

## SPEEDO AND BUCS LONG COURSE SWIMMING CHAMPIONSHIPS 2022

### PROGRAMME OF EVENTS

FRIDAY	
<b>6:00PM</b>	<b>SESSION 1</b>
<b>HDW/HEATS/ FINALS</b>	101 Women 4x100 Freestyle Relay [Final Sat PM] 102 Men 4x100 Freestyle Relay [Final Sat PM] 103 Women 1500m Freestyle [HDW] 104 Men 1500m Freestyle [HDW] 105 Mixed 4x100 Medley [HDW]
SATURDAY	
<b>9:00AM</b>	<b>SESSION 2</b>
<b>HEATS</b>	201 Women 200m Freestyle (Fastest 3 heats) 202 Men 200m Freestyle (Fastest 3 heats) 203 Women 50m Backstroke (Fastest 3 heats) 204 Men 50m Backstroke (Fastest 3 heats) 205 Women 50m Breaststroke (Fastest 3 heats) 206 Men 50m Breaststroke (Fastest 3 heats) 207 Women 100m Butterfly (Fastest 3 heats) 208 Men 100m Butterfly (Fastest 3 heats) 209 Women 400m Individual Medley [HDW] (All heats) 210 Men 400m Individual Medley [HDW] (All heats) 211 Women 800m Freestyle [HDW] 212 Men 800m Freestyle [HDW]  201 Women 200m Freestyle (Remaining heats) 202 Men 200m Freestyle (Remaining heats) 203 Women 50m Backstroke (Remaining heats) 204 Men 50m Backstroke (Remaining heats) 205 Women 50m Breaststroke (Remaining heats) 206 Men 50m Breaststroke (Remaining heats) 207 Women 100m Butterfly (Remaining heats) 208 Men 100m Butterfly (Remaining heats)
<b>2:00PM</b>	<b>SESSION 3</b>
<b>HEATS</b>	301 Women 200m Backstroke (Fastest 3 heats) 302 Men 200m Backstroke (Fastest 3 heats) 303 Women 50m Freestyle (Fastest 3 heats) 304 Men 50m Freestyle (Fastest 3 heats) 305 Women 200m Breaststroke (Fastest 3 heats) 306 Men 200m Breaststroke (Fastest 3 heats) 307 Women 4x100m Medley Relay [Final Sun PM] (Fastest 3 heats) 308 Men 4x100m Medley Relay [Final Sun PM] (Fastest 3 heats)  301 Women 200m Backstroke (Remaining heats) 302 Men 200m Backstroke (Remaining heats) 303 Women 50m Freestyle (Remaining heats) 304 Men 50m Freestyle (Remaining heats) 305 Women 200m Breaststroke (Remaining heats) 306 Men 200m Breaststroke (Remaining heats) 307 Women 4x100m Medley Relay [Final Sun PM] (Remaining heats) 308 Men 4x100m Medley Relay [Final Sun PM] (Remaining heats)
<b>6:00PM</b>	<b>SESSION 4</b>
	401 Women 50m Backstroke Final 402 Men 50m Backstroke Final 403 Women 200m Freestyle 404 Men 200m Freestyle 405 Women 50m Breaststroke Final 406 Men 50m Breaststroke Final 407 Women 100m Butterfly Final 408 Men 100m Butterfly Final 409 Women 200m Backstroke Final 410 Men 200m Backstroke Final 411 Women 50m Freestyle Final 412 Men 50m Freestyle Final 413 Women 200m Breaststroke Final 414 Men 200m Breaststroke Final 415 Women 4x100m Freestyle Relay B Final 416 Women 4x100m Freestyle Relay A Final 417 Men 4x100m Freestyle Relay B Final 418 Men 4x100m Freestyle Relay A Final

SUNDAY

9:00AM		SESSION 5
		501 Women 200m Butterfly (Fastest 3 heats) 502 Men 200m Butterfly (Fastest 3 heats) 503 Women 100m Freestyle (Fastest 3 heats) 504 Men 100m Freestyle (Fastest 3 heats) 505 Women 100m Breaststroke (Fastest 3 heats) 506 Men 100m Breaststroke (Fastest 3 heats) 507 Women 200m Individual Medley (Fastest 3 heats) 508 Men 200m Individual Medley (Fastest 3 heats) 509 Women 50m Butterfly (Fastest 3 heats) 510 Men 50m Butterfly (Fastest 3 heats) 511 Women 100m Backstroke (Fastest 3 heats) 512 Men 100m Backstroke (Fastest 3 heats) 513 Women 400m Freestyle [HDW] (All heats) 514 Men 400m Freestyle [HDW] (All heats)
		501 Women 200m Butterfly (Remaining heats) 502 Men 200m Butterfly (Remaining heats) 503 Women 100m Freestyle (Remaining heats) 504 Men 100m Freestyle (Remaining heats) 505 Women 100m Breaststroke (Remaining heats) 506 Men 100m Breaststroke (Remaining heats) 507 Women 200m Individual Medley (Remaining heats) 508 Men 200m Individual Medley (Remaining heats) 509 Women 50m Butterfly (Remaining heats) 510 Men 50m Butterfly (Remaining heats) 511 Women 100m Backstroke (Remaining heats) 512 Men 100m Backstroke (Remaining heats)
2:30PM		SESSION 6
		601 Women 200m Butterfly 602 Men 200m Butterfly 603 Women 100m Freestyle 604 Men 100m Freestyle 605 Women 100m Breaststroke 606 Men 100m Breaststroke 607 Women 200m Individual Medley 608 Men 200m Individual Medley 609 Women 50m Butterfly Final 610 Men 50m Butterfly Final 611 Women 100m Backstroke 612 Men 100m Backstroke 613 Women 4x100m Medley Relay B Final 614 Women 4x100m Medley Relay A Final 615 Men 4x100m Medley Relay B Final 616 Men 4x100m Medley Relay A Final
	<b>FINALS</b>	