

BUCS LONG COURSE SWIMMING CHAMPIONSHIPS 2025 PROGRAMME OF EVENTS

*Except HDW - Own Protocols (see final page)

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	FRIDAY		
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 113 Open/Male 1500m Freestyle		
17:00	SESSION 2		
FINALS	201 Women 200m Freestyle B Final 202 Women 200m Freestyle A Final		
(inc HDW Fastest Heats)	203 Open/Male 200m Freestyle B Final 204 Open/Male 200m Freestyle A Final		



205 Women 100m Backstroke B Final 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



SATURDAY		
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	



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



SUNDAY		
09:00	SESSION 5 A	
FASTEST HEATS*	501 Women 200m Butterfly 502 Open/Male 200m Butterfly 503 Women 50m Freestyle 504 Open/Male 50m Freestyle 505 Women 200m Breaststroke 506 Open/Male 200m Breaststroke 507 Women 50m Backstroke 508 Open/Male 50m Backstroke 509 Women 400m Freestyle 510 Open/Male 400m Freestyle 511 Women 4x100m Medley Relay 512 Open/Male 4x100m Medley Relay	
12:40	SESSION 5 B	
REMAINING HEATS	503 Women 50m Freestyle 504 Open/Male 50m Freestyle 505 Women 200m Breaststroke 506 Open/Male 200m Breaststroke 507 Women 50m Backstroke 508 Open/Male 50m Backstroke 509 Women 400m Freestyle 510 Open/Male 400m Freestyle 511 Women 4x100m Medley Relay 512 Open/Male 4x100m Medley Relay	
15:45	SESSION 6	
FINALS (inc HDW Fastest Heats)	601 Women 200m Butterfly B Final 602 Women 200m Butterfly A Final 603 Open/Male 200m Butterfly B Final 604 Open/Male 200m Butterfly A Final 605 Women 50m Freestyle B Final 606 Women 50m Freestyle A Final 607 Open/Male 50m Freestyle B Final 608 Open/Male 50m Freestyle A Final 609 Women 200m Breaststroke B Final 610 Women 200m Breaststroke A Final 611 Open/Male 200m Breaststroke B Final 612 Open/Male 200m Breaststroke A Final 613 Women 50m Backstroke B Final 614 Women 50m Backstroke A Final	



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

HEAT & HDW - Protocols

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
- Remaining Heats across Sessions A & B