

NATIONAL SUMMER MEET 50M

29 July - 3 August 2025 | Ponds Forge, Sheffield

SCHEDULE

(Session times will be released following the initial entries closing deadline)

Tuesday 29 July	Wednesday 30 July	Thursday 31 July	Friday 1 August	Saturday 2 August	Sunday 3 August
Session 1 – Heats	Session 3 – Heats	Session 5 – Heats	Session 7 – Heats	Session 9 – Heats	Session 11 – Heats
Open/Male 400m Freestyle Female 200m Freestyle Open/Male 50m Backstroke Female 400m I.M. Open/Male MC 150m I.M. Female MC 150m I.M.	Female 200m Backstroke Open/Male 200m Butterfly Female MC 100m Backstroke Open/Male MC 100m Backstroke Female 100m Breaststroke Open/Male 100m Backstroke Female 50m Butterfly Open/Male 50m Breaststroke Female MC 50m Butterfly Open/Male MC 50m Butterfly <i>A break here will be considered once initial timelines are known.</i> Open/Male 1500m Freestyle	Female MC 100m Freestyle Open/Male MC 100m Freestyle Female 100m Butterfly Open/Male 100m Freestyle Female MC 100m Breaststroke Open/Male MC 100m Breaststroke Female 50m Freestyle Open/Male 100m Breaststroke Female MC 50m Breaststroke Open/Male MC 50m Breaststroke Open/Male 400m I.M. <i>A break here will be considered once initial timelines are known.</i> Female 800m Freestyle	Open/Male 200m Breaststroke Female 400m Freestyle Open/Male MC 200m I.M. Female MC 200m I.M. Open/Male 100m Butterfly Female 100m Backstroke Open/Male MC 50m Freestyle Female MC 50m Freestyle Open/Male 200m Backstroke <i>A break here will be considered once initial timelines are known.</i> Open/Male 800m Freestyle	Female 100m Freestyle Open/Male 200m I.M. Female MC 100m Butterfly Open/Male MC 100m Butterfly Female 200m I.M. Open/Male 50m Freestyle Female 50m Breaststroke Open/Male MC 50m Backstroke Female MC 50m Backstroke <i>A break here will be considered once initial timelines are known.</i> Female 1500m Freestyle	Open/Male 200m Freestyle Female MC 200m Freestyle Open/Male MC 200m Freestyle Female 200m Breaststroke Open/Male MC 400m Freestyle Female MC 400m Freestyle Female 200m Butterfly Open/Male 50m Butterfly Female 50m Backstroke
Session 2 – FINALS	Session 4 – FINALS	Session 6 – FINALS	Session 8 – FINALS	Session 10 – FINALS	Session 12 – FINALS
Open/Male 400m Freestyle Female 200m Freestyle Open/Male 50m Backstroke Female 400m I.M. Open/Male MC 150m I.M. Female MC 150m I.M.	Female 200m Backstroke Open/Male 200m Butterfly Female MC 100m Backstroke Open/Male MC 100m Backstroke Female 100m Breaststroke Open/Male 100m Backstroke Female 50m Butterfly Open/Male 50m Breaststroke Female MC 50m Butterfly Open/Male MC 50m Butterfly	Female MC 100m Freestyle Open/Male MC 100m Freestyle Female 100m Butterfly Open/Male 100m Freestyle Female MC 100m Breaststroke Open/Male MC 100m Breaststroke Female 50m Freestyle Open/Male 100m Breaststroke Open/Male 400m I.M. Female MC 50m Breaststroke Open/Male MC 50m Breaststroke	Open/Male 200m Breaststroke Female 400m Freestyle Open/Male MC 200m I.M. Female MC 200m I.M. Open/Male 100m Butterfly Female 100m Backstroke Open/Male MC 50m Freestyle Female MC 50m Freestyle Open/Male 200m Backstroke	Female 100m Freestyle Open/Male 200m I.M. Female MC 100m Butterfly Open/Male MC 100m Butterfly Female 200m I.M. Open/Male 50m Freestyle Female 50m Breaststroke Open/Male MC 50m Backstroke Female MC 50m Backstroke	Open/Male 200m Freestyle Female MC 200m Freestyle Open/Male MC 200m Freestyle Female 200m Breaststroke Open/Male 50m Butterfly Female 50m Backstroke Open/Male MC 400m Freestyle Female MC 400m Freestyle Female 200m Butterfly

Age groups for Finals (except Para Swimming which will be Open Finals): 12/13, 14/15, 16, 17 & 18+ years