

AP
Race



AP Race London International
23 - 25 May 2026

Exclusively at the London Aquatics Centre

ENTRY PACK & CONDITIONS

Better Than Yesterday



AP Race is delighted to welcome you back to London in 2026 for the UK's Premier Open International Competition!

The AP Race London International will be welcoming some of the best swimmers from across Europe and beyond to finalise their race preparations just weeks out from the summer's continental championships and Commonwealth Games. This competition is fully focused on the athlete, coach and spectator experience with the industry's best talent involved in the planning.

Sanctioned by **AquaticsGB**, this competition is recognised by World Aquatics in which A & B times can be achieved to enter the **Beijing 2026 World Swimming Championships (25m)** and **Budapest 2027 World Aquatics Championships**.

£21,500 PRIZE MONEY POT

New

Invitational Relays

4x100m Medley, 4x100m Freestyle and
4x200m Freestyle

Para-Swimming invitational
events for Commonwealth
Games focus

Saturday 23rd May 2026

09:30 Heats
16:30 B/Jnr Finals
19:00 Super Finals

Sunday 24th May 2026

09:30 Heats
16:30 B/Jnr Finals
19:00 Super Finals

Bank Holiday Monday 25th May 2026

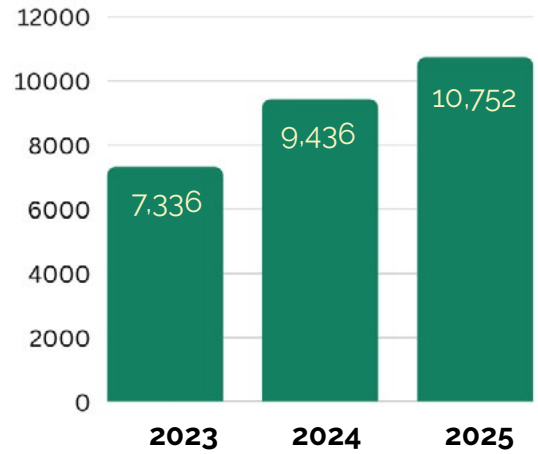
09:30 Heats
16:30 B/Jnr Finals
18:30 Super Finals



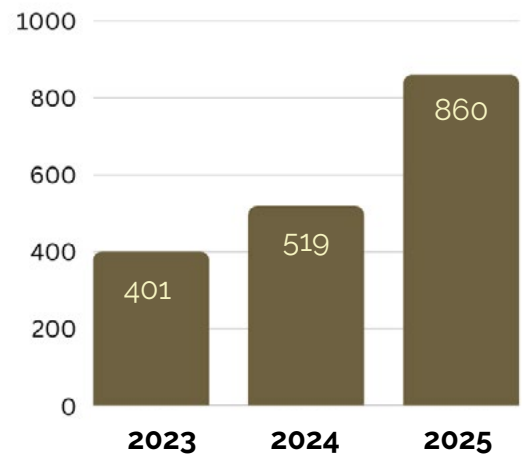
Competition Growth

Over our first three years of this competition, year on year we have seen huge progress. In 2026 we are excited to take further strides forward with more spectators filling the stands, more athletes racing in the pool and even more impactful production, leading to a world class experience.

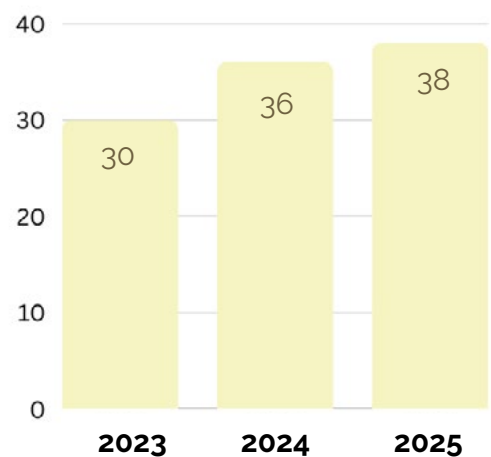
Spectators



Competitors



Nationalities





What Makes This Competition Different

This event is built by-swimmers-for-swimmers, matched with the highest standard of aquatics and events production. Our key focuses:



Athlete Experience



Spectator Experience



Biggest ever UK swimming Prize Money pot



World Aquatics & industry leading Team & Production



Athlete & Spectator focused delivery



Thousands of tickets already sold



Hosted by World Aquatics' Official Host, John Mason



Grassroot Sport Inspiration

Whether you are an **Olympic Champion** preparing for a summer of International Championships or a Junior Athlete looking to gain your first international racing experience, **there is no better place for you than the AP Race London International.**

Whether you are in the stands supporting your favourite swimmers, in the pool racing trying to take home some of our cash prize or a coach on poolside guiding your athletes through their season of racing, **we are committed to providing you with an outstanding experience.**

Previous Competitors

<p>Adam Peaty </p> <ul style="list-style-type: none"> • 3 x Olympic Champion • 8 x World Champion • 14 x World Record Holder 	<p>Duncan Scott </p> <ul style="list-style-type: none"> • 2x Olympic Champion • 8x Olympic Medallist • 5x World Champion 	<p>Chad Le Clos </p> <ul style="list-style-type: none"> • Olympic Champion • 16x World Champion • 7x Commonwealth Games Medallist 	<p>• Florian Wellbrock </p> <ul style="list-style-type: none"> • Olympic Champion • 11x World Champion • 2x European Champion 	<p>Anna Hopkin </p> <ul style="list-style-type: none"> • Olympic Champion • World Record Holder • 13x International Medallist 	
<p>Katinka Hosszú </p> <ul style="list-style-type: none"> • 3x Olympic Champion • 9x World Champion • 15x European Champion 	<p>Lukas Maertens </p> <ul style="list-style-type: none"> • Olympic Champion • World Champion • World Record Holder 	<p>James Guy </p> <ul style="list-style-type: none"> • 3x Olympic Champion • 6x World Champion • 7x European Champion 	<p>Matt Richards </p> <ul style="list-style-type: none"> • 2x Olympic Champion • 3x World Champion • 4x European Champion 	<p>Dan Wiffen </p> <ul style="list-style-type: none"> • Olympic Champion • 2x World Champion • World Record Holder 	
<p>Sydney Pickrem </p> <ul style="list-style-type: none"> • Olympic Medallist • 2x World Champion 	<p>Marrit Steenbergen </p> <ul style="list-style-type: none"> • 4x World Champion • 14x European Champion 	<p>Tes Schouten </p> <ul style="list-style-type: none"> • Olympic Medallist • World Champion 	<p>Louise Hansson </p> <ul style="list-style-type: none"> • 3x World Champion • 3x European Champion 	<p>Dylan Carter </p> <ul style="list-style-type: none"> • 3x Olympian • 3x World Championship Medallist 	<p>Jack McMillan </p> <ul style="list-style-type: none"> • World Champion • European Champion 
<p>Arno Kamminga </p> <ul style="list-style-type: none"> • 2x Olympic Medallist • 6x World Championship Medallist 	<p>Isabel Gose </p> <ul style="list-style-type: none"> • Olympic Medallist • 2x World Champion 	<p>Barbora Seemanova </p> <ul style="list-style-type: none"> • 3x Olympian • 3x European Champion 	<p>Sophie Hansson </p> <ul style="list-style-type: none"> • Olympian • 3x European Champion 	<p>Eneli Jevimova </p> <ul style="list-style-type: none"> • Olympian • 4x European Champion 	<p>Luke Greenbank </p> <ul style="list-style-type: none"> • 2x Olympic Medallist • World Champion 
<p>Caspar Corbeau </p> <ul style="list-style-type: none"> • Olympic Medallist • World Record Holder 	<p>Felix Auböck </p> <ul style="list-style-type: none"> • World Champion • European Champion 	<p>Lauren Cox </p> <ul style="list-style-type: none"> • European Champion • British Record Holder 	<p>Paige Madden </p> <ul style="list-style-type: none"> • 3x Olympic Medallist • World Champion 	<p>Oliver Klemet </p> <ul style="list-style-type: none"> • Olympic Medallist • 2x World Champion 	<p>Moesha Johnson </p> <ul style="list-style-type: none"> • Olympic Medallist • 3x World Champion 
<p>Ollie Morgan </p> <ul style="list-style-type: none"> • 2x European Championship Medallist  <p>Rikako Ikee </p> <ul style="list-style-type: none"> • 3x World Championship Medallist 	<p>Filip Nowacki </p> <ul style="list-style-type: none"> • World Junior Record Holder  <p>Bernhard Reitshammer </p> <ul style="list-style-type: none"> • World Championship Medallist 	<p>Miroslav Knedla </p> <ul style="list-style-type: none"> • Olympian • World Junior Champion  <p>Ralf Tribuntsov </p> <ul style="list-style-type: none"> • European Champion 	<p>Henrik Christiansen </p> <ul style="list-style-type: none"> • 5x European Championship Medallist  <p>Nyls Korstanje </p> <ul style="list-style-type: none"> • 2x Olympian • European Champion 		



Competition Testimonials



'The AP Race London International is rapidly becoming a go-to event on the global racing calendar'

SwimSwam – World's largest swimming news outlet



'They've really hyped it up, the Olympic Trials was such a good meet, but they have matched it if not made it better.'

Angharad Evans – British Record Holder



'This meet is a very much needed event on the calendar, one that is a sceptical and steppingstone for swimmers to prepare for what is needed beyond the realms of domestic competitions.'

Mel Marshall MBE – Olympic Champion Swimming Coach



'There are so many different countries here, I think this is an event the rest of the world should look to put on their calendar.'

Abbie Wood – Olympic Finalist



Competition Schedule

Saturday 23 May 2026

9:30 Heats

Women's 400m Freestyle
Men's 400m Individual Medley
Men's 100m Butterfly (Includes Para S9-10)
Women's 50m Freestyle (Includes Para S11-13)
Men's 50m Freestyle (Includes Para S6-7, S11-13)
Women's 200m Butterfly
Women's 200m Breaststroke
Men's 200m Backstroke
Women's 50m Backstroke
Men's 50m Breaststroke
Men's 1500m Freestyle

16:30 B, Junior, Para Finals

Women's 400m Freestyle (Junior)
Men's 400m Individual Medley (Junior)
Men's 100m Butterfly (Junior, B)
Women's 50m Freestyle (Junior, B)
Men's 50m Freestyle (Junior, B)
Women's 200m Butterfly (Junior, B)
Women's 200m Breaststroke (Junior, B)
Men's 200m Backstroke (Junior, B)
Women's 50m Backstroke (Junior, B)
Men's 50m Breaststroke (Junior, B)

17:45 approx

Women's 50m Freestyle Para (S11-13)
Men's 50m Freestyle Para (S6-7, S11-13)
Men's 100m Butterfly Para (S9-10)

18:05 approx

Girl's Grassroots Race 1 - 50m Butterfly
Boy's Grassroots Race 1 - 50m Butterfly
Girl's Grassroots Race 2 - Breaststroke
Boy's Grassroots Race 2 - Breaststroke

19:00 Super Finals

Women's 400m Freestyle
Men's 200m Backstroke
Women's 50m Freestyle
Men's 50m Freestyle
Women's 200m Butterfly
Men's 1500m Freestyle
Women's 50m Backstroke
Women's 200m Breaststroke
Men's 100m Butterfly
Men's 400m Individual Medley
Men's 50m Breaststroke
Women's 4x100m Medley Relay
Men's 4x100m Freestyle Relay

Sunday 24 May 2026

9:30 Heats

Men's 400m Freestyle
Women's 400m Individual Medley
Men's 50m Backstroke
Women's 50m Butterfly
Men's 100m Freestyle (Includes Para S11-13)
Women's 100m Backstroke (Includes Para S8-9)
Men's 200m Butterfly
Women's 200m Freestyle (Includes Para S14)
Men's 100m Breaststroke (Includes Para SB8-9)
Women's 100m Breaststroke (Includes Para SB7-8)
Men's 200m Individual Medley
Women's 1500m Freestyle

16:30 B, Junior, Para Finals

Men's 400m Freestyle (Junior)
Women's 400m Individual Medley (Junior)
Men's 50m Backstroke (Junior, B)
Women's 50m Butterfly (Junior, B)
Men's 100m Freestyle (Junior, B)
Women's 100m Backstroke (Junior, B)
Men's 200m Butterfly (Junior, B)
Women's 200m Freestyle (Junior, B)
Men's 100m Breaststroke (Junior, B)
Women's 100m Breaststroke (Junior, B)
Men's 200m Individual Medley (Junior, B)

17:55 approx

Women's 100m Backstroke Para (S8-9)
Women's 200m Freestyle Para (S14)
Women's 100m Breaststroke Para (SB7-8)
Men's 100m Freestyle Para (S11-13)
Men's 100m Breaststroke Para (SB8-9)

18:30 approx

Girl's Grassroots Race 3 - 50m Backstroke
Boy's Grassroots Race 3 - 50m Backstroke

19:00 Super Finals

Men's 400m Freestyle
Women's 200m Freestyle
Men's 200m Individual Medley
Women's 100m Breaststroke
Men's 50m Backstroke
Women's 400m Individual Medley
Men's 100m Freestyle
Women's 1500m Freestyle
Men's 200m Butterfly
Women's 50m Butterfly
Women's 100m Backstroke
Men's 100m Breaststroke
Mixed 4x200m Freestyle Relay

Monday 25 May 2026

9:30 Heats

Women's 100m Freestyle (Includes Para S8-9, S11-13)
Men's 50m Butterfly
Women's 50m Breaststroke
Women's 200m Backstroke
Men's 100m Backstroke (Includes Para S8-9)
Women's 100m Butterfly
Men's 200m Breaststroke
Women's 200m Individual Medley (Includes Para SM9-10)
Men's 200m Freestyle (Includes Para S14)
Women's 800m Freestyle
Men's 800m Freestyle

16:30 B, Junior, Para Finals

Women's 100m Freestyle (Junior, B)
Men's 50m Butterfly (Junior, B)
Women's 50m Breaststroke (Junior, B)
Women's 200m Backstroke (Junior, B)
Men's 100m Backstroke (Junior, B)
Women's 100m Butterfly (Junior, B)
Men's 200m Breaststroke (Junior, B)
Women's 200m Individual Medley (Junior, B)
Men's 200m Freestyle (Junior, B)

17:45 approx

Women's 100m Freestyle Para (S8-9, S11-S13)
Men's 100m Backstroke Para (S8-9)
Women's 200m Individual Medley Para (SM9-10)
Men's 200m Freestyle Para (S14)

18:10 approx

Girl's Grassroots Race 4 - 50m Freestyle
Boy's Grassroots Race 4 - 50m Freestyle

18:30 Super Finals

Men's 800m Freestyle
Women's 100m Freestyle
Men's 50m Butterfly
Women's 50m Breaststroke
Women's 800m Freestyle
Women's 200m Backstroke
Men's 100m Backstroke
Women's 100m Butterfly
Men's 200m Breaststroke
Women's 200m Individual Medley
Men's 200m Freestyle
Women's 4x100m Freestyle Relay
Men's 4x100m Medley Relay

CEREMONY

Overall Junior & Senior Winners



Competition Entries

- As an international open competition, entries will be restricted to the fastest entrants in each event
- As entries are based on the fastest entrants, there are no hard qualifying times as such. Guideline Consideration Times are available in this pack, but they are NOT cut-off times. Entries faster than this may be rejected depending on the amount of entries.
- Only 50m long course times are accepted.
- Commonwealth Games Para-Swimming events have been included in the programme for Home Nation athletes to be entered by each federation. These are limited, invitational places only. Other para-swimming athletes not part of the Home Nations programme may enter if there are spaces available.
- Should the meet not be full after the closing date, we will offer first-come-first-served late entries until each event is full.
- Entry times must have been achieved since 24th May 2025
- Entries are £17.50 per race in the normal entry period. Coach Passes are £20 per day, or £50 for the 3 days
- Juniors are determined as per World Aquatics Junior upper age of 18 (athletes born 2008 or later)

How To Enter

Swimmer Entries Click [HERE](#)

Select AP Race London International 2026

Coach & Team Manager passes available on publication of the Confirmation Pack

Key Dates

ENTRIES ARE OPEN

1 March – 25 April

CONFIRMED ENTRIES

PUBLISHED

1 May

LATE ENTRIES ACCEPTED

IF SPACE

4-25 May



Consideration Times & Prize Money

Events	Men's	Women's
50m Freestyle	30.0	31.0
100m Freestyle	1:03.0	1:05.0
200m Freestyle	2:12.0	2:18.0
400m Freestyle	4:50.0	5:00.0
800m Freestyle	9:35.0	9:50.5
1500m Freestyle	17:30.0	18:30.0
50m Backstroke	33.0	34.0
100m Backstroke	1:07.0	1:09.0
200m Backstroke	2:25.0	2:36.0
50m Breaststroke	36.0	37.0
100m Breaststroke	1:18.0	1:23.0
200m Breaststroke	2:45.0	2:56.0
50m Butterfly	33.0	34.0
100m Butterfly	1:07.0	1:09.0
200m Butterfly	2:25.0	2:35.0
200m Individual Medley	2:28.0	2:40.0

Open Age

1st - £10,000
2nd - £5,000
3rd - £2,500
4th - £1,500
5th - £1,000

Junior

(Born 2008 or later)

1st - £500
2nd - £400
3rd - £300
4th - £200
5th - £100

Prize money will be awarded to the top five athletes (men and women combined) according to their highest World Aquatics points swim).



Competition Conditions

1. General Conditions

a) AP Race and its appointed officials reserve full powers over the AP Race London International 2026 including but not limited to cancelling, postponing or changing the venue and/or format due to reasons beyond its reasonable control.

b) The competition conditions may be revised in response to Government and Public Health England guidelines and sporting competitions, and any other operational limitations. In addition to a change in conditions, limits may need to be placed on entry numbers which could result in some swimmers achieving a qualifying time not being admitted to the competition. In the event of entries being limited and some entries being subsequently declined, entry fees will be refunded in full.

c) The Competition shall be held under World Aquatics Rules and any additional conditions (contained in the respective Meet Information).

d) Entries can be accepted from competitors registered as members of Swim England, Scottish Swimming, or Swim Wales since 24th May 2025 or competitors who are a member of a club within a Federation that is affiliated to World Aquatics. Swimmers may also compete under their Federation name if their Federation allows. Where required to do so, competitors shall present their passport for age verification by the end of the Team Leader Meeting on the day before the competition begins.

e) A competitor must be a registered member, or equivalent, of the club in whose name he/she is entered, at the date of entry. For clubs in England, Scotland and Wales, this club must be offered by the online entry system.

f) Junior competitors.

i. Maximum Junior Age Group defined by World Aquatics as 18 years (WJC) i.e. competitors born 2008 or later

ii. Should World Aquatics change the ages of Junior swimmers, they would also change for this event.

g) Finals - All eligible competitors for the Super Final, B-Final and Junior Final will be seeded into these respective finals (see section 4).

2. The Events

Individual events:

- I. 50m, 100m, 200m, 400m, 800m and 1500m Freestyle
- II. 50m, 100m, 200m Backstroke, Breaststroke, Butterfly
- III. 200m, 400m Individual Medley
- IV. 4x100m Freestyle, Medley
- V. Mixed 4x200m Freestyle

3. Entries

a) Entries will be via the online entry system, swimming.events All competitors will be required to complete the online entry documentation in full and pay the required fee in order for their entry to be processed.

b) Entries shall open on 1st March 2026 and close at 23:59 on 25th April 2025. Accepted entries will be published on 1st May 2026. Late entries may be made from 4th May if there is space in the programme and at the discretion of the Competition Director.

c) Only times achieved in a 50m pool are accepted for entry, no converted times will be accepted.

d) Entry times for all individual events from Swim England, Scottish Swimming and Swim Wales entrants must be recorded in the British Swimming Rankings from swimming competitions designated or licensed for entry into national competitions since 24th May 2025.

e) Split Times of a relay race are not acceptable for entry. The only exception is the first leg of relay, if the time is recorded on the British/World Rankings or recognised as an individual time by an athlete's federation.

f) A competitor may only compete in the name of one club or federation at the competition. Federations themselves must approve who swims under their name – without this approval swimmers must compete under their club name.

g) Entries will aim to be capped at a number per event to ensure the competition runs to time. The Competition Director will have sole decision over the amount of heats available per event.

i) Commonwealth Games Para-Swimming events (heats & finals) have been included with a maximum of 10 entries available per event. Priority will be given to swimmers entered by Home Nations for preparation ahead of the Commonwealth Games. Once these swimmers have been accepted, any remaining spaces will be allocated to Para-Swimmers who are not part of the Home Nation teams, ranked on British Para-Swimming Points.

j) "Open" Para-Swimming entries could be accepted in ALL events if they meet the same criteria of entry and rejections as non-para athletes. Seeding into finals will be based on time only.

k) The Competition Director reserves the right to confirm entries before the closing date for swimmers representing international, national and regional teams for logistical purposes.

l) Refunds will not be given for swimmers withdrawing from the meet after the closing date or for entry errors or omissions attributable to the individual or their club. Withdrawals for medical reasons must be accompanied by appropriate medical certification to qualify for a refund to be determined by the Competition Director.

m) Entries and results will be managed digitally. By submitting entries, consent is thereby given, to the holding of personal information on a computer. Personal data, including submitted and recorded times will be available during the competition.

n) The Competition Director reserves the right to accept entries after the closing date on a first-come-first-served basis should there be spaces in events.

o) The Relay events will be limited to 1 heat of each (10 entries) and priority will be given to National Federations. If space allows, the Competition Director may open remaining spaces to other teams on an invitational first come first served basis – starting with Regional teams, followed by Clubs with large entries.

4. Competition Procedure

a) All events shall have Heats and Finals except for:

- the 800m freestyle and 1500m freestyle which will be heat declared winner.

- The relays which will be straight finals (maximum 10 teams)

b) Heats – will be conducted in one session. Heats will be seeded by submitted times and cyclically seeded. Changes to the above can be made by the Competition Director for the purpose of efficient running of the competition.

c) There will be:

a. 1 x Super Final (of Open Age)

b. 1 x B Final (of Open Age, except 400m events)



c. 1 x Junior Final (born 2008 or later)

d) The fastest 20 competitors from the heats irrespective of age shall be allocated places in the Super Final and B Final. Any Para Swimmers within the Top 20 will be automatically placed in the respective Super or B Final. The Competition Director reserves the right to move a Para-Swimmer from the Super, B or Junior Final into the Para Final.

e) The next fastest 10 age-eligible competitors shall be allocated places in the Junior Final.

f) If an athlete withdraws from a Final before the Start Lists are published, the respective reserve will move into that Final (see condition 6a).

f) Competitors whose entries have been accepted will be expected to swim unless they have complied with the withdrawal procedures.

5. Withdrawal from Heats

a) Withdrawals must be made by the end of the Team Leader Meeting for day one swims, and by 13:00 on the day before for subsequent days.

6. Withdrawal from Finals

a) Finalists not wishing to swim shall notify the Sport Information Desk of their intention to withdraw no later than 30 minutes after the publishing of ranked finalists. The withdrawal shall be made on the official withdrawal form.

7. Call Room

a) Competitors must report to the Call Room for heats and finals and follow the call room's direction. It is an athlete's responsibility to report in good time for their event. Upon entry, the athlete must ensure that they report to a Steward and be registered as being present in the Call Room.

b) All competitors are required to report to the Call Room in sufficient time and be available to parade for their event. They must enter the Call Room 'race ready' and should remain in its confines until introduced to the pool deck for their race.

c) Coaches/Chaperones will not be allowed in the call room area during the finals at any time, unless agreed prior by the Competition Director.

8. Awards & Prize Money

a) The top three finishers of the Super Final will be receiving a medal or award in the post-race interview.

b) Prize Money will be awarded after the last event of the meet to those achieving the highest World Aquatics points (men and women combined) to the sum of:

1st – 10,000 GBP

2nd – 5,000 GBP

3rd – 2,500 GBP

4th – 1,500 GBP

5th – 1,000 GBP

Junior Prize Money will be awarded after the last event of the meet to those achieving the highest World Aquatics points (men and women combined) of athletes born 2008 or later to the sum of:

1st – 500 GBP

2nd – 400 GBP

3rd – 300 GBP

4th – 200 GBP

5th – 100 GBP

In the event of a tie in World Aquatics points, the prize money of the two positions in question will be added together and divided by the number of individuals tied. For example, a tie for 2nd place would mean 2nd and 3rd place prize money (4,000 + 2,500 GBP) is added together and shared – 3,250 GBP each.

c) Prize Money is based on points in the Open category. For the avoidance of doubt, World Para-Swimming points do not count as World Aquatics points.

d) Prize Money will be issued directly to the athlete via electronic bank transfer, or as agreed between AP Race and the athlete.

9. Officials

a) Technical Officials shall be selected from lists approved by AquaticsGB and/or World Aquatics.

10. Doping Control

a) Competitors taking part in the Event may be subject to random doping control.

b) Competitors are required to bring with them either a passport or other form of national identity incorporating their photograph.

11. Team Leader Meeting

a) It is a requirement for a representative from all clubs and federations with competitors entered to attend the Team Leader Meeting. This will take place at 18:00 on 22nd May 2026 at London Aquatics Centre.

12. Image Rights

Entrants agree that their images may be recorded, stored, used and published for the sole use of promotion of the meet over AP Race social media channels and any approved rights-holding third party media body, of which AP Race Events Ltd gives agreement. This also extends to official photography within the venue.

13. Other

Any point not covered by these rules will be at the discretion of the Competition Director and/or World Aquatics Delegate, depending on the matter.



See You In London!

Back for our fourth year and we couldn't be more excited to deliver our best event yet. We cannot wait to welcome you to the Queen Elizabeth Olympic Park in May 2026 and provide one of the best racing opportunities in the world.

For the competition website click [HERE](#)

If you have any questions relating to the competition or the support we can provide with travel and accommodation arrangements, please contact us at events@aprace.club

AP Race - where we aim to help every swimmer and coach become...

Better Than Yesterday

