

**London Region Masters Long Course Competition  
London Aquatics Centre - 17 May 2025**

**SCHEDULE OF EVENTS**

**Session 1 - Warm up – 08:00 – Start 09:00**

|    |           |       |                   |
|----|-----------|-------|-------------------|
| 1  | Mixed     | 800m  | Freestyle         |
| 2  | Open/Male | 100m  | Fly               |
| 3  | Female    | 100m  | Fly               |
| 4  | Open/Male | 50m   | Breaststroke      |
| 5  | Female    | 50m   | Breaststroke      |
| 6  | Mixed     | 200m  | Individual Medley |
| 7  | Open/Male | 50m   | Backstroke        |
| 8  | Female    | 50m   | Backstroke        |
| 9  | Mixed     | 200m  | Freestyle         |
| 10 | Open/Male | 100m  | Breaststroke      |
| 11 | Female    | 100m  | Breaststroke      |
| 12 | Mixed     | 200m  | Backstroke        |
| 13 | Mixed     | 4x50m | Freestyle Relay   |
| 14 | Open/Male | 4x50m | Medley Relay      |
| 15 | Female    | 4x50m | Medley Relay      |

**Session 2 - Warm up – 13:00 – Start 14:00**

|    |           |       |                   |
|----|-----------|-------|-------------------|
| 16 | Mixed     | 400m  | Individual Medley |
| 17 | Mixed     | 200m  | Breaststroke      |
| 18 | Female    | 100m  | Freestyle         |
| 19 | Open/Male | 100m  | Freestyle         |
| 20 | Female    | 50m   | Fly               |
| 21 | Open/Male | 50m   | Fly               |
| 22 | Female    | 100m  | Backstroke        |
| 23 | Open/Male | 100m  | Backstroke        |
| 24 | Mixed     | 200m  | Fly               |
| 25 | Mixed     | 400m  | Freestyle         |
| 26 | Female    | 50m   | Freestyle         |
| 27 | Open/Male | 50m   | Freestyle         |
| 28 | Mixed     | 4x50m | Medley Relay      |
| 29 | Female    | 4x50m | Medley Relay      |
| 30 | Open/Male | 4x50m | Medley Relay      |

**Lunch 12:30**

**Expected finish time: 17:15**

**Please note this schedule is subject to change.**