Nottinghamshire ASA
Presents

The Summer Gala 2026

(Under Swim England Regulations and Technical Rules)
Licensed Level 3



PLEASE NOTE: The time line is for guidance only and once started the meet will run at its own pace, races will not wait for missing swimmers.
Known withdrawals must be submitted as soon as possible and final withdrawals on the day no later than the start of warm-up for the session.
There will be no additions for any reason on the day of meet, unless there is a proven error by the meet administrator.

The South Pool will be available for continuous Warm Up/Swim Down during the sessions.
This is to be managed and monitored by the coaches. If the facility is found to be being abused, then it will be CLOSED.

SATURDAY

Session - 1 - 18th July 2026			**Harvey Hadden**		**Warm Up:**	**13:00**	**Start:**	**14:00**
Event	**Sex**	**Stroke/Distance**	**Type**	**Competitors**	**Heats**	**Start**	**Total**	**Cumulative**
101	B	400 Fr	Heats	36	5	14:00	00:32	00:32
102	G	200 IM	Heats	90	12	14:32	00:48	01:20
103	B	100 Ba	Heats	70	9	15:20	00:23	01:43

Estimated Session Finish Time 15:43

Session - 2 - 18th July 2026			**Harvey Hadden**		**Warm Up:**	**16:15**	**Start:**	**16:45**
Event	**Sex**	**Stroke/Distance**	**Type**	**Competitors**	**Heats**	**Start**	**Total**	**Cumulative**
201	G	400 Fr	Heats	48	6	16:45	00:40	00:40
202	B	200 IM	Heats	59	8	17:25	00:32	01:12
203	G	100 Ba	Heats	77	10	17:57	00:26	01:38

Estimated Session Finish Time 18:23

SUNDAY

Session - 3 - 19th July 2026			**Harvey Hadden**		**Warm Up:**	**08:00**	**Start:**	**09:00**
Event	**Sex**	**Stroke/Distance**	**Type**	**Competitors**	**Heats**	**Start**	**Total**	**Cumulative**
301	B	200 Fr	Heats	72	9	09:00	00:32	00:32
302	G	200 Br	Heats	58	8	09:32	00:35	01:07
303	B	100 Fl	Heats	41	6	10:07	00:13	01:20
304	G	100 Fr	Heats	120	15	10:20	00:31	01:51
305	B	200 Ba	Heats	51	7	10:51	00:30	02:21
306	G	200 Fl	Heats	19	3	11:21	00:12	02:33
307	B	100 Br	Heats	71	9	11:33	00:22	02:55

Estimated Session Finish Time 11:55

Session - 4 - 19th July 2026			**Harvey Hadden**		**Warm Up:**	**12:30**	**Start:**	**13:30**
Event	**Sex**	**Stroke/Distance**	**Type**	**Competitors**	**Heats**	**Start**	**Total**	**Cumulative**
401	G	200 Fr	Heats	94	12	13:30	00:44	00:44
402	B	200 Br	Heats	45	6	14:14	00:27	01:11
403	G	100 Fl	Heats	61	8	14:41	00:18	01:29
404	B	100 Fr	Heats	110	14	14:59	00:28	01:57
Comfort Break						**15:27**	**00:15**	**02:12**
405	G	200 Ba	Heats	67	9	15:42	00:38	02:50
406	B	200 Fl	Heats	13	2	16:20	00:08	02:58
407	G	100 Br	Heats	95	12	16:28	00:29	03:27

Estimated Session Finish Time 16:57

PROVISIONAL