

BUCS SWIMMING: LONG COURSE CHAMPIONSHIPS 2025-26

PROGRAMME OF EVENTS

FRIDAY	
09:15	SESSION 1A
FASTEST HEATS*	101 Female 200m Freestyle 102 Open 200m Freestyle 103 Female 100m Backstroke 104 Open 100m Backstroke 105 Female 100m Butterfly 106 Open 100m Butterfly 107 Female 50m Breaststroke 108 Open 50m Breaststroke 109 Female 200m Individual Medley 110 Open 200m Individual Medley 111 Female 1500m Freestyle 112 Open 1500m Freestyle 113 Female 4x100m Medley Relay 114 Open 4x100m Medley Relay
13:00*	SESSION 1B
REMAINING HEATS	101 Female 200m Freestyle 102 Open 200m Freestyle 103 Female 100m Backstroke 104 Open 100m Backstroke 105 Female 100m Butterfly 106 Open 100m Butterfly 107 Female 50m Breaststroke 108 Open 50m Breaststroke 109 Female 200m Individual Medley 110 Open 200m Individual Medley 111 Female 1500m Freestyle 112 Open 1500m Freestyle 113 Female 4x100m Medley Relay 114 Open 4x100m Medley Relay
17:15*	SESSION 2

<p style="text-align: center;">FINALS (inc HDW Fastest Heats)</p>	<p>201 Mixed Para 100m Backstroke MC Final 202 Female 200m Freestyle B Final 203 Female 200m Freestyle A Final 204 Open 200m Freestyle B Final 205 Open 200m Freestyle A Final 206 Female 100m Backstroke B Final 207 Female 100m Backstroke A Final 208 Open 100m Backstroke B Final 209 Open 100m Backstroke A Final 210 Female 100m Butterfly B Final 211 Female 100m Butterfly A Final 212 Open 100m Butterfly B Final 213 Open 100m Butterfly A Final 214 Female 50m Breaststroke B Final 215 Female 50m Breaststroke A Final 216 Open 50m Breaststroke B Final 217 Open 50m Breaststroke A Final 218 Female 200m Individual Medley B Final 219 Female 200m Individual Medley A Final 220 Open 200m Individual Medley B Final 221 Open 200m Individual Medley A Final 221 Female 1500m Freestyle Fastest Heat 222 Open 1500m Freestyle Fastest Heat 223 Female 4x100m Medley Relay B Final 224 Female 4x100m Medley Relay A Final 225 Open 4x100m Medley Relay B Final 226 Open 4x100m Medley Relay A Final</p>
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**Times are subject to change*

Heat and HDW – Protocols

50m, 100m, 200m

Fastest 3 Heats in A Session, Remaining Heats in B Session

*** 400m Free & IM**

Fastest Heat in Finals Session

Next 3 Fastest in Fastest Heats Session

Any remaining Heats in Remaining Heats Session

**** 800m & 1500m Free**

Fastest Heat in Finals Session

2nd Fastest in A Session, 3rd Fastest in B Session

SATURDAY	
09:15	SESSION 3A
FASTEST HEATS*	301 Open 400m Individual Medley 302 Female 400m Individual Medley 303 Open 100m Freestyle 304 Female 100m Freestyle 305 Open 50m Butterfly 306 Female 50m Butterfly 307 Open 100m Breaststroke 308 Female 100m Breaststroke 309 Open 200m Backstroke 310 Female 200m Backstroke 311 Open 800m Freestyle 312 Female 800m Freestyle 313 Open 4x100m Freestyle Relay 314 Female 4x100m Freestyle Relay
13:00*	SESSION 3B
REMAINING HEATS	301 Open 400m Individual Medley 302 Female 400m Individual Medley 303 Open 100m Freestyle 304 Female 100m Freestyle 305 Open 50m Butterfly 306 Female 50m Butterfly 307 Open 100m Breaststroke 308 Female 100m Breaststroke 309 Open 200m Backstroke 310 Female 200m Backstroke 311 Open 800m Freestyle 312 Female 800m Freestyle 313 Open 4x100m Freestyle Relay 314 Female 4x100m Freestyle Relay
17:15*	SESSION 4
FINALS (inc HDW Fastest Heats)	401 Mixed Para 100m Freestyle MC Final 402 Open 400m Individual Medley Fastest Heat 403 Female 400m Individual Medley Fastest Heat 404 Open 100m Freestyle B Final 405 Open 100m Freestyle A Final 406 Female 100m Freestyle B Final 407 Female 100m Freestyle A Final 408 Open 50m Butterfly B Final

	409 Open 50m Butterfly A Final 410 Female 50m Butterfly B Final 411 Female 50m Butterfly A Final 412 Open 100m Breaststroke B Final 413 Open 100m Breaststroke A Final 414 Female 100m Breaststroke B Final 415 Female 100m Breaststroke A Final 416 Open 200m Backstroke B Final 417 Open 200m Backstroke A Final 418 Female 200m Backstroke B Final 419 Female 200m Backstroke A Final 420 Open 800m Freestyle Fastest Heat 421 Female 800m Freestyle Fastest Heat 422 Open 4x100m Freestyle Relay B Final 423 Open 4x100m Freestyle Relay A Final 424 Female 4x100m Freestyle Relay B Final 425 Female 4x100m Freestyle Relay A Final
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**Times are subject to change*

Heat and HDW – Protocols

50m, 100m, 200m

Fastest 3 Heats in A Session, Remaining Heats in B Session

*** 400m Free & IM**

Fastest Heat in Finals Session

Next 3 Fastest in Fastest Heats Session

Any remaining Heats in Remaining Heats Session

**** 800m & 1500m Free**

Fastest Heat in Finals Session

2nd Fastest in A Session, 3rd Fastest in B Session

SUNDAY	
09:00	SESSION 5A
FASTEST HEATS*	501 Female 200m Butterfly 502 Open 200m Butterfly 503 Female 50m Freestyle 504 Open 50m Freestyle 505 Female 200m Breaststroke 506 Open 200m Breaststroke 507 Female 50m Backstroke 508 Open 50m Backstroke 509 Female 400m Freestyle 510 Open 400m Freestyle 511 Mixed 4x100m Medley Relay
12:00*	SESSION 5B
REMAINING HEATS	501 Female 200m Butterfly 502 Open 200m Butterfly 503 Female 50m Freestyle 504 Open 50m Freestyle 505 Female 200m Breaststroke 506 Open 200m Breaststroke 507 Female 50m Backstroke 508 Open 50m Backstroke 509 Female 400m Freestyle 510 Open 400m Freestyle 511 Mixed 4x100m Medley Relay
15:10*	SESSION 6
FINALS (inc HDW Fastest Heats)	601 Female 200m Butterfly B Final 602 Female 200m Butterfly A Final 603 Open 200m Butterfly B Final 604 Open 200m Butterfly A Final 605 Female 50m Freestyle B Final 606 Female 50m Freestyle A Final 607 Open 50m Freestyle B Final 608 Open 50m Freestyle A Final 609 Female 200m Breaststroke B Final 610 Female 200m Breaststroke A Final 611 Open 200m Breaststroke B Final 612 Open 200m Breaststroke A Final 613 Female 50m Backstroke B Final 614 Female 50m Backstroke A Final

	615 Open 50m Backstroke B Final 616 Open 50m Backstroke A Final 617 Female 400m Freestyle Fastest Heat 618 Open 400m Freestyle Fastest Heat 619 Mixed 4x100m Medley Relay B Final 620 Mixed 4x100m Medley Relay A Final
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**Times are subject to change*

Heat and HDW – Protocols

50m, 100m, 200m

Fastest 3 Heats in A Session, Remaining Heats in B Session

*** 400m Free & IM**

Fastest Heat in Finals Session

Next 3 Fastest in Fastest Heats Session

Any remaining Heats in Remaining Heats Session

**** 800m & 1500m Free**

Fastest Heat in Finals Session

2nd Fastest in A Session, 3rd Fastest in B Session