**Schedule**

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| **Saturday 13th December 2025** | **Sunday 14th December 2025** |
| **Session 1**  **Warm-up: 13:00 Start: 13:45** | **Session 3**  **Warm-up: 08:45 Start: 09:45** |
| |  |  | | --- | --- | | 200 IM | Open/Male | | 400 IM | Female | | 200 FS | Open/Male | | 200 BR | Female | | 100 FLY | Open/Male | | 100 FS | Female | | 50 BK | Open/Male | | 50 FLY | Female | | |  |  | | --- | --- | | 200 IM | Female | | 400 IM | Open/Male | | 200 FS | Female | | 200 BR | Open/Male | | 100 FLY | Female | | 100 FS | Open/Male | | 50 BK | Female | | 50 FLY | Open/Male | |
| **Session 2**  **Warm-up: tbc Start: tbc** | **Session 4**  **Warm-up: tbc Start: tbc** |
| |  |  | | --- | --- | | 400 FS | Open/Male | | 200 BK | Female | | 200 FLY | Open/Male | | 100 BR | Female | | 100 BK | Open/Male | | 50 FS | Female | | 50 BR | Open/Male | | |  |  | | --- | --- | | 400 FS | Female | | 200 BK | Open/Male | | 200 FLY | Female | | 100 BR | Open/Male | | 100 BK | Female | | 50 FS | Open/Male | | 50 BR | Female | |