

Swim England East Region Open Water Championships 2024  
Proposed Timeline

Start	Activity	Ends
07:40	Officials & Safety Team Brief	
07:45	3K - REGISTRATION	08:25
08:30	3K Swimmers Briefing	
09:15	1K - REGISTRATION	09:55
09:40	3K Wave 1 - NAG Open/Male	
09:45	3K Wave 2 - NAG Female	
09:50	3K Wave 3 - Mixed Open/Male	
09:55	3K Wave 4 - Mixed Female	11:25
10:25	1K Swimmers Briefing	
11:05	2K - REGISTRATION	11:50
11:35	1K Wave 1 - Open/Male	
11:40	1K Wave 2 - Female	
11:45	1K Wave 3 - Female	
11:50	1K Wave 4 - Mixed + SOGB / Para	12:35
12:20	2K Swimmers Briefing	
12:35	3K Medals	
12:35	Safety Team Off Water Break	13:35
13:00	5K - REGISTRATION	13:30
13:20	1K Medals	
13:40	2K Wave 1 - NAG Open/Male	
13:45	2K Wave 2 - NAG Female	
13:50	2K Wave 3 - Open/Male	
13:55	2K Wave 4 - Female	14:55
14:00	5K Swimmers Briefing	
15:05	5K Wave 1 - Open/Male	
15:10	5K Wave 2 - Female	
15:15	5K Wave 3 - London Region	17:35
15:50	2K Medals	
17:50	5K Medals	

***ALL TIMINGS ARE APPROXIMATE***