

BUCS LONG COURSE SWIMMING CHAMPIONSHIPS 2025

PROGRAMME OF EVENTS

*Except HDW – Own Protocols (see final page)

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 (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
	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
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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

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