

BRITISH SUMMER CHAMPIONSHIPS (50M)
22nd – 28th JULY 2022, SHEFFIELD.
SCHEDULE OF EVENTS WITH WARM UP'S ADDED



Friday 22 nd July	Saturday 23 rd July	Sunday 24 th July	Monday 25 th July	Tuesday 26 th July	Wednesday 27 th July	Thursday 28 th July
HEATS	HEATS	HEATS	HEATS	HEATS	HEATS	HEATS
Day One Warm Up: 07-35am Start: 08:15am	Day Two 17 & over + MC Warm Up: 07-15am – Men's 07-50am - Women's Start: 08-30am	Day Three 17 & over, Women's 800m Free + MC Warm Up: 07-15am – Men's 07-50am - Women's Start: 08-30am	Day Four 17 & over + MC Warm Up: 07-15am – Women's 07-50am - Men's Start: 08-30am	Day Five 17 & over + MC Warm Up: 07-15am – Women's 07-50am - Men's Start: 08-30am	Day Six 17 & over, Men's 800m Free + MC Warm Up: 07-15am – Women's 07-50am - Men's Start: 08-30am	Day Seven 17 & over Warm Up: 07-15am – Men's 07-50am - Women's Start: 08-30am
Men's 1500m Freestyle H.D.W	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 Ind. Medley Men's 50m Backstroke Women's 50m Breaststroke Men's MC 150m Ind. Medley Women's MC 150m Ind. Medley	Men's 200m Butterfly Women's 100m Backstroke Women's MC 100m Backstroke Men's MC 100m Backstroke Men's 100m Backstroke Women's 200m Breaststroke Women's MC 50m Butterfly Men's MC 50m Butterfly Men's 50m Breaststroke Women's 800m Freestyle H.D.W.	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 100m Freestyle Men's 200m Breaststroke Men's MC 200m Ind. Medley Women's MC 200m Ind. Medley Women's 200m Backstroke Men's 100m Butterfly Men's MC 50m Freestyle Women's MC 50m Freestyle Women's 50m Butterfly	Women's 400m Freestyle Men's 200m Ind. Medley Women's MC 100m Butterfly Men's MC 100m Butterfly Women's 200m Ind. Medley Men's 50m Freestyle Women's 50m Backstroke Men's MC 50m Backstroke Women's MC 50m Backstroke Men's 800m Freestyle H.D.W.	Men's 200m Freestyle Women's 100m Breaststroke Men's 200m Backstroke Women's 100m Butterfly Men's 50m Butterfly
Warm Up: 11-30am Start: 12-10pm Women's 1500m Freestyle H.D.W	13-16 years Warm Up: 11-45am – Men's 12-20pm - Women's Start: 1pm	13-16 years Warm Up: 12-30pm – Men's 1-05pm - Women's Start: 1-45pm	13-16 years Warm Up: 10-45am – Women's 11-20am- Men's Start: 12noon	13-16 years Warm Up: 10-45am – Women's 11-20am- Men's Day Five Start: 12noon	13-16 years Warm Up: 12-30pm – Women's 1-05pm - Men's Start: 1-45pm	13-16 years Warm Up: 10-15am – Men's 10-50pm - Women's Start: 11-30am
	Men's 400m Freestyle Women's 200m Freestyle Men's 100m Breaststroke Women's 400m Ind. Medley Men's 50m Backstroke Women's 50m Breaststroke	Men's 200m Butterfly Women's 100m Backstroke Men's 100m Backstroke Women's 200m Breaststroke Men's 50m Breaststroke	Women's 200m Butterfly Men's 100m Freestyle Women's 50m Freestyle Men's 400m Individual Medley	Women's 100m Freestyle Men's 200m Breaststroke Women's 200m Backstroke Men's 100m Butterfly Women's 50m Butterfly	Women's 400m Freestyle Men's 200m Ind. Medley Women's 200m Ind. Medley Men's 50m Freestyle Women's 50m Backstroke	Men's 200m Freestyle Women's 100m Breaststroke Men's 200m Backstroke Women's 100m Butterfly Men's 50m Butterfly
Teams Warm Up: 3-45pm Start: 4-25pm Men's 14/16 4x200m Free H.D.W. Men's 17+ 4x200m Free H.D.W. Warm Up: 5-30pm Start: 6-10pm Women's 14/16 4x200m Free H.D.W. Women's 17+ 4x200m Free H.D.W.			Teams Warm Up: 1-35pm Start: 2-15pm Women's 14/16 4x100m Medley Women's 17+ 4x100m Medley	Teams Warm Up: 1-35pm Start: 2-15pm Men's 14/16 4x100m Medley Men's 17+ 4x100m Medley		Teams Warm Up: 1pm – Men's 1-35pm - Women's Start: 2-15pm Men's 14/16 4x100m Free Men's 17+ 4x100m Free Women's 14/16 4x100m Free Women's 17+ 4x100m Free
TRAINING	FINALS	FINALS	FINALS	FINALS	FINALS	FINALS
Start 7-15pm	Warm Up: 4-15pm Start: 5pm	Warm Up: 4-15pm Start: 5pm	Warm Up: 4-15pm Start: 5pm	Warm Up: 4-15pm Start: 5pm	Warm Up: 4-15pm Start: 5pm	Warm Up: 4-15pm Start: 5pm

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