

BRITISH SUMMER CHAMPIONSHIPS (50M)

22nd - 28th JULY 2023,
SCHEDULE OF EVENTS



Saturday 22 nd July	Sunday 23 rd July	Monday 24 th July	Tuesday 25 th July	Wednesday 26 th July	Thursday 27 th July	Friday 28 th July
HEATS	HEATS	HEATS	HEATS	HEATS	HEATS	HEATS
Day One Warm Up: 7.45am Start: 8.30am Men's 1500m Freestyle H.D.W	Day Two Warm Up: 7.15am – Men's 7.50am - Women's Start: 8.30am Men's 200m Freestyle Women's MC 200m Freestyle Men's MC 200m Freestyle Women's 400m Freestyle Men's 100m Breaststroke Women's MC 400m Freestyle Men's MC 400m Freestyle Women's 50m Breaststroke Men's 50m Backstroke Women's MC 150m Ind. Medley Men's MC 150m Ind. Medley	Day Three Warm Up: 7.15am – Men's 7.50am - Women's Start: 8.30am Men's 200m Butterfly Women's 100m Backstroke Men's MC 100m Backstroke Women's MC 100m Backstroke Men's 100m Backstroke Women's 200m Breaststroke Men's MC 50m Butterfly Women's MC 50m Butterfly Men's 50m Breaststroke Women's 200m Ind. Medley	Day Four Warm Up: 7.15am – Women's 7.50am: Men's Start: 8.30am 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	Day Five Warm Up: 7.15am – Women's 7.50am: Men's Start: 8.30am Women's 200m 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	Day Six Warm Up: 7.15am – Women's 7.50am: Men's Start: 8.30am Women's 100m Freestyle Men's 200m Ind. Medley Women's MC 100m Butterfly Men's MC 100m Butterfly Women's 400m Ind. Medley Men's 50m Freestyle Women's 50m Backstroke Men's MC 50m Backstroke Women's MC 50m Backstroke	Day Seven Warm Up: 7.15am – Men's 7.50am: Women's Start: 8.30am Men's 400m Freestyle Women's 100m Breaststroke Men's 200m Backstroke Women's 100m Butterfly Men's 50m Butterfly
Warm Up: 11.20am Start: 12noon Women's 1500m Freestyle H.D.W		Warm Up: 12.15pm Start: 1pm Women's 800m Freestyle H.D.W.			Warm Up: 12.15pm Start: 1pm Men's 800m Freestyle H.D.W.	
			Teams Warm Up: 11.50am Start: 12.30pm Women's 14/16 4x100m Free Women's 17+ 4x100m Free	Teams Warm Up: 11.50am Start: 12.30pm Men's 14/16 4x100m Free Men's 17+ 4x100m Freestyle		Teams Warm Up: 11.50am Start: 12.30pm Men's 14/16 4x100m Medley Men's 17+ 4x100m Medley
			Teams Warm Up: 1.20pm Start: 2pm Men's 14/16 4x200m Free H.D.W. Men's 17+ 4x200m Free H.D.W.	Teams Warm Up: 1.20pm Start: 2pm Women's 14/16 4x200m Free H.D.W. Women's 17+ 4x200m Free H.D.W.		Teams Warm Up: 1.10pm Start: 1.45pm Women's 14/16 4x100m Medley Women's 17+ 4x100m Medley
TRAINING	FINALS	FINALS	FINALS	FINALS	FINALS	FINALS
Start 3pm	Start: 5pm	Start: 5pm	Start: 5pm	Start: 5pm	Start: 5pm	Start: 4pm

Age groups for able-bodied individual events: Female: 13/14yrs, 15yrs, 16yrs, 17yrs, 18+yrs; Male: 14/15yrs, 16yrs, 17yrs, 18yrs, 19+yrs.

Final timelines will be distributed at the Team Leader Meeting.