

				Year 2026		26-4									
				H&SC Leagues		Other Competitions - Sat		Other Competitions - Sun							
Sat		Sch		\$											
1	January	3	4	HSX											
		10	11			Guildford City Level 4 New Year Meet 2025 Mid Sussex Marlins 800mtrs Distance Meet		Dorking SC Invitational Distance Meet 2026 Epsom District SC L4 New Year's Meet 2026							
		17	18			Hampshire County ASA Swimming Champs 2026		Arun Tridents SC Splash Into 2026							
		24	25			Surrey Age Group Championships 2026		Hampshire County ASA Swimming Champs 2026							
		31		\$				Surrey Age Group Championships 2026							
2	February	1				Surrey Age Group Championships 2026		Surrey Age Group Championships 2026							
		7	8			Fareham Nomads Valentines Meet 2026		Fareham Nomads Valentines Meet 2026							
		14	15	HSX		Sussex County Championships		Sussex County Championships							
		21	22	HSX		Sussex County Championships		Sussex County Championships							
		28				Hampshire County ASA Swimming Champs 2026									
3	March	1				Sussex County Championships		Hampshire County ASA Swimming Champs 2026							
		7	8			National Arena Swimming League 25th Plate Final		Sussex County Championships							
		14	15			2026 Wycombe Long Course L1 Premier Meet		The National Arena Swimming League 56th Cup Final							
		21	22			Primary ESSA National Team Championships		2026 Wycombe Long Course L1 Premier Meet							
		28	29	HS		Winchester City Penguins Spring Qualifier 2026		Winchester City Penguins Spring Qualifier 2026							
		21	22			Bracknell & Wokingham Regional Qualifier Meet 2026		Bracknell & Wokingham Regional Qualifier Meet 2026							
		28	29					Arun Tridents SC Easter Meet 2026							
4	April	4	5	HSX		Crawley Spring Open Meet L1 LC 2026		Crawley Spring Open Meet L1 LC 2026							
		11	12	HSX				National Arena Swimming League							
		18	19	X											
		25	26			SE East Region Long Course Championships 2026		SE East Region Long Course Championships 2026							
5	May	2	3	Early May Bank Holiday		ESSA South East Division Primary Teams Gala		SE East Region Long Course Championships 2026							
		9	10			SE East Region Long Course Championships 2026		SE East Region Long Course Championships 2026							
		16	17			SE East Region Long Course Championships 2026		SE East Region Long Course Championships 2026							
		23	24	HSX		Rushmoor Royals Open Meet		Arun Tridents SC Spring Invitational 2026							
		30	31	HSX											
6	June	6	7			Havant & Waterlooville Swim out your Skin		Havant & Waterlooville Swim out your Skin							
		13	14	\$		Rother Lg round 1 (2025 9 teams 1 DNS) incorporates Premier League/Rother Junior Trophies (2025 8 teams 1 DNS 1WDL)									
		20	21	\$		Crawley SC Summer Splash Open Meet 2026 L3 LC		ESSA Primary Teams 30th Championships Final							
		27	28	\$		Rother Lg Round 2 (2025 9 teams 1 DNS) Other galas incorporates Rother Relay Gala (2025 10 teams 3 DNS)									
7	July	4	5	\$		(\$ probably hants dev meets)									
		11	12	\$		(\$ probably hants dev meets)									
		18	19	HX											
		25	26	HSX											
8	August	1	2	HSX											
		8	9	HSX											
		15	16	HSX											
		22	23	HSX											
		29	30	HSX		Summer Bank Holiday									
9	September	5	6	\$											
		12	13			Hampshire Relay Championships		Hampshire Relay Championships							
		19	20	\$		Rother Lg round3 (2025 9 teams 1 DNS) incorporates Rother Age Group Gala (2025 10 teams 1 DNS)									
10	October	3	4	\$											
		10	11			National Arena Swimming League round 1		National Arena Swimming League round 1							
		17	18	S											
		24	25	HSX											
		31		HSX											
11	November	1	HSX												
		7	8	\$											
		14	15	\$		National Arena Swimming League round 2		National Arena Swimming League round 2							
		21	22	\$											
		28	29	\$											
12	December	5	6			National Arena Swimming League round 3		National Arena Swimming League round 3							
		12	13	\$											
		19	20	HSX											
		26	27	HSX		Christmas									
The above, provided by Hants & South Coast Leagues (\$), is for guidance only.															
Competition dates can, and do, change. School holiday dates are those of Hants, Surrey and West Sussex.															
			X	West Sussex school hols											
			H	Hampshire school hols				Chris Lintott							
			S	Surrey school hols											