



Diss Otters Autumn Meet

Sunday 18th October 2026 at the UEA Sportspark, Norwich

Held under Swim England Regulations

Licence Level 3 – 3ER26xxxx

Programme of events

Session 1 - Warm up 8:30am			Session 2 - Warm up TBA		
Event No.	Sex	Event	Event Number	Sex	Event
101	Female	50m Breast	201	Open/Male	50m Free
102	Open/Male	100m Breast	202	Female	100m Breast
103	Female	100m Fly	203	Open/Male	200m IM
104	Open/Male	50m Back	204	Female	50m Back
105	Female	200m IM	205	Open/Male	50m Breast
106	Open/Male	100m Free	206	Female	100m Free
107	Female	100m Back	207	Open/Male	100m Back
108	Open/Male	50m Fly	208	Female	50m Fly
109	Female	50m Free	209	Open/Male	100 Fly

Key Information

- Level 3 Short Course Meet * 8 Lane Short Course Pool, Electronic Timing, Quality Racing blocks * Free parking *
- Age Groups 9, 10, 11, 12, 13, 14, 15, 16 & over – Age as 18th October 2026
- Awards for top three in each age category
- Session One: Warm-up 8:30 a.m. Session Two: Warm-up TBA
- Fees: Race Entry is £7.00 per event - Spectator Entry £5.00 for one session/£8.00 all day
- Enquiries can be emailed to The Promotor (Shirley Rush) Email: shirley@dissotters.co.uk
- Entries to admin@dissotters.co.uk
- Closing Date for entries is Sunday 20th September 2026