## AQUATICS GB SUMMER CHAMPIONSHIPS (50M) 20<sup>th</sup> - 26<sup>th</sup> JULY 2024, PONDS FORGE ISC SCHEDULE OF EVENTS



SATURDAY 20 <sup>TH</sup> JULY	SUNDAY 21 <sup>ST</sup> JULY	MONDAY 22 <sup>ND</sup> JULY	TUESDAY 23 <sup>RD</sup> JULY	WEDNESDAY 24TH JULY	THURSDAY 25 <sup>TH</sup> JULY	FRIDAY 26TH JULY
HEATS	HEATS	HEATS	HEATS	HEATS	HEATS	HEATS
Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Session 1 (Heats)	Session 3 (Heats)	Session 5 (Heats)	Session 8 (Heats)	Session 12 (Heats)	Session 16 (Heats)	Session 19 (Heats)
Start: 8:30am	Start: 8:30am	Start: 8:30am	Start: 8:30am	Start: 8:30am	Start: 8:30am	Start: 8:30am
Men's 1500m Freestyle H.D.W .	Men's 200m Freestyle Women's 400m Freestyle Men's 100m Breaststroke Women's 50m Breaststroke Men's 50m Backstroke	Men's 200m Butterfly Women's 100m Backstroke Men's 100m Backstroke Women's 100m Breaststroke Men's 50m Breaststroke Women's 50m Breaststroke	Women's MC 100m Freestyle Men's MC 100m Freestyle Women's 200m Butterfly Men's MC 150m Ind. Medley Women's MC 150m Ind. Medley Men's 400m Ind. Medley Women's 50m Freestyle Men's 100m Freestyle Women's MC 200m Ind. Medley Men's MC 200m Ind. Medley	Women's MC 100m Backstroke Men's MC 100m Backstroke Women's 200m Freestyle Men's 200m Breaststroke Women's 200m Breaststroke Women's MC 100m Breaststroke Men's MC 100m Breaststroke Momen's S0m Butterfly Women's MC 50m Breaststroke Men's MC 50m Breaststroke Men's MC 50m Breaststroke Men's MC 50m Breaststroke Men's MC 50m Backstroke Women's MC 50m Backstroke	Women's 100m Freestyle Women's MC 200m Freestyle Men's MC 200m Freestyle Women's 400m Ind. Medley Men's 200m Ind. Medley Women's MC 400m Freestyle Men's MC 400m Freestyle Men's 50m Freestyle Women's 50m Backstroke Women's MC 50m Butterfly Men's MC 50m Butterfly	Men's 400m Freestyle Women's MC 50m Freestyle Men's MC 50m Freestyle Women's 200m Breaststroke Men's 200m Backstroke Women's 100m Butterfly Men's 50m Butterfly Women's MC 100m Butterfly Men's MC 100m Butterfly
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Session 2 (Heats) Start: 12.00pm TBC Women's 1500m Freestyle H.D.W.		Session 6 (Heats) Start: 13.00pm TBC Men's 800m Freestyle H.D.W.			Session 17 (Heats) Start: 13.00pm TBC Women's 800m Freestyle H.D.W.	
			Teams Session 9 (Heats) Start: 12.30pm TBC Women's 14/16 4x100m Freestyle Women's 17+ 4x100m Freestyle	Teams Session 13 (Heats) Start: 12.30pm TBC Men's 14/16 4x100m Freestyle Men's 17+ 4x100m Freestyle		Teams Session 20 (Heats) Start: 12.30pm TBC Men's 14/16 4x100m Medley Men's 17+ 4x100m Medley
			Teams Session 10 (Heats) Start: 14.00pm TBC Men's 14/16 4x200m Freestyle H.D.W. Men's 17+ 4x200m Freestyle H.D.W.	Teams Session 14 (Heats) Start: 14.00pm TBC Women's 14/16 4x200m Freestyle H.D.W. Women's 17+ 4x200m Freestyle H.D.W.		Teams Session 21 (Heats) Start: 13.45pm TBC Women's 14/16 4x100m Medley Women's 17+ 4x100m Medley
TRAINING	FINALS	FINALS	FINALS	FINALS	FINALS	FINALS
Start TBC	Session 4 (Finals)	Session 7 (Finals)	Session 11 (Finals)	Session 15 (Finals)	Session 18 (Finals)	Session 22 (Finals)
	Start: 17.00pm	Start: 17.00pm	Start: 17.00pm	Start: 17.00pm	Start: 17.00pm	Start: 17.00pm

Age groups for Olympic Pathway individual events: 13/14yrs, 15yrs, 16yrs, 17yrs, 18+yrs (13/14yrs No 50m Strokes, 15,16,17yrs 50m Strokes only available to swimmers who qualify for the equivalent 100m Event, 18+ Full event Programme).