

Swimming Programme of Events

All times are estimated and subject to change. Changes will be communicated via the sports page and to Team Managers.

Start Sheets & Results

Start sheets and results for all events will be available to view online.

www.london2023.org/results/swimming

Final start sheets will be available for viewing approximately 30 minutes prior to the commencement of the session.

Saturday 24 June 2023

Training Lanes are available from 13:15 – 18:45.

For health and safety you must book in advance to help manage the number of users.

The sessions are 30 minute blocks. You can book multiple spaces for you and your teammates.

[Book Saturday 24 June Training >](#)

Sunday 25th June 2023

SESSION 1

Warm Up: 10:00
Team Managers Briefing: 10:00
Start Time: 10:30

011	1500 Freestyle Male
15 minute break @ approximately 13:15	
012	1500 Freestyle Female
013	1500 Freestyle Open
014	50 Backstroke Male
015	50 Backstroke Female
016	50 Backstroke Open

SESSION 2

Warm Up: 16:00
Start Time: 16:30

021	400 Freestyle Male
022	400 Freestyle Female
023	400 Freestyle Open

Monday 26th June 2023

SESSION 3

Warm Up: 07:00
Team Managers Briefing: 07:30
Start Time: 08:00

031	100 Breaststroke Male
032	100 Breaststroke Female
033	100 Breaststroke Open
034	200 Butterfly Male
035	200 Butterfly Female
036	200 Butterfly Open
037	4x50 Freestyle Relay Male
038	4x50 Freestyle Relay Female
039	4x50 Freestyle Relay Mixed

SESSION 4

Warm Up: 11:00
Start Time: 12:00

041	200m Freestyle Male
042	200m Individual Medley Female
043	200m Individual Medley Open
044	200m Individual Medley Male
045	800m Freestyle Female
046	800m Freestyle Open
047	800m Freestyle Male

Tuesday 27 June 2023

SESSION 5

Warm Up: 07:00
Team Managers Briefing: 07:30
Start Time: 08:00

051	50 Butterfly Male
052	50 Butterfly Female
053	50 Butterfly Open
054	100 Backstroke Male
055	100 Backstroke Female
056	100 Backstroke Open
057	4x50 Medley Relay Male
058	4x50 Medley Relay Female
059	4x50 Medley Relay Mixed

SESSION 6

Warm Up: 11:00
Start Time: 12:00

061	200 Breaststroke Male
062	200 Breaststroke Female
063	200 Breaststroke Open
064	200 Freestyle Female
065	200 Freestyle Open

Wednesday 28 June 2023

REST DAY

Warmup facilities will be available.

Thursday 29 June 2023

SESSION 7

Warm Up: 13:00
Team Managers Briefing: 13:30
Start Time: 14:00

071	50 Freestyle Male
072	50 Freestyle Female
073	50 Freestyle Open

SESSION 8

Warm Up: 17:00
Start Time: 18:00

081	400 Individual Medley Male
082	400 Individual Medley Female
083	400 Individual Medley Open
084	50 Breaststroke Male
085	50 Breaststroke Female
086	50 Breaststroke Open
087	4x100 Freestyle Relay Male
088	4x100 Freestyle Relay Female
089	4x100 Freestyle Relay Mixed

Friday 30 June 2023

SESSION 9

Warm Up: 07:00
Team Managers Briefing: 07:30
Start Time: 08:00

091	100 Freestyle Male
092	100 Freestyle Female
093	100 Freestyle Open
094	200 Backstroke Male
095	200 Backstroke Female
096	200 Backstroke Open
097	4x100 Medley Relay Male
098	4x100 Medley Relay Female
099	4x100 Medley Relay Mixed

SESSION 10

Warm Up: 11:00
Start Time: 12:00

101	100 Individual Medley Male
102	100 Individual Medley Female
103	100 Individual Medley Open
104	100 Butterfly Male
105	100 Butterfly Female
106	100 Butterfly Open
107	4x200 Freestyle Relay Male
108	4x200 Freestyle Relay Female
109	4x200 Freestyle Relay Mixed