

Start List

| Event 211 Female 200m Butterfly | | | | | Event 212 Open/Male 50m Backstroke | | | | | | |
|--|-----|----------------------|----|--------------|---|-----|-----|----------------------|----|--------------|-------|
| H 1 | L 3 | Grace Armstrong | 15 | Dunstable | 2:46.72 | H 1 | L 1 | Jack Beer | 15 | Linslade | 30.70 |
| | L 4 | Bethany Crawley | 16 | teamipswich | 2:43.22 | | L 2 | William Leese | 16 | Co Cambridge | 30.36 |
| | L 5 | Amy Witton | 15 | Hatfield | 2:43.76 | | L 3 | Thomas Robb | 16 | Halstead | 30.35 |
| | L 6 | Katie Bidgood | 15 | Chelmsford | 2:48.18 | | L 4 | James Clarke | 16 | Co Norwich | 30.18 |
| H 2 | L 1 | Charlotte Low | 15 | Chelmsford | 2:42.60 | | L 5 | Finlay Roberts | 15 | Witham Dolph | 30.29 |
| | L 2 | Melike Dagdelen | 15 | Putteridge | 2:40.00 | | L 6 | Oliver Davey | 15 | Co Cambridge | 30.35 |
| | L 3 | Eloise Conway | 24 | Halstead | 2:39.71 | | L 7 | Parker Brewster | 15 | Harpenden | 30.56 |
| | L 4 | Eveline Gaydon | 15 | Colchester | 2:38.80 | H 2 | L 1 | Robert Fenner | 16 | Basildon Ph | 29.78 |
| | L 5 | Genevieve White | 16 | Co Cambridge | 2:39.44 | | L 2 | Dylan Davenport | 15 | Bishop Stort | 29.63 |
| | L 6 | Yasmine Ollerenshaw | 15 | Flitwick | 2:39.82 | | L 3 | Theo Bari | 16 | Saffron Wald | 29.60 |
| | L 7 | I Stratton-Thomsett | 15 | Colchester | 2:42.39 | | L 4 | Jan Beblot | 15 | Norwich Swan | 29.30 |
| | L 8 | Angelica Lazauskaite | 16 | Watford SC | 2:43.14 | | L 5 | Naim Harvey | 16 | Basildon Ph | 29.51 |
| H 3 | L 1 | Mia Gray | 16 | Norwich Swan | 2:38.43 | | L 6 | Jude Staton | 16 | March | 29.61 |
| | L 2 | Scarlett Joslin | 17 | Co Cambridge | 2:37.96 | | L 7 | Spencer Battisson | 16 | Team Waveney | 29.77 |
| | L 3 | Kate Hopper | 17 | Berkhamsted | 2:36.50 | | L 8 | Kabir Patel | 15 | Potters Bar | 29.95 |
| | L 4 | Amelia Saunders | 16 | St Felix Sch | 2:34.77 | H 3 | L 1 | Rafferty May | 16 | Watford SC | 29.25 |
| | L 5 | Mia Macklin | 16 | Braintree | 2:36.13 | | L 2 | Joshua Hutchinson | 17 | Harlow Pen | 29.17 |
| | L 6 | Molly Burrows | 15 | Co Peterboro | 2:36.68 | | L 3 | Rufus Carr | 16 | St Felix Sch | 29.12 |
| | L 7 | Chloe Alton | 16 | Potters Bar | 2:38.20 | | L 4 | Jack Osborne | 17 | Deben | 29.07 |
| | L 8 | Esmie Kidman | 18 | West Norfolk | 2:38.66 | | L 5 | Hayden Thornhill | 18 | Hoddesdon | 29.08 |
| H 4 | L 1 | Anouk Zecchini | 18 | Co Cambridge | 2:31.96 | | L 6 | Cameron Jones | 18 | Bedford SS | 29.16 |
| | L 2 | Louise Webster | 17 | Thurrock | 2:30.20 | | L 7 | William Murfitt | 18 | Biggleswade | 29.22 |
| | L 3 | Eloise Cole | 16 | Bedford SS | 2:24.50 | | L 8 | Daniel Turner | 16 | Team Waveney | 29.29 |
| | L 4 | Sadie Hunter | 16 | Co Peterboro | 2:18.40 | H 4 | L 1 | Sean Connolly | 16 | Epping For't | 28.95 |
| | L 5 | Hannah Willis | 19 | Co Peterboro | 2:23.40 | | L 2 | Freddie Gardner | 18 | Thurrock | 28.90 |
| | L 6 | Daisy Manning | 16 | Basildon Ph | 2:28.66 | | L 3 | Samuel Rose | 21 | West Norfolk | 28.82 |
| | L 7 | Eleanor McLeod | 16 | Putteridge | 2:30.86 | | L 4 | Oliver Frame | 19 | Norwich Swan | 28.70 |
| | L 8 | Olivia Greenall | 15 | Co Norwich | 2:33.90 | | L 5 | Ethan Thorpe | 15 | Basildon Ph | 28.70 |
| H 5 | L 1 | Poppy Magill | 16 | Putteridge | 2:31.80 | | L 6 | Lewis Chapman | 23 | Stowmarket | 28.88 |
| | L 2 | Lexie Goodman | 17 | Basildon Ph | 2:29.23 | | L 7 | Ewan Thompson | 18 | St Ives | 28.92 |
| | L 3 | Lara Treharne | 17 | Co Peterboro | 2:24.46 | | L 8 | Gagan Singh | 18 | Co Peterboro | 29.02 |
| | L 4 | Matilda Ransome | 18 | Co Cambridge | 2:17.20 | H 5 | L 1 | Zak Fellows | 15 | Co St Albans | 28.68 |
| | L 5 | Charlotte Smith | 17 | Norwich Swan | 2:22.10 | | L 2 | Alexander Kalverboer | 18 | Co St Albans | 27.93 |
| | L 6 | Isabella Porzio | 20 | Putteridge | 2:27.87 | | L 3 | Joshua Shepherd | 16 | Thurrock | 27.26 |
| | L 7 | Ever Ives | 15 | Hatfield | 2:30.81 | | L 4 | Ashton Redhead | 17 | teamipswich | 27.00 |
| | L 8 | Hollie Gilbertson | 15 | Co Norwich | 2:33.73 | | L 5 | Matthew Gray | 24 | Co Peterboro | 27.10 |
| H 6 | L 1 | Antonia Elias | 15 | Hatfield | 2:31.00 | | L 6 | Oliver Baskerville | 16 | Hatfield | 27.69 |
| | L 2 | Sophie Dowding | 17 | teamipswich | 2:29.23 | | L 7 | Ronnie Edwards | 16 | Rochford | 28.30 |
| | L 3 | Lexie O'Connor | 17 | Basildon Ph | 2:24.42 | | L 8 | Toby Martin | 17 | Harpenden | 28.70 |
| | L 4 | Skye Carter | 17 | Basildon Ph | 2:16.80 | H 6 | L 1 | Oliver Smith | 17 | Basildon Ph | 28.60 |
| | L 5 | Chloe Barnard | 15 | Basildon Ph | 2:21.96 | | L 2 | Harrison Shaw | 17 | Flitwick | 27.87 |
| | L 6 | Annie McLeod | 16 | Putteridge | 2:25.83 | | L 3 | Matthew Monie | 19 | Co Cambridge | 27.23 |
| | L 7 | Amy Boreham | 18 | Watford SC | 2:30.60 | | L 4 | Nathan Wells | 26 | West Norfolk | 25.39 |
| | L 8 | Lily Murrell | 15 | Norwich Swan | 2:33.47 | | L 5 | Joseph McGillivray | 19 | Co Norwich | 27.09 |
| | | | | | | | L 6 | Ethan Martin | 19 | Thurrock | 27.66 |
| | | | | | | | L 7 | Joshua Parker | 15 | Braintree | 28.10 |
| | | | | | | | L 8 | Jake Moore | 18 | Watford SC | 28.70 |
| | | | | | | H 7 | L 1 | Marton Molnar | 15 | Co Cambridge | 28.59 |
| | | | | | | | L 2 | Ashley Coombs | 23 | Bushey | 27.86 |
| | | | | | | | L 3 | Nathaniel Mapley | 18 | Co St Albans | 27.20 |
| | | | | | | | L 4 | Maddox Roberts | 18 | Witham Dolph | 25.21 |
| | | | | | | | L 5 | Ryan Close | 16 | Bedford SS | 27.07 |
| | | | | | | | L 6 | Danylo Kravchenko | 15 | New Hall | 27.62 |
| | | | | | | | L 7 | Nathan Close | 18 | Bedford SS | 28.04 |
| | | | | | | | L 8 | Jacob Hayes | 17 | Bishop Stort | 28.69 |

Start List

| Event 213 Female 50m Freestyle | | | | | | | | | | | | | |
|---------------------------------------|-----|------------------------|----|-----|--------------|-------|--|-----|-----------------------|----|--------------|--------------|---------|
| H 1 | L 2 | Ida Corcoran | 15 | S9 | Flitwick | 38.97 | H 9 | L 1 | Daisy Russell | 16 | DunmowAtlant | 27.10 | |
| | L 3 | Abigail Wickens | 17 | S8 | Flitwick | 37.18 | | L 2 | Charlotte Williams | 18 | Hatfield | 26.90 | |
| | L 4 | Lily Herring | 16 | S10 | Norfolk Vikg | 35.70 | | L 3 | Sophie Palmer | 15 | Basildon Ph | 26.70 | |
| | L 5 | Mwaba Mkwasa | 19 | S8 | Norwich Swan | 36.40 | | L 4 | Grace Greenhalf | 17 | Co Norwich | 26.20 | |
| | L 6 | Ziva Barrick | 15 | S10 | Colchester P | 37.64 | | L 5 | Laura Burgess | 18 | Bishop Stort | 26.55 | |
| | L 7 | Charlotte Ryan | 24 | S6 | Runnymede | 54.11 | | L 6 | Connie Davies | 18 | Deben | 26.71 | |
| | | | | | | | | L 7 | Shahd Mohamed | 17 | Co Peterboro | 27.01 | |
| | | | | | | | | L 8 | Ruby Wheeler | 18 | Basildon Ph | 27.20 | |
| H 2 | L 1 | Lola Wonfor | 15 | | New Hall | 29.10 | H 10 | L 1 | Erin Currie | 16 | Hatfield | 27.10 | |
| | L 2 | Lucy Peterson | 15 | | Stevenage | 29.00 | | L 2 | Megan Pye | 22 | Co Norwich | 26.80 | |
| | L 3 | Lyla Fello | 15 | | Co Norwich | 28.90 | | L 3 | Alexa Mann | 18 | Chelmsford | 26.60 | |
| | L 4 | Kwan Yi Chan | 15 | | Bishop Stort | 28.85 | | L 4 | Ellen Duffield | 17 | teamipswich | 26.10 | |
| | L 5 | Emilia Johnson | 15 | | St Felix Sch | 28.90 | | L 5 | Abigail Crawley | 19 | teamipswich | 26.41 | |
| | L 6 | Niamh Chambers | 15 | | DunmowAtlant | 29.00 | | L 6 | Jessica Shaw | 19 | Co Peterboro | 26.70 | |
| | L 7 | Alicia Morton | 15 | | Basildon Ph | 29.01 | | L 7 | Amara Addison | 17 | Norwich Swan | 27.00 | |
| | L 8 | Antonia Elias | 15 | | Hatfield | 29.12 | | L 8 | Georgina Munday | 20 | Co Norwich | 27.20 | |
| H 3 | L 1 | Michelle Shadipe | 15 | | New Hall | 28.80 | H 11 | L 1 | Katerina Di Maria | 16 | Co Norwich | 27.10 | |
| | L 2 | Honor Beverstock | 15 | | Hatfield | 28.74 | | L 2 | Olivia Minett | 16 | Co Peterboro | 26.78 | |
| | L 3 | Jade Reed | 15 | | Co Norwich | 28.70 | | L 3 | Matilda Bogle | 18 | teamipswich | 26.57 | |
| | L 4 | Francesca Barber | 15 | | Co Norwich | 28.61 | | L 4 | Skye Carter | 17 | Basildon Ph | 24.30 | |
| | L 5 | Lily Farr | 16 | | Flitwick | 28.70 | | L 5 | Eloise Cole | 16 | Bedford SS | 26.30 | |
| | L 6 | Weronika Mikolajewska | 16 | | Co Peterboro | 28.71 | | L 6 | Francesca Baber | 18 | Co Cambridge | 26.70 | |
| | L 7 | Martha Bentley | 15 | | Epping Fort | 28.78 | | L 7 | Jasmine Carter | 15 | Basildon Ph | 26.90 | |
| | L 8 | Charlotte Pound | 15 | | Putteridge | 28.80 | | L 8 | Georgia Holgate | 17 | Co Cambridge | 27.19 | |
| H 4 | L 1 | Miley Wilson-Mansfield | 15 | | Newmarket | 28.58 | Event 214 Open/Male 100m Breaststroke | | | | | | |
| | L 2 | Melike Dagdelen | 15 | | Putteridge | 28.50 | H 1 | L 2 | Oliver Shergold | 26 | SB8 | Colchester P | 1:35.20 |
| | L 3 | Abigail Riches | 16 | | Co Norwich | 28.40 | | L 3 | Corey Hare | 18 | SB14 | teamipswich | 1:18.49 |
| | L 4 | Cailin Hehir | 16 | | Watford SC | 28.30 | | L 4 | Toby Flood | 15 | | Thetford | 1:16.95 |
| | L 5 | Emily Pitcher | 16 | | Norwich Swan | 28.40 | | L 5 | Oliver Fenwick | 15 | | Team Luton | 1:17.05 |
| | L 6 | Amelia Porzio | 16 | | Putteridge | 28.50 | | L 6 | Harry Arnold-Pepper | 16 | SB8 | Co Cambridge | 1:22.24 |
| | L 7 | Sophie Holliss | 16 | | Co St Albans | 28.52 | | L 7 | Stephane Rouyer-Brown | 27 | SB14 | Runnymede | 1:47.07 |
| | L 8 | Holly Underdown | 15 | | Braintree | 28.60 | H 2 | L 1 | Jack Peters | 15 | | Basildon Ph | 1:16.81 |
| H 5 | L 1 | Anabelle Kett | 15 | | Co Peterboro | 28.30 | | L 2 | Theo Smith | 15 | | Hitchin | 1:16.41 |
| | L 2 | Adrija Raudonyte | 16 | | Newmarket | 28.10 | | L 3 | Jeremy Godwin | 15 | | Thurrock | 1:16.20 |
| | L 3 | Isabelle Cameron | 17 | | Co Peterboro | 28.10 | | L 4 | Thomas Baxter | 15 | | West Norfolk | 1:15.24 |
| | L 4 | Katie Jeffrey | 20 | | Hatfield | 28.00 | | L 5 | Nonso Nwabueze | 15 | | Bo Southend | 1:15.99 |
| | L 5 | Gabriela Gomez Pavon | 17 | | Potters Bar | 28.06 | | L 6 | Dmitrijs Gracovs | 15 | | Harlow Pen | 1:16.22 |
| | L 6 | Ruby Chapman | 18 | | Norwich Swan | 28.10 | | L 7 | Lucas Moxon-Booth | 15 | | Flitwick | 1:16.80 |
| | L 7 | Isabel Thomas | 16 | | Newmarket | 28.13 | | L 8 | Harry Johnson | 15 | | Saffron Wald | 1:16.87 |
| | L 8 | Sophie Stelmach | 15 | | Stevenage | 28.30 | H 3 | L 1 | Frank Lamb | 15 | | Co Peterboro | 1:14.82 |
| H 6 | L 1 | Megan Gray | 17 | | Hatfield | 27.90 | | L 2 | Juan Modolell | 16 | | Co Cambridge | 1:14.79 |
| | L 2 | Imola Jozsa | 18 | | Hatfield | 27.90 | | L 3 | Connor Rickard | 16 | | March | 1:14.36 |
| | L 3 | Erin Woodrow | 17 | | West Norfolk | 27.86 | | L 4 | Kian Lee | 16 | | Co Peterboro | 1:13.72 |
| | L 4 | Amelia Lewis | 15 | | teamipswich | 27.80 | | L 5 | Ayobami Akindele | 16 | | Thurrock | 1:14.17 |
| | L 5 | Sarah O'Brien | 28 | | West Norfolk | 27.80 | | L 6 | Finlay Roberts | 15 | | Witham Dolph | 1:14.49 |
| | L 6 | Amy Meyer | 15 | | Biggleswade | 27.90 | | L 7 | Louis Brown | 16 | | Runnymede | 1:14.80 |
| | L 7 | Ruby Greenhalf | 19 | | Co Norwich | 27.90 | | L 8 | Berkley Barnicoat | 15 | | Bedford SS | 1:14.87 |
| | L 8 | Anna-Lucia Fenner | 18 | | Basildon Ph | 28.00 | H 4 | L 1 | Joshua Jones | 15 | | West Norfolk | 1:13.40 |
| H 7 | L 1 | Emma Fields | 18 | | Bishop Stort | 27.76 | | L 2 | Maximus Atkin | 15 | | Linslade | 1:12.90 |
| | L 2 | Ellie-Rose Lyon | 17 | | Co Norwich | 27.70 | | L 3 | Benjamin Every | 16 | | St Felix Sch | 1:12.36 |
| | L 3 | Jessica Medicott | 17 | | Dunstable | 27.70 | | L 4 | Joshua Marshall | 19 | | St Ives | 1:12.27 |
| | L 4 | Evelyn Dixon-Minter | 19 | | Deben | 27.62 | | L 5 | George Little | 16 | | Bedford SS | 1:12.30 |
| | L 5 | Phoebe Howard | 17 | | Norwich Swan | 27.69 | | L 6 | Andrew Macdonald | 30 | | Stevenage | 1:12.50 |
| | L 6 | Millie Harris | 16 | | West Norfolk | 27.70 | | L 7 | George Jones | 15 | | Harlow Pen | 1:13.20 |
| | L 7 | Bethany Rumsby | 15 | | Norwich Swan | 27.70 | | L 8 | Cillian O'Brien | 16 | | Co Ely | 1:13.47 |
| | L 8 | Lucy Young | 19 | | Biggleswade | 27.80 | H 5 | L 1 | Alexander Ball | 17 | | Potters Bar | 1:11.88 |
| H 8 | L 1 | Jessica-Jane Applegate | 28 | S14 | Co Norwich | 27.40 | | L 2 | Jeffrey Gill | 17 | | Watford SC | 1:11.48 |
| | L 2 | Katie Andrews | 20 | | Norwich Swan | 27.40 | | L 3 | Robert Fenner | 16 | | Basildon Ph | 1:11.34 |
| | L 3 | Nicole Maynard | 15 | | Basildon Ph | 27.30 | | L 4 | Austin Harrop | 18 | | Co Cambridge | 1:11.11 |
| | L 4 | Grace Robinson | 15 | | St Felix Sch | 27.20 | | L 5 | Samuel Howard | 17 | | Hoddesdon | 1:11.21 |
| | L 5 | Charlotte Smith | 17 | | Norwich Swan | 27.26 | | L 6 | Robert Elliston | 18 | | Braintree | 1:11.35 |
| | L 6 | Imogen Duffen | 18 | | Co Cambridge | 27.32 | | L 7 | Luka Gnjatovic | 17 | | Biggleswade | 1:11.70 |
| | L 7 | Vanesa Cimermanova | 16 | | Co Peterboro | 27.40 | | L 8 | Daniel De Filippo | 15 | | Flitwick | 1:11.90 |
| | L 8 | Olivia Greenall | 15 | | Co Norwich | 27.50 | | | | | | | |

Start List

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|------|-----|---------------------|----|--------------|---------|
| H 6 | L 1 | Thomas Spelman | 17 | Stowmarket | 1:10.48 |
| | L 2 | Riley Hall | 17 | Co Cambridge | 1:10.30 |
| | L 3 | Gagan Singh | 18 | Co Peterboro | 1:10.17 |
| | L 4 | Jack Webb | 16 | Witham Dolph | 1:09.87 |
| | L 5 | Adam Hazlewood | 20 | Putteridge | 1:09.89 |
| | L 6 | Samuel Jeffrey | 17 | Hatfield | 1:10.22 |
| | L 7 | Rhys Burrell | 17 | West Norfolk | 1:10.38 |
| | L 8 | P Gurev-Markovachev | 18 | Co Peterboro | 1:10.76 |
| H 7 | L 1 | Szymon Pierzecki | 15 | Witham Dolph | 1:09.76 |
| | L 2 | Jake Moore | 18 | Watford SC | 1:09.58 |
| | L 3 | Austin Everitt | 18 | Norwich Swan | 1:09.23 |
| | L 4 | Matthew McLaughlin | 31 | DunmowAtlant | 1:09.06 |
| | L 5 | Luke Payne | 20 | Hatfield | 1:09.20 |
| | L 6 | Harrison Holmes | 19 | Team Waveney | 1:09.54 |
| | L 7 | Chun Ho Chan | 15 | Watford SC | 1:09.70 |
| | L 8 | Daniel Boboye | 17 | DunmowAtlant | 1:09.78 |
| H 8 | L 1 | James McGettigan | 15 | Thurrock | 1:08.70 |
| | L 2 | Judah Subba | 17 | Co St Albans | 1:08.60 |
| | L 3 | Harvey Durham | 16 | Co Norwich | 1:08.40 |
| | L 4 | Samuel Winslow | 17 | Co Cambridge | 1:08.34 |
| | L 5 | Charlie Ruddell | 15 | teamipswich | 1:08.40 |
| | L 6 | Matthew Gray | 24 | Co Peterboro | 1:08.50 |
| | L 7 | George Lovelock | 19 | Hitchin | 1:08.60 |
| | L 8 | Henry Mann | 16 | Norwich Swan | 1:08.90 |
| H 9 | L 1 | Benjamin Taggart | 17 | Watford SC | 1:07.96 |
| | L 2 | Jack Renouf | 18 | Hoddesdon | 1:07.00 |
| | L 3 | Reece Burns | 16 | Chelmsford | 1:06.10 |
| | L 4 | Edward Ormsby | 17 | Co Cambridge | 1:04.21 |
| | L 5 | Saxon Minto | 16 | Chelmsford | 1:04.80 |
| | L 6 | Lewis Marston | 22 | Runnymede | 1:06.70 |
| | L 7 | William Presland | 19 | Bushey | 1:07.42 |
| | L 8 | George Prince | 16 | Putteridge | 1:08.23 |
| H 10 | L 1 | Josh Martin | 18 | Co Peterboro | 1:07.81 |
| | L 2 | Lewis Chapman | 23 | Stowmarket | 1:06.91 |
| | L 3 | Daryl Rands | 27 | Colchester | 1:06.00 |
| | L 4 | Thomas Hamilton | 23 | Co Cambridge | 1:02.96 |
| | L 5 | Ben Buckley | 17 | Co Norwich | 1:04.70 |
| | L 6 | Daniel Holliss | 18 | Co St Albans | 1:06.40 |
| | L 7 | James Noble | 22 | Norwich Swan | 1:07.40 |
| | L 8 | Billy Mead | 19 | Linslade | 1:08.21 |
| H 11 | L 1 | Charlie McKinnon | 17 | St Felix Sch | 1:07.74 |
| | L 2 | Glennon Lee | 18 | Harlow Pen | 1:06.70 |
| | L 3 | Finlay Ryan | 25 | West Norfolk | 1:05.90 |
| | L 4 | Olivier Vedrenne | 19 | Co Norwich | 59.56 |
| | L 5 | Joshua Sackree | 16 | Co Peterboro | 1:04.37 |
| | L 6 | Lewis Andrews | 17 | Norwich Swan | 1:06.10 |
| | L 7 | Timon Chapman | 22 | Norwich Swan | 1:07.09 |
| | L 8 | Christopher Howe | 19 | Co Cambridge | 1:08.17 |