

Munster Long Course Championships 2026 - Indicative Session Times

| Day | Warm Up – AM Heats | AM Session - Heats | Warm Up – Midday Heats | Mid Session - Heats | Warm Up - Finals | PM Session - Finals | Swim Down Pool |
|----------------------------------|-------------------------------|--------------------|--------------------------------|---------------------|-------------------------------|---------------------|---|
| Friday 15 th May | Mixed Gender 08:15 – 09:15 | 09:30 – 11:50 | Mixed Gender 12:15 – 13 :00 | 13:15 – 15:05 | Mixed Gender 15:30 – 16:20 | 16:30 - 19:16 | Unavailable |
| Saturday 16 th May | Mixed Gender 08:15 – 09:15 | 09:30 – 11:45 | Mixed Gender 12:15 – 13:00 | 13:15 – 14:45 | Mixed Gender 15:30 – 16:20 | 16:30 – 18:45 | Available 18:00 – 19:00 During Finals |
| Sunday 17 th May | Mixed Gender 08:15 – 09:15 | 09:30 – 12:00 | Mixed Gender 12:15 – 13:00 | 13:15 – 15:05 | Mixed Gender 15:30 – 16:20 | 16:30 – 19:20 | Available 18:00 – 20:00 During Finals |

Officials Briefing each morning at 09:00am in the Pool Classroom.
Please sign in from 08:45am

Officials Briefing at 12:45 in the Pool Classroom.
Please sign in from 12:30

Officials Briefing for Finals will take place at 16:00 in the Pool Classroom.
Please sign in from 15:45

There is a 25 minute window after Friday & Saturday AM Heats. This window is 15 minutes on Sunday. This time may be used for Swim Down by the athletes in the first sessions . If using this facility, the athletes MUST be supervised by a Coach or Team Manager and the pool MUST be cleared by 12:15 to facilitate the next Warm Up.

Similarly, there is a window of 25 to 30 minutes after each of the Mid Day sessions. Athletes in these sessions may use this time for Swim Down but they MUST be supervised by a Coach or Team Manager and the pool must be cleared by 15:30 to facilitate the Warm Up for the Finals Session.



MUNSTER LONG COURSE CHAMPIONSHIPS

UL SPORT ARENA, University of Limerick,

15th – 17th May 2026