

GoCardless Swim England National Winter Championships 2025

11 - 14 December 2025, Ponds Forge, Sheffield

Programme of Events*

Thursday 11 December		Friday 12 December	
Session 1A – Heats 9am		Session 3A – Heats 9am	
Pool 1		Pool 1	
Open/Male MC 400m Freestyle Female MC 400m Freestyle Open/Male 100m Breaststroke Female 200m I.M. Open/Male 50m Butterfly Open/Male MC 200m Freestyle Female MC 200m Freestyle Female 100m Freestyle Open/Male 400m Freestyle Female 100m Breaststroke Open/Male MC 50m Butterfly Female MC 50m Butterfly Open/Male 200m Backstroke Open/Male 100 I.M.		Female MC 50m Freestyle Open/Male MC 50m Freestyle Female 400m I.M. Open/Male 200m Freestyle Female 100m Backstroke Female MC 100m Breaststroke Open/Male MC 100m Breaststroke Female 50m Freestyle Open/Male 200m Breaststroke Female 200m Butterfly Female MC 100m Backstroke Open/Male MC 100m Backstroke Open/Male 50m Backstroke Female 50m Breaststroke	
Session 1B – Heats TBC	Session 1C – Heats TBC	Session 3B – Heats TBC	Session 3C – Heats TBC
Pool 1	Pool 2	Pool 1	Pool 2
Female 800m Freestyle (Slower Heats)	Female 800m Freestyle (Slower Heats)	Open/Male 1500m Freestyle (Slower Heats)	Open/Male 1500m Freestyle (Slower Heats)
Session 2 – Finals TBC		Session 4 – Finals TBC	
Female 800m Freestyle – Fastest Heat Open/Male MC 400m Freestyle Female MC 400m Freestyle Open/Male 100m Breaststroke Female 200m I.M. Open/Male 50m Butterfly Open/Male MC 200m Freestyle Female MC 200m Freestyle Female 100m Freestyle Open/Male 400m Freestyle Female 100m Breaststroke Open/Male MC 50m Butterfly Female MC 50m Butterfly Open/Male 200m Backstroke Open/Male 100m I.M.		Open/Male 1500m Freestyle – Fastest Heat Female MC 50m Freestyle Open/Male MC 50m Freestyle Female 400m I.M. Open/Male 200m Freestyle Female 100m Backstroke Female MC 100m Breaststroke Open/Male MC 100m Breaststroke Female 50m Freestyle Open/Male 200m Breaststroke Female 200m Butterfly Female MC 100m Backstroke Open/Male MC 100m Backstroke Open/Male 50m Backstroke Female 50m Breaststroke	

Saturday 13 December		Sunday 14 December	
Session 5A – Heats 9am		Session 7A – Heats 9am	
Pool 1		Pool 1	
Open/Male MC 100m Freestyle Female MC 100m Freestyle Open/Male 50m Freestyle Female 200m Breaststroke Female 50m Backstroke Open/Male 400m I.M. Female 200m Freestyle Open/Male MC 50m Backstroke Female MC 50m Backstroke Open/Male 100m Backstroke Female 50m Butterfly Open/Male 100m Butterfly Female 100m I.M.		Female MC 200m I.M. Open/Male MC 200m I.M. Female MC 150m I.M. Open/Male MC 150m I.M. Open/Male 100m Freestyle Female 400m Freestyle Open/Male 200m I.M. Female MC 50m Breaststroke Open/Male MC 50m Breaststroke Open/Male 50m Breaststroke Open/Male 200m Butterfly Female 200m Backstroke Female MC 100m Butterfly Open/Male MC 100m Butterfly Female 100m Butterfly	
Session 5B – Heats TBC	Session 5C – Heats TBC	Session 7B – Heats TBC	Session 7C – Heats TBC
Pool 1	Pool 2	Pool 1	Pool 2
Female 1500m Freestyle (Slower Heats)	Female 1500m Freestyle (Slower Heats)	Open/Male 800m Freestyle (Slower Heats)	Open/Male 800m Freestyle (Slower Heats)
Session 6 – Finals TBC		Session 6 – Finals TBC	
Female 1500m Freestyle – Fastest Heat Open/Male MC 100m Freestyle Female MC 100m Freestyle Open/Male 50m Freestyle Female 200m Breaststroke Female 50m Backstroke Open/Male 400m I.M. Female 200m Freestyle Open/Male MC 50m Backstroke Female MC 50m Backstroke Open/Male 100m Backstroke Female 50m Butterfly Open/Male 100m Butterfly Female 100m I.M.		Open/Male 800m Freestyle – Fastest Heat Female MC 200m I.M. Open/Male MC 200m I.M. Female MC 150m I.M. Open/Male MC 150m I.M. Open/Male 100m Freestyle Female 400m Freestyle Open/Male 200m I.M. Female MC 50m Breaststroke Open/Male MC 50m Breaststroke Open/Male 50m Breaststroke Open/Male 200m Butterfly Female 200m Backstroke Female MC 100m Butterfly Open/Male MC 100m Butterfly Female 100m Butterfly	

***Timings are subject to change.**