

SE LONDON WINTER CHAMPIONSHIPS 2025

SCHEDULE OF EVENTS

Day One: 1st November 2025

Session 1: 8am Warm-up, 9am start

HDW	101	Open/Men 400 IM
Heats	102	Ladies 100 IM
Heats	103	Open/Men 200 Breast
Heats	104	Ladies 100 Fly
Heats	105	Open/Men 100 Free
Heats	106	Ladies 50 Breast
Heats	107	Open/Men 50 Fly
Heats	108	Ladies 200 Back
HDW	109	Mixed 1500 Free
Warm-up for finals		
Finals	102	Ladies 100 IM
Finals	103	Open/Men 200 Breast
Finals	104	Ladies 100 Fly
Finals	105	Open/Men 100 Free
Finals	106	Ladies 50 Breast
Finals	107	Open/Men 50 Fly
Finals	108	Ladies 200 Back

Session 2: 1:30pm Warm Up

Heats	201	Ladies 200 IM
Heats	202	Open/Men 50 Free
Heats	203	Ladies 50 Back
Heats	204	Open/Men 100 Back
Heats	205	Ladies 200 Free
Heats	206	Open/Men 200 Fly
Heats	207	Ladies 100 Breast
HDW	208	Open/Men 400 Free
Warm-up for finals		
Finals	201	Ladies 200 IM
Finals	202	Open/Men 50 Free
Finals	203	Ladies 50 Back
Finals	204	Open/Men 100 Back
Finals	205	Ladies 200 Free
Finals	206	Open/Men 200 Fly
Finals	207	Ladies 100 Breast

Day Two: 2nd November 2025

Session 3: 8am Warm-up, 9am start

HDW	301	Ladies 400 IM
Heats	302	Open/Men 100 IM
Heats	303	Ladies 200 Breast
Heats	304	Open/Men 100 Fly
Heats	305	Ladies 100 Free
Heats	306	Open/Men 50 Breast
Heats	307	Ladies 50 Fly
Heats	308	Open/Men 200 Back
HDW	309	Mixed 800 Free
Warm-up for finals		
Finals	302	Open/Men 100 IM
Finals	303	Ladies 200 Breast
Finals	304	Open/Men 100 Fly
Finals	305	Ladies 100 Free
Finals	306	Open/Men 50 Breast
Finals	307	Ladies 50 Fly
Finals	308	Open/Men 200 Back

Session 4: 1:30pm Warm Up

Heats	401	Open/Men 200 IM
Heats	402	Ladies 50 Free
Heats	403	Open/Men 50 Back
Heats	404	Ladies 100 Back
Heats	405	Open/Men 200 Free
Heats	406	Ladies 200 Fly
Heats	407	Open/Men 100 Breast
HDW	408	Ladies 400 Free
Warm-up for finals		
Finals	401	Open/Men 200 IM
Finals	402	Ladies 50 Free
Finals	403	Open/Men 50 Back
Finals	404	Ladies 100 Back
Finals	405	Open/Men 200 Free
Finals	406	Ladies 200 Fly
Finals	407	Open/Men 100 Breast