



CITY OF SOUTHAMPTON SWIMMING CLUB

The Quays Swimming & Diving Complex | 27 Harbour Parade | Southampton | SO15 1BA

Southampton James Moreno Meet 2025

Saturday 25th October 2025

Session 1

Please arrive 7.45 for 8.00 warm up

8.00 – 8.20 Female 13&u

8.20 – 8.40 Female 14+ & Male/Open 15+

8.40 – 9.00 Male/Open 14&u

Racing starts at 9.05

1 Female 400m IM

2 Male/Open 200m Fly

3 Female 200m Free

4 Male/Open 100m Free

5 Female 50m Back

6 Male/Open 50m Breast

7 Female 100m Fly

Estimated finish 11.15

Sunday 26th October 2025

Session 3

Please arrive 7.45 for 8.00 warm up

8.00- 8:20 Male/Open 13+ & Female 15+

8.20 – 8:40 Male/Open 12&u & Female 10&u

8.40 – 9.00 Female 11-14

Racing starts at 9.05

16 Male/Open 400m IM

17 Female 200m Fly

18 Male/Open 200m Free

19 Female 100m Free

20 Male/Open 50m Back

21 Female 50m Breast

22 Male/Open 100m Fly

Estimated finish 11.10

Saturday 25th October 2025

Session 2

Warm up starts 12:30

12.30 – 12:50 Male/Open 14&u

12.50 – 13:10 Female 14+ & Open/Male 15+

13.10 – 13:30 Female 13&u

Racing starts at 13.35

8 Male/Open 400m Free

9 Female 200m IM

10 Male/Open 200m Breast

11 Female 100m Breast

12 Male/Open 100m Back

13 Female 200m Back

14 Male/Open 50m Fly

15 Female 50m Free

Estimated finish 16.35

Sunday 26th October 2025

Session 4

Warm up starts 12:30

12.30 – 12:50 Female 12&u & Male/Open 9&u

12.50 – 13:10 Female 13& over

13.10 – 13:30 Male/Open 10+

Racing starts at 13.35

23 Female 400m Free

24 Male/Open 200m IM

25 Female 200m Breast

26 Male/Open 100m Breast

27 Female 100m Back

28 Male/Open 200m Back

29 Female 50m Fly

30 Male/Open 50m Free

Estimated finish 16.30