

Swim England South East Long Course - Youth Championships 2026

Programme of Events

Friday 01/05/2026

Day 3

18:00 **warmup**
301 HDW 1500m
Mixed gender

Saturday 02/05/2026

Day 4

08:30 **warmup**
401 HDW F 400m IM
402 HDW M 400m IM

warmup

403 Heats F 200m Fc
404 Heats M 200m Bc
405 Heats F 100m Bc
406 Heats M 50m Fc
407 HDW M 150m IM

warmup

403 Final F 200m Fc
404 Final M 200m Bc
405 Final F 100m Bc
405 Final M 50m Fc

warmup

408 Heats F 200m Brst
409 Heats M 50m Fly
410 Heats F 50m Fly
411 Heats M 100m Brst
412 Heats F 200m IM

warmup

408 Final F 200m Brst
409 Final M 50m Fly
410 Final F 50m Fly

Sunday 03/05/2026

Day 5

08:30 **warmup**
501 HDW F 400m Fc
502 HDW M 800m Fc

warmup

503 Heats F 200m Bc
504 Heats M 200m IM
505 Heats F 50m Fc
506 Heats M 100m Fly

warmup

503 Final F 200m Bc
504 Final M 200m IM
505 Final F 50m Fc
506 Final M 100m Fly

warmup

507 Heats M 200m Brst
508 Heats F 50m Brst
509 Heats M 50m Bc
510 Heats F 100m Fly
511 Heats M 100m Fc

warmup

507 Final M 200m Brst
508 Final F 50m Brst
509 Final M 50m Bc

Monday 04/05/2026

Day 6

08:30 **warmup**
601 HDW M 400m Fc
602 HDWF 800m Fc

warmup

603 Heats M 200m Fly
604 Heats F 200m Fly
605 Heats M 100m Bc
606 Heats F 50m Bc
607 HDW F 150m IM

warmup

603 Final M 200m Fly
604 Final F 200m Fly
605 Final M 100m Bc
606 Final F 50m Bc

warmup

608 Heats M 200m Fc
609 Heats F 100m Fc
610 Heats M 50m Brst
611 Heats F 100m Brst

warmup

608 Final M 200m Fc
609 Final F 100m Fc
610 Final M 50m Brst

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411 Final M 100m Brst

510 Final F 100m Fly

611 Final F 100m Brst

412 Final F 200m IM

511 Final M 100m Fc