



Sandwell Aquatics Trident Open Meet, October 2026

Affiliated to SE West Midlands Region

Under Swim England Regulations & Swim England Technical Rules

Programme of Events

Licence Nr: 3WM261257

Saturday 03rd October 2026			Saturday 03rd October 2026		
Session 1			Session 2		
F	101	400m Individual Medley	M/O	201	400m Freestyle
M/O	102	100m Backstroke	F	202	100m Breaststroke
F	103	50m Backstroke	M/O	203	50m Freestyle
M/O	104	200m Individual Medley	F	204	200m Freestyle
		Mid Session Break			Mid Session Break
F	105	100m Freestyle	M/O	205	200m Butterfly
M/O	106	50m Breaststroke	F	206	50m Butterfly
F	107	200m Breaststroke	M/O	207	100m Individual Medley
M/O	108	100m Butterfly	F	208	200m Backstroke
Sunday 04 th October 2026			Sunday 04 th October 2026		
Session 3			Session 4		
M/O	301	400m Individual Medley	F	401	400m Freestyle
F	302	100m Backstroke	M/O	402	100m Breaststroke
M/O	303	50m Backstroke	F	403	50m Freestyle
F	304	200m Individual Medley	M/O	404	200m Freestyle
		Mid Session Break			Mid Session Break
M/O	305	100m Freestyle	F	405	200m Butterfly
F	306	50m Breaststroke	M/O	406	50m Butterfly
M/O	307	200m Breaststroke	F	407	100m Individual Medley
F	308	100m Butterfly	M/O	408	200m Backstroke

*Points will be won for each event entered on the basis of 8 points for the winner down to 1 point for 8th place in each age group.. The top swimmer awards will go to one male/open and one female who has accrued the most points across all age groups, Visiting Club with most points will also receive an award..