

Swimming

NATIONAL WINTER CHAMPIONSHIPS 25M

Swim England National Winter Championships (25m) 2026

10 – 13 December 2026, Ponds Forge, Sheffield

Programme of Events*

Thursday 10 December		Friday 11 December	
Session 1A – Heats 9am		Session 3A – Heats 9am	
Pool 1		Pool 1	
Open/Male 100m Breaststroke Female 200m I.M. Open/Male 50m Butterfly Female 100m Freestyle Open/Male MC 400m Freestyle Open/Male 400m Freestyle Female 100m Breaststroke Open/Male 200m Backstroke Female MC 150m I/M Open/Male 100 I.M.		Female 400m I.M. Open/Male 200m Freestyle Female 100m Backstroke Open/Male 200m Breaststroke Female 50m Freestyle Open/Male 50m Backstroke Female 200m Butterfly Female 50m Breaststroke	
Session 1B – Heats TBC	Session 1C – Heats TBC	Session 3B – Heats TBC	Session 3C – Heats TBC
Pool 1	Pool 2	Pool 1	Pool 2
Female 800m Freestyle (Slower Heats)	Female 800m Freestyle (Slower Heats)	Open/Male 1500m Freestyle (Slower Heats)	Open/Male 1500m Freestyle (Slower Heats)
Session 2 – Finals TBC		Session 4 – Finals TBC	
Female 800m Freestyle – Fastest Heat Open/Male MC 100m Breaststroke Open/Male 100m Breaststroke Female MC 200m I.M. Female 200m I.M. Open/Male MC 50m Butterfly Open/Male 50m Butterfly Female MC 100m Freestyle Female 100m Freestyle Open/Male MC 400m Freestyle Open/Male 400m Freestyle Female MC 100m Breaststroke Female 100m Breaststroke Open/Male 200m Backstroke Female MC 150m I.M. Open/Male 100m I.M.		Open/Male 1500m Freestyle – Fastest Heat Female 400m I.M. Open/Male MC 200m Freestyle Open/Male 200m Freestyle Female MC 100m Backstroke Female 100m Backstroke Open/Male 200m Breaststroke Female MC 50m Freestyle Female 50m Freestyle Open/Male MC 50m Backstroke Open/Male 50m Backstroke Female 200m Butterfly Female MC 50m Breaststroke Female 50m Breaststroke Mixed 4 x 50m Freestyle Relay	

**Timings are subject to change.*

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Saturday 12 December		Sunday 13 December	
Session 5A – Heats 9am		Session 7A – Heats 9am	
Pool 1		Pool 1	
Open/Male 50m Freestyle Female 200m Breaststroke Female 50m Backstroke Open/Male 400m I.M. Female 200m Freestyle Open/Male 100m Backstroke Female 50m Butterfly Open/Male 100m Butterfly Female 100m I.M.		Open/Male MC 150m I.M. Open/Male 100m Freestyle Female MC 400m Freestyle Female 400m Freestyle Open/Male 200m I.M. Open/Male 50m Breaststroke Female 200m Backstroke Open/Male 200m Butterfly Female 100m Butterfly	
Session 5B – Heats TBC	Session 5C – Heats TBC	Session 7B – Heats TBC	Session 7C – Heats TBC
Pool 1	Pool 2	Pool 1	Pool 2
Female 1500m Freestyle (Slower Heats)	Female 1500m Freestyle (Slower Heats)	Open/Male 800m Freestyle (Slower Heats)	Open/Male 800m Freestyle (Slower Heats)
Session 6 – Finals TBC		Session 8 – Finals TBC	
Female 1500m Freestyle – Fastest Heat Open/Male MC 50m Freestyle Open/Male 50m Freestyle Female 200m Breaststroke Female MC 50m Backstroke Female 50m Backstroke Open/Male 400m I.M. Female MC 200m Freestyle Female 200m Freestyle Open/Male MC 100m Backstroke Open/Male 100m Backstroke Female MC 50m Butterfly Female 50m Butterfly Open/Male MC 100m Butterfly Open/Male 100m Butterfly Female 100m I.M. Mixed 4 x 50m Medley Relay		Open/Male 800m Freestyle – Fastest Heat Open/Male MC 150m I.M. Open/Male MC 100m Freestyle Open/Male 100m Freestyle Female MC 400m Freestyle Female 400m Freestyle Open/Male MC 200m I.M. Open/Male 200m I.M. Open/Male MC 50m Breaststroke Open/Male 50m Breaststroke Female 200m Backstroke Open/Male 200m Butterfly Female MC 100m Butterfly Female 100m Butterfly	

***Timings are subject to change.**

Where MC events are held, the heats are integrated with Open/Male and Female individual events, with the exception of the 400m Freestyle and 150m Individual Medley.