

Programme of Events

Saturday 21st March 2026	
Session 1	Session 2
Male/Open 400m Individual Medley	Female 400m Individual Medley
Female 200m Individual Medley	Male/Open 200m Freestyle
Male/Open 100m Breaststroke	Female 100m Freestyle
Female 100m Backstroke	Male/Open 100m Fly
Male/Open 50m Freestyle	Female 200m Breaststroke
Female 50m Breaststroke	Male/Open 50m Backstroke
Male/Open 200m Backstroke	Female 50m Fly
Female 200m Fly	
Sunday 22nd March 2026	
Session 3	Session 4
Female 400m Freestyle	Male/Open 400m Freestyle
Male/Open 200m Individual Medley	Female 200m Freestyle
Female 100m Breaststroke	Male/Open 100m Backstroke
Male/Open 100m Freestyle	Female 100m Fly
Female 50m Freestyle	Male/Open 200m Breaststroke
Male/Open 50m Breaststroke	Female 50m Backstroke
Female 200m Backstroke	Male/Open 50m Fly
Male/Open 200m Fly	