



SPRINT WITH★THE STARS



CONFIRMATION PACK

LONDON AQUATICS CENTRE

LONDON

20 SEPTEMBER 2026

SPRINT WITH THE STARS 2026

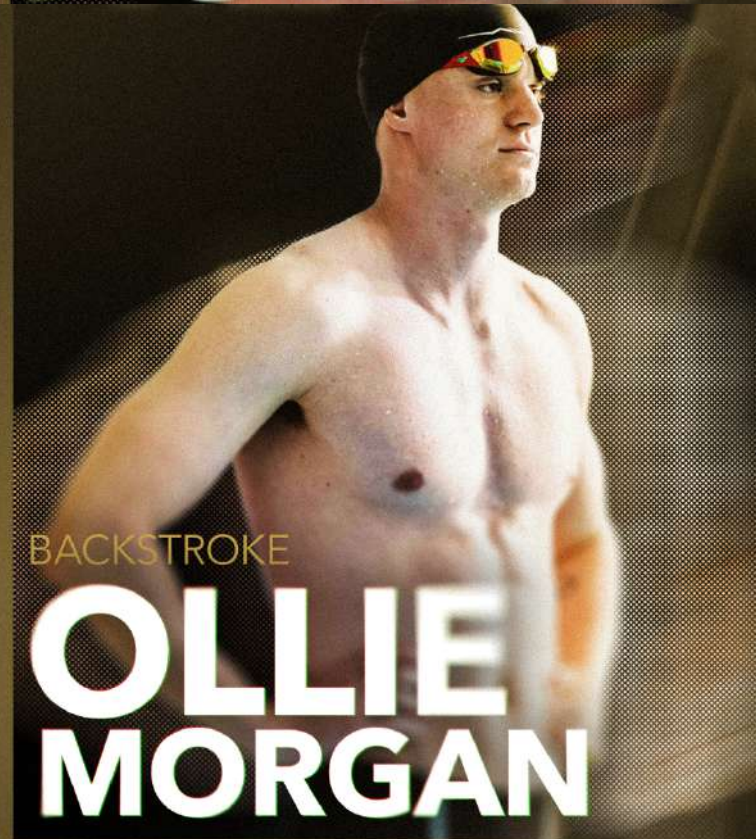
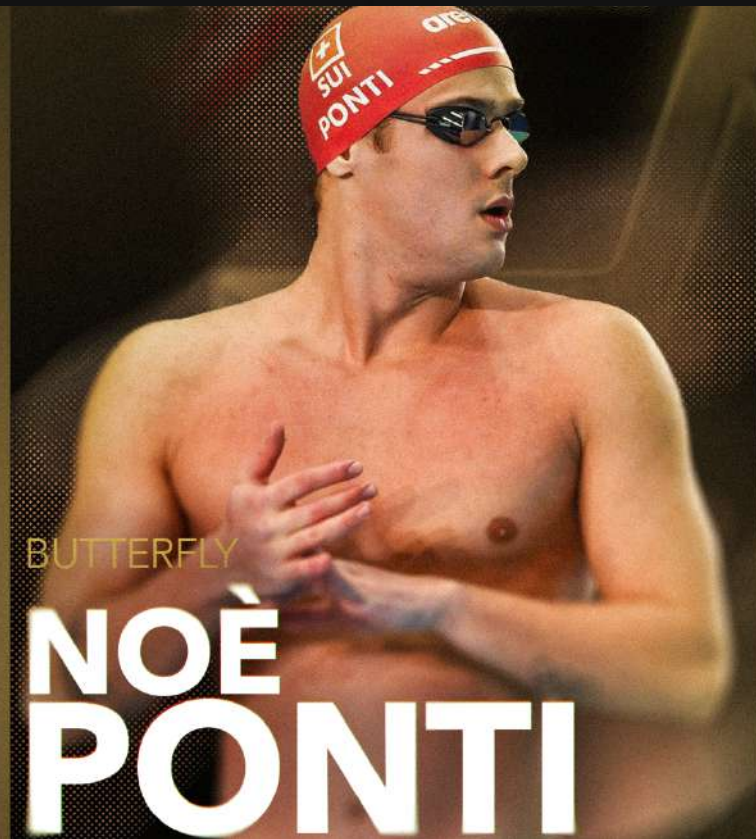
SUNDAY 20 SEPTEMBER, LONDON AQUATICS CENTRE

We're pleased to confirm all entries have been accepted and we're now happy to share further information regarding the event. Please ensure you have read the following pages in detail and get in touch with us should you have any questions. We look forward to welcoming you to the London Aquatics Centre!

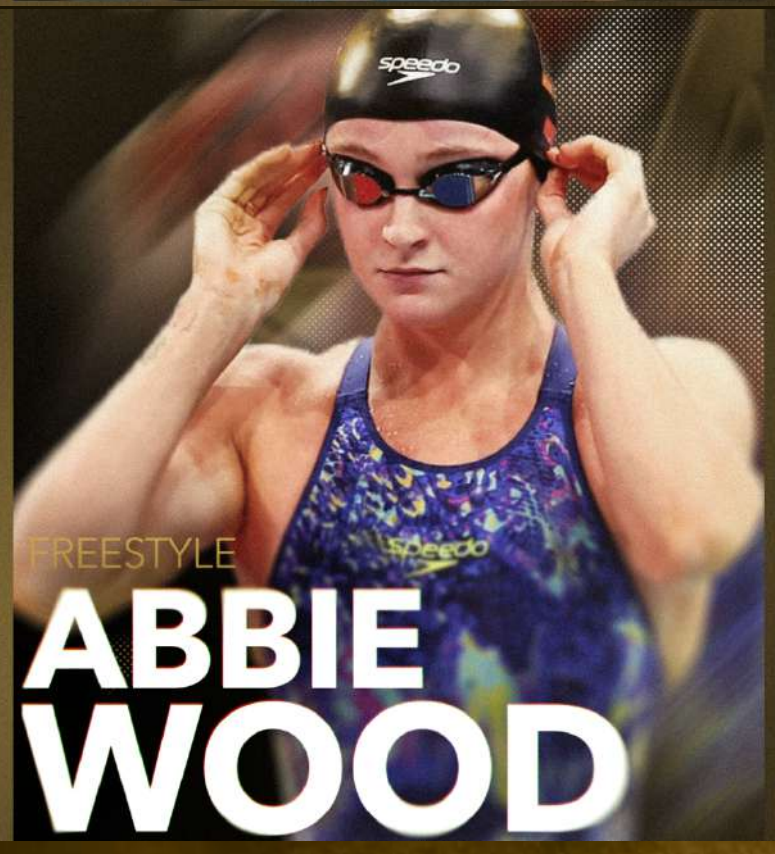
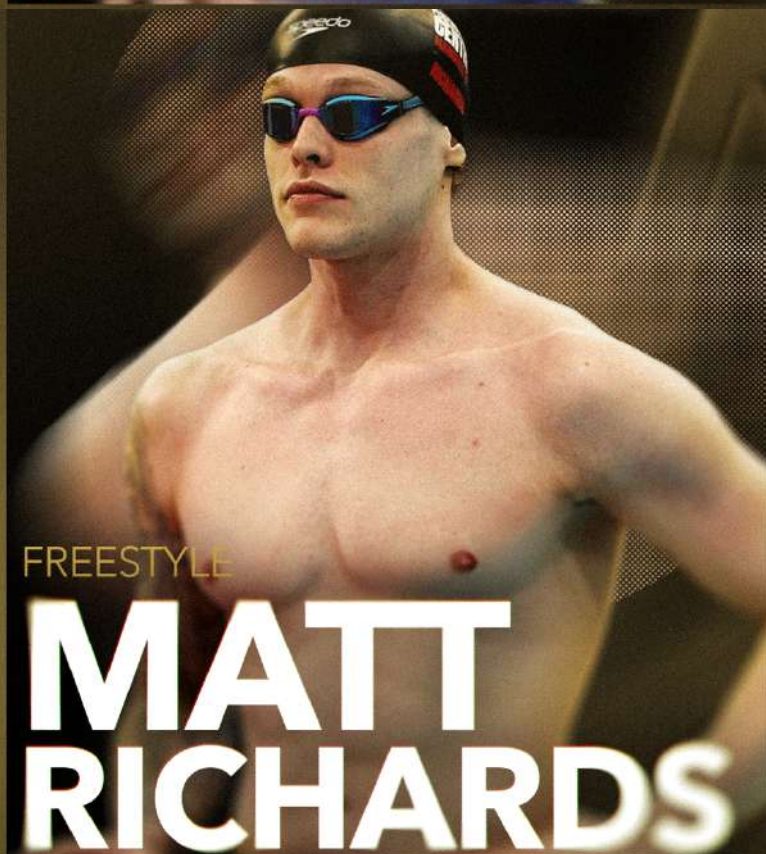
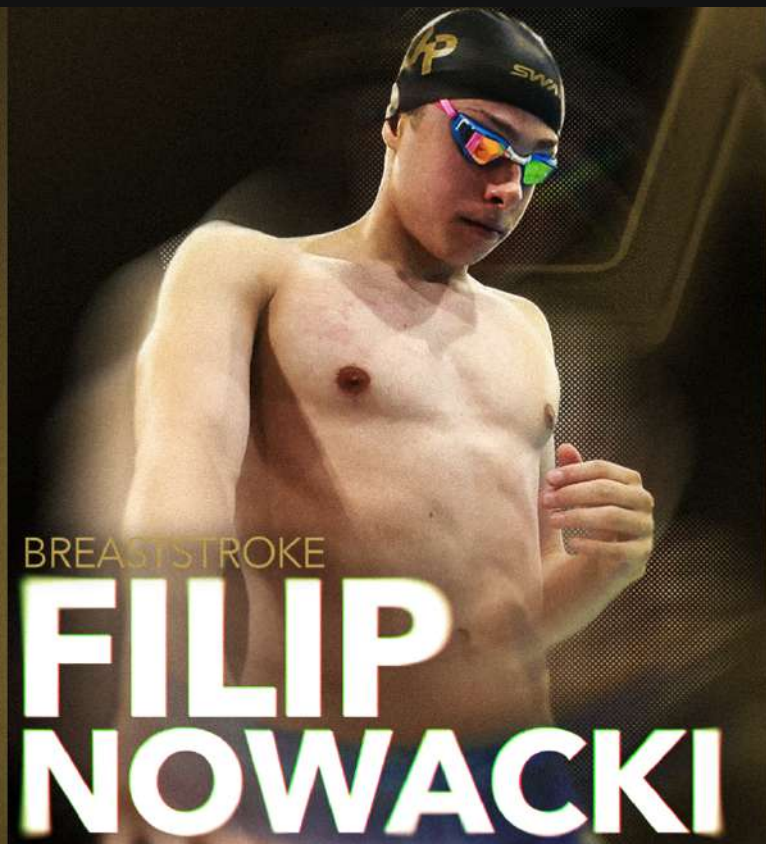
COMPETITION SCHEDULE Times are subject to small changes pending competition status

SESSION 1		SESSION 2	
07:15 DOORS OPEN	No access before this time		
08:00-08:20 WARM UP	Female (All Ages)	14:00-14:20 WARM UP	Female (All Ages)
08:20-08:40 WARM UP	Open/Male (All Ages)	14:20-14:40 WARM UP	Open/Male (All Ages)
09:00 HEATS	Female 50m Backstroke Male/Open 50m Backstroke Female 50m Freestyle Male/Open 50m Freestyle	15:00 HEATS	Female 50m Butterfly Male/Open 50m Butterfly Female 50m Breaststroke Male/Open 50m Breaststroke
11:00 BREAK		17:00 BREAK	
11:30 SHOWCASE FINALS	Female 9yrs 50m Backstroke Male/Open 9yrs 50m Backstroke Female 10yrs 50m Freestyle Male/Open 10yrs 50m Freestyle Female 11yrs 50m Backstroke Male/Open 11yrs 50m Backstroke Female 12yrs 50m Freestyle Male/Open 12yrs 50m Freestyle Female 13yrs 50m Backstroke Male/Open 13yrs 50m Backstroke Female 14yrs 50m Freestyle Male/Open 14yrs 50m Freestyle Female 15/ov 50m Backstroke Male/Open 15/ov 50m Backstroke Female 9yrs 50m Freestyle Male/Open 9yrs 50m Freestyle Female 10yrs 50m Backstroke Male/Open 10yrs 50m Backstroke Female 11yrs 50m Freestyle Male/Open 11yrs 50m Freestyle Female 12yrs 50m Backstroke Male/Open 12yrs 50m Backstroke Female 13yrs 50m Freestyle Male/Open 13yrs 50m Freestyle Female 14yrs 50m Backstroke Male/Open 14yrs 50m Backstroke Female 15/ov 50m Freestyle Male/Open 15/ov 50m Freestyle	17:30 SHOWCASE FINALS	Female 9yrs 50m Butterfly Male/Open 9yrs 50m Butterfly Female 10yrs 50m Breaststroke Male/Open 10yrs 50m Breaststroke Female 11yrs 50m Butterfly Male/Open 11yrs 50m Butterfly Female 12yrs 50m Breaststroke Male/Open 12yrs 50m Breaststroke Female 13yrs 50m Butterfly Male/Open 13yrs 50m Butterfly Female 14yrs 50m Breaststroke Male/Open 14yrs 50m Breaststroke Female 15/ov 50m Butterfly Male/Open 15/ov 50m Butterfly Female 9yrs 50m Breaststroke Male/Open 9yrs 50m Breaststroke Female 10yrs 50m Butterfly Male/Open 10yrs 50m Butterfly Female 11yrs 50m Breaststroke Male/Open 11yrs 50m Breaststroke Female 12yrs 50m Butterfly Male/Open 12yrs 50m Butterfly Female 13yrs 50m Breaststroke Male/Open 13yrs 50m Breaststroke Female 14yrs 50m Butterfly Male/Open 14yrs 50m Butterfly Female 15/ov 50m Breaststroke Male/Open 15/ov 50m Breaststroke
13:00 FINISH		19:00 FINISH	

MEET THE STARS



MEET THE STARS



KEY INFORMATION

COMPETITION SCHEDULE & WARM UP

- Event Conditions are set out in the Entry Pack.
- It is imperative that swimmers **ONLY warm up during the allocated session as there are no other warm-up facilities.**

ENTRIES & WITHDRAWALS

- All entries have been confirmed.
- Withdrawals must be made through Swimming Events on the “My Events” section of your profile once you are logged in by **6pm Saturday 19 September.**
- On-the-day withdrawals should be made at the Sports Information Desk on the upper concourse up to 1 hour before the start of the session, any withdrawals made after this will result in empty lanes.

VENUE

Please review the Venue Maps (below) to see entrances and flows around the venue.

- We will be operating through one entrance, this will be the upper concourse doors, facing the West Ham Stadium. Please check the venue maps below for further clarity.
 - **SPECTATOR ACCESS** –You must present your digital spectator ticket. You will then receive an entrance wristband. No tickets can be purchased on the door, please purchase ahead of time here - <https://www.ticketsource.com/sprint-with-the-stars/sprint-with-the-stars-london-2026-spectator-tickets/e-yzaayp>
 - **ATHLETE ACCESS** –You may be asked to show proof of entry through your entry confirmation email. You will receive an Athlete Accreditation upon arrival.
 - **COACH / TEAM MANAGER ACCESS** –You must present your digital ticket. You will then be provided with your Accreditation. No passes can be purchased on the door, please purchase ahead of time here - <https://www.ticketsource.com/sprint-with-the-stars/sprint-with-the-stars-london-2026-coach-team-manager-pass/e-rbkzxy>
- Spectator toilets are located on the ground floor. These can be accessed by stairs and lift.
- Athlete toilets are in the Changing Village. We urge all athletes to only use these toilet facilities.
- No bags larger than a rucksack will be permitted into the venue, except for athlete rucksacks. Please ensure you contact the team prior to arrival if you have a pram/buggy or luggage (info@sprintwiththestars.com)
- Venue parking is extremely limited. We recommend you use public transport. Chargeable parking can be found at Westfield Shopping Centre should you wish to drive.

ATHLETE ACCREDITATION

- Accreditation will be given to each athlete when they enter the venue and must be worn at ALL TIMES. Your accreditation is valid throughout the entire day regardless of what session you are competing in. Entry into the changing room facilities and call room will not be permitted without your athlete accreditation.
- It is imperative that you do not lose your accreditation. If you do lose your accreditation, please speak to the Sport Information Desk.

ATHLETES WITH A COACH/TEAM MANAGER

- There is a designated Athlete Seating area in the spectator gallery. **Only athletes and accredited Coaches, Team Managers and Chaperones will be allowed in this area.** This designated seating area has been highlighted on the below venue map.
- The Coach/Team Manager can collect a Start List from the Sports Information Desk to support their club.
- Coach/Team Manager's will have access to poolside as long as their pass/wristband is worn.

ATHLETES WITHOUT A COACH/TEAM MANAGER

- For those athletes who do not have a coach present at this competition, a designated block within the seating areas has been allocated for you to sit in, where a maximum of 1 parent/guardian will join you. All other spectators are required to sit within the general spectator area.
- By attending this competition without a coach/team manager, it is the responsibility of the parent/guardian to ensure the swimmer is on time for warm up, the call room and their race(s).
- No parent/guardian will be permitted to enter the changing rooms unless they are a qualified coach or team manager and have purchased a coach/TM Pass. Therefore, swimmers must make their own way through the call room and during warm up.
- Several Sprint With The Stars team members will be on hand to support swimmers and parents/guardians throughout the day, including the call room and during warm up. However, please seek assistance at our Sports Information Desk at any point throughout the competition for additional support.

ADDITIONAL ATHLETE INFORMATION

- All athlete bags must stay in the athlete seating area or put into the Changing Village lockers – with only the necessary items brought to poolside (goggles, hat, accreditation) – this can be stored in the kit box behind each lane during the swim and collected post-race.
- Swimmers **MUST** be dry and be wearing footwear in order to go from the Changing Village to the Athlete Seating area. Security will be situated on the changing room doors to manage this.

SPECTATOR TICKETS

- **NO TICKETS WILL BE SOLD ON THE DOOR. TICKETS MUST BE BOUGHT IN ADVANCE** ONLINE AT <https://www.ticketsource.com/sprint-with-the-stars/sprint-with-the-stars-london-2026-spectator-tickets/e-yyaayp>
- Your Spectator Ticket allows you access to the full day of competition, consisting of two heats and two finals session.
- Groups must arrive together so the ticket holder can show all booked persons.
- Spectator seating will be located upstairs in the viewing gallery.
- Access into the changing rooms and onto poolside is strictly prohibited.

COACH / TEAM MANAGER PASSES

- MUST BE BOUGHT IN ADVANCE ONLINE AT <https://www.ticketsource.com/sprint-with-the-stars/sprint-with-the-stars-london-2026-coach-team-manager-pass/e-rbkzxy>
- Please be advised, upon purchase of this pass you will be required to provide your Swim England Membership Number, DBS Certificate information and safeguarding qualification details.
- A valid athlete, coach, or Team Manager pass is required to enter the changing rooms. No spectators will be permitted into the changing rooms or onto poolside.

MERCHANDISE & AUTOGRAPH PROGRAMMES

- Sprint With The Stars Merchandise and Autograph Programmes will be available to purchase on the day.
- All payments are cashless.

SAFEGUARDING

- In the interest of Child Protection and Safeguarding, we request no filming or photography to be taken from the spectator balcony or from poolside.
- Use of mobile phones and devices is strictly prohibited under any circumstances in the changing rooms (including simply making a call). Those refusing to follow this policy will be removed from the venue and may be subject to further sanctions.
- Official photographers and videographers will be on site, and you will be able to purchase these post-event – we will release full information on how to access this post event.
- Athletes should not change in the Athlete Seating Area – **you MUST use the Changing Village.**

MEDICAL & SECURITY

- London Aquatics Centre will handle any water-based rescues and provide emergency first aid to spectators and athletes.
- Security will be situated throughout the venue, to ensure the safety of all attendees. All bags will be subject to a security check on arrival.

PHOTOS & AUTOGRAPHS

At certain points throughout the day, swimmers will have the opportunity to get photos and autographs with our Stars. These timings will be communicated on the day, through the announcer.

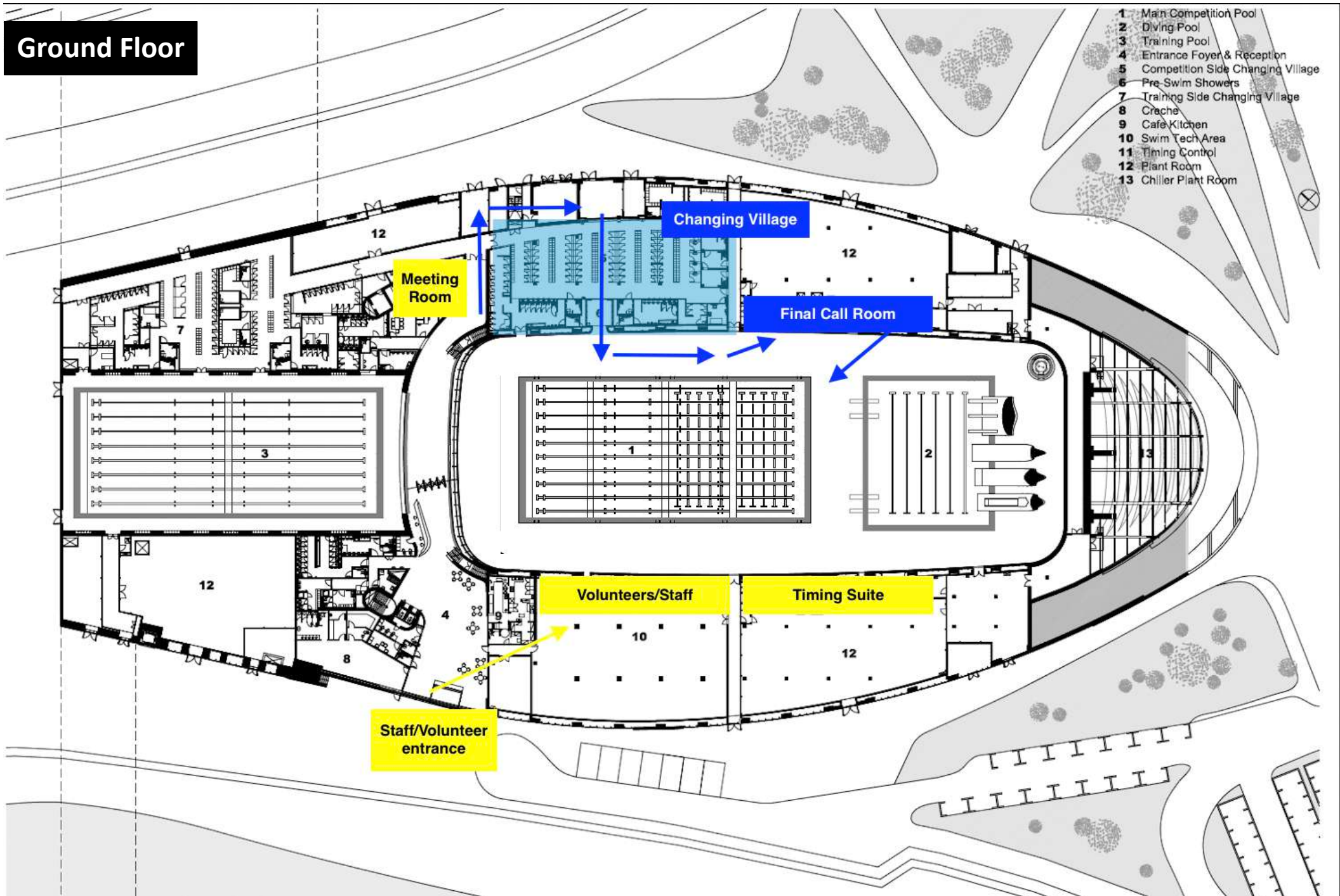
CONTACTS

If you have any questions, please email info@sprintwiththestars.com

We can't wait for you to Sprint With The Stars

Ground Floor

- 1 Main Competition Pool
- 2 Diving Pool
- 3 Training Pool
- 4 Entrance Foyer & Reception
- 5 Competition Side Changing Village
- 6 Pre-Swim Showers
- 7 Training Side Changing Village
- 8 Creche
- 9 Cafe/Kitchen
- 10 Swim Tech Area
- 11 Timing Control
- 12 Plant Room
- 13 Chiller Plant Room



Upper Floor

- 1 Main Competition Pool
- 2 Diving Pool
- 3 Upper Welcome Zone
- 4 Spectator Seating
- 5 Plaza Bridge

