

BUCS LONG COURSE SWIMMING CHAMPIONSHIPS 2023-24

PROGRAMME OF EVENTS

*Except HDW – Own Protocols (see final page)

| FRIDAY | |
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| 09:00 | SESSION 1 A |
| FASTEST HEATS* | 101 Women 200m Freestyle 102 Open/Male 200m Freestyle 103 Women 100m Backstroke 104 Open/Male 100m Backstroke 105 Women 100m Butterfly 106 Open/Male 100m Butterfly 107 Women 50m Breaststroke 108 Open/Male 50m Breaststroke 109 Women 200m Individual Medley 110 Open/Male 200m Individual Medley 111 Mixed 4x100m Medley Relay 112 Women 1500m Freestyle 113 Open/Male 1500m Freestyle |
| 12:40 | SESSION 1 B |
| REMAINING HEATS | 101 Women 200m Freestyle 102 Open/Male 200m Freestyle 103 Women 100m Backstroke 104 Open/Male 100m Backstroke 105 Women 100m Butterfly 106 Open/Male 100m Butterfly 107 Women 50m Breaststroke 108 Open/Male 50m Breaststroke 109 Women 200m Individual Medley 110 Open/Male 200m Individual Medley 111 Mixed 4x100m Medley Relay 112 Women 1500m Freestyle |
| 17:00 | SESSION 2 |
| FINALS (inc HDW Fastest Heats) | 201 Women 200m Freestyle B Final 202 Women 200m Freestyle A Final 203 Open/Male 200m Freestyle B Final 204 Open/Male 200m Freestyle A Final 205 Women 100m Backstroke B Final |

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| | <p>206 Women 100m Backstroke A Final 207 Open/Male 100m Backstroke B Final 208 Open/Male 100m Backstroke A Final 209 Women 100m Butterfly B Final 210 Women 100m Butterfly A Final 211 Open/Male 100m Butterfly B Final 212 Open/Male 100m Butterfly A Final 213 Women 50m Breaststroke B Final 214 Women 50m Breaststroke A Final 215 Open/Male 50m Breaststroke B Final 216 Open/Male 50m Breaststroke A Final 217 Women 200m Individual Medley B Final 218 Women 200m Individual Medley A Final 219 Open/Male 200m Individual Medley B Final 220 Open/Male 200m Individual Medley A Final 221 Women 1500m Freestyle Fastest Heat 222 Open/Male 1500m Freestyle Fastest Heat 223 Mixed 4x100m Medley Relay B Final 224 Mixed 4x100m Medley Relay A Final</p> |
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| SATURDAY | |
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| 09:00 | SESSION 3 A |
| FASTEST HEATS* | 301 Open/Male 400m Individual Medley 302 Women 400m Individual Medley 303 Open/Male 100m Freestyle 304 Women 100m Freestyle 305 Open/Male 50m Butterfly 306 Women 50m Butterfly 307 Open/Male 100m Breaststroke 308 Women 100m Breaststroke 309 Open/Male 200m Backstroke 310 Women 200m Backstroke 311 Open/Male 4x100m Freestyle Relay 312 Women 4x100m Freestyle Relay 313 Open/Male 800m Freestyle 314 Women 800m Freestyle |
| 12:40 | SESSION 3 B |
| REMAINING HEATS | 303 Open/Male 100m Freestyle 304 Women 100m Freestyle 305 Open/Male 50m Butterfly 306 Women 50m Butterfly 307 Open/Male 100m Breaststroke 308 Women 100m Breaststroke 309 Open/Male 200m Backstroke 310 Women 200m Backstroke 311 Open/Male 4x100m Freestyle Relay 312 Women 4x100m Freestyle Relay 313 Open/Male 800m Freestyle 314 Women 800m Freestyle |
| 17:00 | SESSION 4 |
| FINALS (inc HDW Fastest Heats) | 401 Open/Male 400m Individual Medley Fastest Heat 402 Women 400m Individual Medley Fastest Heat 403 Open/Male 100m Freestyle B Final 404 Open/Male 100m Freestyle A Final 405 Women 100m Freestyle B Final 406 Women 100m Freestyle A Final 407 Open/Male 50m Butterfly B Final 408 Open/Male 50m Butterfly A Final 409 Women 50m Butterfly B Final 410 Women 50m Butterfly A Final 411 Open/Male 100m Breaststroke B Final |

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| | <p>412 Open/Male 100m Breaststroke A Final 413 Women 100m Breaststroke B Final 414 Women 100m Breaststroke A Final 415 Open/Male 200m Backstroke B Final 416 Open/Male 200m Backstroke A Final 417 Women 200m Backstroke B Final 418 Women 200m Backstroke A Final 419 Open/Male 800m Freestyle Fastest Heat 420 Women 800m Freestyle Fastest Heat 421 Open/Male 4x100m Freestyle Relay B Final 422 Open/Male 4x100m Freestyle Relay A Final 423 Women 4x100m Freestyle Relay B Final 424 Women 4x100m Freestyle Relay A Final</p> |
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| | 616 Open/Male 50m Backstroke A Final 617 Women 400m Freestyle Fastest Heat 618 Open/Male 400m Freestyle Fastest Heat 619 Women 4x100m Medley Relay B Final 620 Women 4x100m Medley Relay A Final 621 Open/Male 4x100m Medley Relay B Final 622 Open/Male 4x100m Medley Relay A Final |
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HEAT & HDW - Protocols

50m, 100m & 200m Protocol

- Fastest 3 Heats in A Heat Session
- Any Remaining Heats in B Session

800m & 1500m Freestyle Protocol

- Fastest Heat in Finals
- 2nd Fastest Heat in Fastest Heats
- 3rd Fastest Heat in Remaining Heats

400m Freestyle & IM Protocol

- Fastest Heat in Finals
- Next 3 Fastest Heats in Fastest Heats Session
- Any Remaining Heats in Remaining Heats Session