

Swim England South East Long Course - Youth Championships 2026
Programme of events

Friday 01/05/2026		Saturday 02/05/2026		Sunday 03/05/2026		Monday 04/05/2026	
Day 3		Day 4		Day 5		Day 6	
18:00	Warmup	08:30	Warmup	08:30	Warmup	08:30	Warmup
301	HDW 1500m Mixed gender	401	HDW F 400m IM	501	HDW F 400m FC	601	HDW M 400m FC
		402	HDW M 400m IM	502	HDW M 800m FC	602	HDW F 800m FC
			Warmup		Warmup		Warmup
		403	Heats F 200m FC	503	Heats F 200m BC	603	Heats M 200m Fly
		404	Heats M 200m BC	504	Heats M 200m IM	604	Heats F 200m Fly
		405	Heats F 100m BC	505	Heats F 50m FC	605	Heats M 100m BC
		406	Heats M 50m FC	506	Heats M 100m Fly	606	Heats F 50m BC
		407	HDW M 150m IM			607	HDW F 150m IM
			Warmup		Warmup		Warmup
		403	Finals F 200m FC	503	Finals F 200m BC	603	Finals M 200m Fly
		404	Finals M 200m BC	504	Finals M 200m IM	604	Finals F 200m Fly
		405	Finals F 100m BC	505	Finals F 50m FC	605	Finals M 100m BC
		406	Finals M 50m FC	506	Finals M 100m Fly	606	Finals F 50m BC
			Warmup		Warmup		Warmup
		408	Heats F 200m Brst	507	Heats M 200m Brst	608	Heats M 200m FC
		409	Heats M 50m Fly	508	Heats F 50m Brst	609	Heats F 100m FC
		410	Heats F 50m Fly	509	Heats M 50m BC	610	Heats M 50m Brst
		411	Heats M 100m Brst	510	Heats F 100m Fly	611	Heats F 100m Brst
		412	Heats F 200m IM	512	Heats M 100m FC		
			Warmup		Warmup		Warmup
		408	Finals F 200m Brst	507	Finals M 200m Brst	608	Final M 200m FC
		409	Finals M 50m Fly	508	Finals F 50m Brst	609	Finals F 100m FC
		410	Finals F 50m Fly	509	Finals M 50m BC	610	Finals M 50m Brst
		411	Finals M 100m Brst	510	Finals F 100m Fly	611	Finals F 100m Brst
		412	Finals F 200m IM	512	Finals M 100m FC		