

Amman Valley Open Meet April 2026

Confirmed Session Times

Date	Session	Warm-up Time	Start Time	Events	Estimated Finish
Sun. 19 th April	1	7.45 am – 8.45am	8.50 am	1 – 9	11.10 am
	2	11.20 am – 12.20 pm	12.25 pm	10 - 17	2.50 pm
	3	3.00 pm – 4.00 pm	4.05 pm	18 - 26	6.35 pm

Please note that to accommodate as many swimmers as possible the warmup for Session 1 will begin at **7.45am**.

Also, note that the session times provided are as accurate as possible. However, there are swimmers in the meet who have entered with 'NT' and this sometimes causes sessions to overrun. Please be aware that these session times are for guidance only and may vary slightly on the day.