

Swim Wales Summer Meet 2025 – Event Schedule				
Day 1 – Wednesday	Day 2 – Thursday	Day 3 – Friday	Day 4 – Saturday	Day 5 – Sunday
Session 1 – heats (15+ years)	Session 4 – heats (15+ years)	Session 7 – heats (15+ years)	Session 10 – heats (15+ years)	Session 13 – heats (15+ years)
111 M 200m Freestyle 112 F 200m Freestyle 113 M 50m Breaststroke 114 F 50m Breaststroke 115 M 100m Backstroke 116 F 100m Backstroke 117 M 400m IM (HDW) 118 F 400m IM (HDW)	211 F 200m Butterfly 212 M 200m Butterfly 213 F 100m Freestyle 214 M 100m Freestyle 215 F 200m Breaststroke 216 M 200m Breaststroke 217 F 800m Freestyle (HDW)	311 F 200m IM 312 M 50m Freestyle 313 F 50m Freestyle 314 M 100m Breaststroke 315 F 100m Breaststroke 316 M 1500m Freestyle (HDW)	411 M 200m IM 412 F 50m Butterfly 413 M 50m Butterfly 414 F 200m Backstroke 415 M 200m Backstroke 416 F 1500m Freestyle (HDW) 417 M 400m Freestyle (HDW)	511 F 50m Backstroke 512 M 50m Backstroke 513 F 100m Butterfly 514 M 100m Butterfly 515 F 400m Freestyle (HDW) 417 M 800m Freestyle (HDW)
Session 2 – heats (12-14 years)	Session 5 – heats (12-14 years)	Session 8 – heats (12-14 years)	Session 11 – heats (12-14 years)	Session 14 – heats (12-14 years)
121 M 200m Freestyle 122 F 200m Freestyle 123 M 50m Breaststroke 124 F 50m Breaststroke 125 M 100m Backstroke 126 F 100m Backstroke 127 M 400m IM (HDW) 128 F 400m IM (HDW)	221 F 200m Butterfly 222 M 200m Butterfly 223 F 100m Freestyle 224 M 100m Freestyle 225 F 200m Breaststroke 226 M 200m Breaststroke 227 F 800m Freestyle (HDW)	321 F 200m IM 322 M 50m Freestyle 323 F 50m Freestyle 324 M 100m Breaststroke 325 F 100m Breaststroke 326 M 1500m Freestyle (HDW)	421 M 200m IM 422 F 50m Butterfly 423 M 50m Butterfly 424 F 200m Backstroke 425 M 200m Backstroke 426 F 1500m Freestyle (HDW) 427 M 400m Freestyle (HDW)	521 F 50m Backstroke 522 M 50m Backstroke 523 F 100m Butterfly 524 M 100m Butterfly 525 F 400m Freestyle (HDW) 526 M 800m Freestyle (HDW)
Session 3 – Finals	Session 6 – Finals	Session 9 – Finals	Session 12 – Finals	Session 15 – Finals
M, F, Para 200m Freestyle M, F, Para 50m Breaststroke M, F, Para 100m Backstroke	F 200m Butterfly M 200m Butterfly F, M, Para 100m Freestyle F 200m Breaststroke M 200m Breaststroke Mixed 4x100m mixed Freestyle relay	F 200m IM F 200 I.M Para M, F & Para 50m Freestyle M, F, Para 100m Breaststroke Mixed 4x200m mixed Freestyle relay	M 200m IM M 200 I.M Para F, M, Para 50m Butterfly F 200m Backstroke M 200m Backstroke	F, M, Para 50m Backstroke M, F, Para 100m Butterfly Mixed 4x100m mixed Medley relay

*Subject to Change