

**BRITISH SUMMER CHAMPIONSHIPS (50M)**  
**23<sup>TH</sup> – 28<sup>TH</sup> JULY 2019, GLASGOW.**  
**SCHEDULE OF EVENTS**



Tuesday 23 <sup>rd</sup> July	Wednesday 24 <sup>th</sup> July	Thursday 25 <sup>th</sup> July	Friday 26 <sup>th</sup> July	Saturday 27 <sup>th</sup> July	Sunday 28 <sup>th</sup> July
HEATS	HEATS	HEATS	HEATS	HEATS	HEATS
Session 1: 09:00	Session 3: 09:00	Session 5: 09:00	Session 7: 09:00	Session 9: 09:00	Session 11: 09:00
Men's 400m Freestyle Women's MC 200m Freestyle Men's MC 200m Freestyle Women's 200m Freestyle Men's 100m Breaststroke Women's MC 400m Freestyle Men's MC 400m Freestyle Women's 400m Individual Medley Men's 50m Backstroke Women's 50m Breaststroke Men's MC 150m Individual Medley Women's MC 150m Individual Medley	Women's 100m Backstroke Men's 200m Butterfly Women's MC 100m Backstroke Men's MC 100m Backstroke Women's 200m Breaststroke Men's 100m Backstroke Women's 50m Butterfly Men's 50m Breaststroke Women's MC 50m Butterfly Men's MC 50m Butterfly  Women's 800m Freestyle (estimated start 13:00)	Women's MC 100m Freestyle Men's MC 100m Freestyle Women's 200m Butterfly Men's 100m Freestyle Women's MC 100m Breaststroke Men's MC 100m Breaststroke Women's 50m Freestyle Men's 400m Individual Medley Women's MC 50m Breaststroke Men's MC 50m Breaststroke Women's 14/16 4x200m Free Women's 17+ 4x200m Free  Men's 1500m Freestyle (estimated start 13:15)	Men's 200m Breaststroke Women's 100m Freestyle Men's MC 200m Individual Medley Women's MC 200m Individual Medley Men's 100m Butterfly Women's 200m Backstroke Men's MC 50m Freestyle Women's MC 50m Freestyle Men's 14/16 4x200m Free Men's 17+ 4x200m Free  Women's 1500m Freestyle (estimated start 13:00)	Women's 400m Freestyle Men's 200m Individual Medley Women's MC 100m Butterfly Men's MC 100m Butterfly Women's 200m Individual Medley Men's 50m Freestyle Women's 50m Backstroke Men's MC 50m Backstroke Women's MC 50m Backstroke Men's 14/16 4x100m Freestyle Men's 17+ 4x100m Freestyle Women's 14/16 4x100m Freestyle Women's 17+ 4x100m Freestyle Men's 800m Freestyle (estimated start 14:00)	Men's 200m Freestyle Women's 100m Breaststroke Men's 200m Backstroke Women's 100m Butterfly Men's 50m Butterfly Women's 14/16 4 x 100m Medley Men's 17+ 4 x 100m Medley Men's 14/16 4 x 100m Medley Men's 17+ 4 x 100m Medley
FINALS	FINALS	FINALS	FINALS	FINALS	FINALS
Session 2: 17:00	Session 4: 17:00	Session 6: 17:00	Session 8: 17:00	Session 10: 17:00	Session 12: 17:00
Men's 400m Freestyle Women's 200m Freestyle Men's MC 200m Freestyle Women's MC 200m Freestyle Men's 100m Breaststroke Women's 400m Individual Medley Men's MC 400m Freestyle Women's MC 400m Freestyle Men's 50m Backstroke Women's 50m Breaststroke Men's MC 150m Individual Medley Women's MC 150m Individual Medley	Women's 800m Freestyle – FASTEST HEAT  Women's 100m Backstroke Men's 200m Butterfly Women's MC 100m Backstroke Men's MC 100m Backstroke Women's 200m Breaststroke Men's 100m Backstroke Women's 50m Butterfly Men's 50m Breaststroke Women's MC 50m Butterfly Men's MC 50m Butterfly	Men's 1500m Freestyle – FASTEST HEAT  Women's MC 100m Freestyle Men's MC 100m Freestyle Women's 200m Butterfly Men's 100m Freestyle Women's MC 100m Breaststroke Men's MC 100m Breaststroke Women's 50m Freestyle Men's 400m Individual Medley Women's MC 50m Breaststroke Men's MC 50m Breaststroke Women's 14/16 4 x 200m Free Women's 17+ 4 x 200m Free	Women's 1500m Freestyle – FASTEST HEAT Men's 200m Breaststroke Women's 100m Freestyle Men's MC 200m Individual Medley Women's MC 200m Individual Medley Men's 100m Butterfly Women's 200m Backstroke Men's MC 50m Freestyle Women's MC 50m Freestyle Men's 14/16 4 x 200m Free Men's 17+ 4 x 200m Free	Men's 800m Freestyle – FASTEST HEAT  Women's 400m Freestyle Men's 200m Individual Medley Women's MC 100m Butterfly Men's MC 100m Butterfly Women's 200m Individual Medley Men's 50m Freestyle Women's 50m Backstroke Men's MC 50m Backstroke Women's MC 50m Backstroke Men's 14/16 4x100m Freestyle Men's 17+ 4x100m Freestyle Women's 14/16 4x100m Freestyle Women's 17+ 4x100m Freestyle	Men's 200m Freestyle Women's 100m Breaststroke Men's 200m Backstroke Women's 100m Butterfly Men's 50m Butterfly Women's 14/16 4 x 100m Medley Women's 17+ 4 x 100m Medley Men's 14/16 4 x 100m Medley Men's 17+ 4 x 100m Medley

Age groups for able-bodied individual events: 13/14yrs, 15yrs, 16yrs, 17/18yrs & 19+  
 Finals timelines will be distributed at the Team Leader Meeting.  
 Information on warm ups for distance events will be advised at the Team Leader Meeting.