

				Year 2026		26-5									
				H&SC Leagues		Other Competitions - Sat		Other Competitions - Sun							
1	January	3	4	HSX				Dorking SC Invitational Distance Meet 2026 Epsom District SC L4 New Year's Meet 2026							
		10	11			Guildford City Level 4 New Year Meet 2025 Mid Sussex Marlins 800mtrs Distance Meet									
		17	18			Hampshire County ASA Swimming Champs 2026									
		24	25			Surrey Age Group Championships 2026									
		31		\$		Arun Tridents SC Splash Into 2026									
2	February	1				Surrey Age Group Championships 2026									
		7	8			Fareham Nomads Valentines Meet 2026									
		14	15	HSX		Sussex County Championships									
		21	22	HSX		Sussex County Championships									
		28				Hampshire County ASA Swimming Champs 2026									
3	March	1				Sussex County Championships									
		7	8			Hampshire County ASA Swimming Champs 2026									
		14	15			Sussex County Championships									
		21	22			National Arena Swimming League 25th Plate Final									
		28	29	HS		The National Arena Swimming League 56th Cup Final									
4	April	4	5	HSX	Easter	2026 Wycombe Long Course L1 Premier Meet		2026 Wycombe Long Course L1 Premier Meet							
		11	12	HSX		Primary ESSA National Team Championships									
		18	19	X		Winchester City Penguins Spring Qualifier 2026									
		25	26			Bracknell & Wokingham Regional Qualifier Meet 2026									
5	May	2	3		Early May Bank Holiday	Arun Tridents SC Easter Meet 2026		Crawley Spring Open Meet L1 LC 2026							
		9	10			Winchester City Penguins Spring Qualifier 2026									
		16	17			Bracknell & Wokingham Regional Qualifier Meet 2026									
		23	24	HSX	Spring Bank Holiday	The National Arena Swimming League 56th Cup Final		National Arena Swimming League							
		30	31	HSX		SE East Region Long Course Championships 2026									
6	June	6	7			ESSA South East Division Primary Teams Gala		SE East Region Long Course Championships 2026							
						SE East Region Long Course Championships 2026									
		13	14	\$	Rother Lg round 1 (2025 9 teams 1 DNS) incorporates Premier League/Rother Junior Trophies (2025 8 teams 1 DNS 1WDL)	SE East Region Long Course Championships 2026		SE East Region Long Course Championships 2026							
		20	21	\$		Crawley SC Summer Splash Open Meet 2026 L3 LC Portsmouth invitational Novice meet									
		27	28	\$	Rother Lg Round 2 (2025 9 teams 1 DNS) Other galas incorporates Rother Relay Gala (2025 10 teams 3 DNS)	ESSA Primary Teams 30th Championships Final									
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			SurryRelay Championships		SurryRelay 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										