

SE LONDON WINTER CHAMPIONSHIPS 2025

SCHEDULE OF EVENTS

Day One: 1st November 2025

Session 1: 7:55am Warm-up, 9am start

HDW 101 Open/Men 400 IM
 Heats 102 Ladies 100 IM
 Heats 103 Open/Men 200 Breast
 Heats 104 Ladies 100 Fly
 Heats 105 Open/Men 100 Free
 Heats 106 Ladies 50 Breast
 Heats 107 Open/Men 50 Fly
 Heats 108 Ladies 200 Back
 HDW 109 Mixed 1500 Free

Warm-up for finals

Finals 102 Ladies 100 IM
 Finals 103 Open/Men 200 Breast
 Finals 104 Ladies 100 Fly
 Finals 105 Open/Men 100 Free
 Finals 106 Ladies 50 Breast
 Finals 107 Open/Men 50 Fly
 Finals 108 Ladies 200 Back

Session 2: 1:10pm Warm Up

Heats 201 Ladies 200 IM
 Heats 202 Open/Men 50 Free
 Heats 203 Ladies 50 Back
 Heats 204 Open/Men 100 Back
 Heats 205 Ladies 200 Free
 Heats 206 Open/Men 200 Fly
 Heats 207 Ladies 100 Breast
 HDW 208 Open/Men 400 Free

Warm-up for finals

Finals 201 Ladies 200 IM
 Finals 202 Open/Men 50 Free
 Finals 203 Ladies 50 Back
 Finals 204 Open/Men 100 Back
 Finals 205 Ladies 200 Free
 Finals 206 Open/Men 200 Fly
 Finals 207 Ladies 100 Breast

Day Two: 2nd November 2025

Session 3: 7:55am Warm-up, 9am start

HDW 301 Ladies 400 IM
 Heats 302 Open/Men 100 IM
 Heats 303 Ladies 200 Breast
 Heats 304 Open/Men 100 Fly
 Heats 305 Ladies 100 Free
 Heats 306 Open/Men 50 Breast
 Heats 307 Ladies 50 Fly
 Heats 308 Open/Men 200 Back
 HDW 309 Mixed 800 Free

Warm-up for finals

Finals 302 Open/Men 100 IM
 Finals 303 Ladies 200 Breast
 Finals 304 Open/Men 100 Fly
 Finals 305 Ladies 100 Free
 Finals 306 Open/Men 50 Breast

Session 4: 1:10pm Warm Up

Heats 401 Open/Men 200 IM
 Heats 402 Ladies 50 Free
 Heats 403 Open/Men 50 Back
 Heats 404 Ladies 100 Back
 Heats 405 Open/Men 200 Free
 Heats 406 Ladies 200 Fly
 Heats 407 Open/Men 100 Breast
 HDW 408 Ladies 400 Free

Warm-up for finals

Finals 401 Open/Men 200 IM
 Finals 402 Ladies 50 Free
 Finals 403 Open/Men 50 Back
 Finals 404 Ladies 100 Back
 Finals 405 Open/Men 200 Free
 Finals 406 Ladies 200 Fly