing Suite, **within 20 minutes after the announcement / publishing of the finals list.** Any swimmer that does not swim in a Final and who has not been withdrawn in accordance with this will be **Fined £25.00.**

Poolside Passes

Coach & Team Manager Passes are to be collected at the Entrance Desk to the Venue, on the London Stadium / Spectators side of the pool. Passes **MUST** be worn at all times whilst in the venue, there will be security at multiple doors checking that this is being followed, otherwise you may not be allowed entrance to the poolside / balcony areas. Each day, the Coach / Team Manager Pass will be a different colour, new daily passes can be collected at the start of each day (Please keep the lanyard from the first day, for any subsequent days you are attending).





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Spectators

The entrance for Spectators will be on the London Stadium side of the venue. The cost of spectator admission is **£10 per Day OR £25 for a 3 Day Pass** per person, regardless of the number of sessions attended.

Tickets can be purchased at the entrance to the venue on the day, but can also be purchased online in advance before the 7th April, by [clicking here](#).

Transport & Parking

The London Aquatics Centre is easily accessible using public transport with Stratford Station and Stratford International both 10 minutes walk away offering easy access to the Central Line, Elizabeth Line, Jubilee Line, DLR, Overground and many other National Rails Services.

Limited parking is available at the London Aquatics Centre and costs up to £20.00 for 10 hours or more. Parking is also available within a 5 / 10 minutes walk at Westfield Stratford, with 10 -12 hours being £13.00 Weekday & £15.00 on Weekend.

Finals Procedure

50, 100 & 200m Events - The Top 10 Swimmers, Aged 16&Over / 15&Under, will qualify for the Senior A / Junior A Finals Respectively. Swimmers Ranked 11-20, Aged 16&Over / 15&Under, will qualify for the Senior B / Junior B Final Respectively.

400m Events - The Top 10 Swimmers, Aged 16&Over / 15&Under, will qualify for the Senior A / Junior A Finals Respectively.

800 & 1,500m Events - The Top 10 Ranked Swimmers (The Fastest Heat), Regardless of Age, will be swum as a Final in the Finals Sessions.

Medals & Awards

Medals will be awarded to the Top 3 placed swimmers in the following Age Categories: 10, 11, 12-13, 14-15 and 16/Over, this is inclusive of Masters and Para Swimmers (Age at Midnight 31st December 2025). **These will be awarded using the results from the Heats of each event.**

Awards will be awarded to the Top 3 placed swimmers in both the Senior A and Junior A Finals, as well as the Top 3 Swimmers in the Final Heat of the 800m & 1500m Freestyle being swum in the Finals Session.

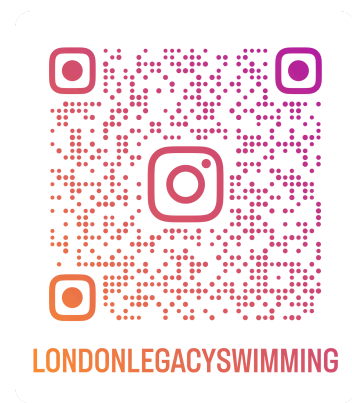




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Social Media

Follow [@LondonLegacySwimming](https://www.instagram.com/LondonLegacySwimming) on Instagram for Exclusive Content in the days before and throughout the Event at the London Legacy Swimming Meet !



Photography

Hackney Aquatics Club, Camden Swiss Cottage SC, Anaconda SC & Greenwich Royals SC reminds all attendees that the meet is governed by Swim England's photographic policy:

1. Permission to Use Devices: Anyone wishing to use cameras, video, or digital image-capturing devices (including mobile phones) must adhere to the guidelines laid out in [Wavepower 2024](#) (Swim England Child Safeguarding Policy).
2. Flash Photography: Flash photography is NOT permitted during the event.
3. Changing Room Policy:
 - The use of mobile phones or devices is strictly prohibited in the changing rooms from entry to exit.
 - Devices must be stored in a bag or pocket and not visible. There are no exceptions to this rule.
 - Anyone caught using a mobile phone or device will be ejected from the meet.

Meet Results

Results will be announced as soon as reasonably possible throughout the meet, but will also be available through Meet Mobile: **London Legacy Swimming Meet**

Thanks & Good Luck

Finally, **Hackney Aquatics, Camden Swiss Cottage SC, Anaconda SC & Greenwich Royals SC**, look forward to meeting and working with all of the Volunteers, Officials & Non-Technical alike and thank them in advance for their time. We also wish all Clubs and Swimmers attending Good Luck at the **London Legacy Swimming Meet !!**

