



Lis Hartley Open Meet 2026

Level 3, Long Course

Programme Of Events

(updated 09.09.26)

SATURDAY 19TH SEPTEMBER

SESSION 1

Warm up: 7:30am

Start: 8:35am

101	Open/Male	400 Freestyle
102	Female	400 IM
103	Open/Male	100 Backstroke
104	Female	200 Breaststroke
105	Open/Male	50 Breaststroke

SUNDAY 20TH SEPTEMBER

SESSION 4

Warm up: 7:30am

Start: 8:35am

401	Female	400 Freestyle
402	Open/Male	400 IM
403	Female	100 Backstroke
404	Open/Male	200 Breaststroke
405	Female	50 Breaststroke

SESSION 2

Warm up: 10:55am

Start: 12:00pm

201	Female	50 Freestyle
202	Open/Male	100 Butterfly
203	Female	200 IM
204	Open/Male	100 Breaststroke
205	Female	50 Butterfly

SESSION 5

Warm up: 11:10am

Start: 12:15pm

501	Open/Male	50 Freestyle
502	Female	100 Butterfly
503	Open/Male	200 IM
504	Female	100 Breaststroke
505	Open/Male	50 Butterfly

SESSION 3

Warm up: 2:45pm

Start: 3:50pm

301	Open/Male	50 Backstroke
302	Female	200 Backstroke
303	Open/Male	200 Butterfly
304	Female	200 Freestyle
305	Open/Male	100 Freestyle

Estimated finish: 6:20pm

SESSION 6

Warm up: 2:45pm

Start: 3:50pm

601	Female	50 Backstroke
602	Open/Male	200 Backstroke
603	Female	200 Butterfly
604	Open/Male	200 Freestyle
605	Female	100 Freestyle

Estimated finish: 6:15pm