



PROGRAM EVENT LIST

Meet Program

Day 1 – Thursday, December 11, 2025

Preliminary Sessions Warm-up: 1000 Start: 1130			Final Session Warm-up: 1630 Start: 1730		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
101/1	150/200 Individual Medley	102/2	101/1	150/200 PARA IM (combined top 10)	102/2
3	W 1500 Freestyle (SH)	--	1	200 Individual Medley	2
--	M 800 Freestyle (SH)	4	3	W - 1500 Freestyle (FH)	--
			--	M - 800 Freestyle (FH)	4
			5 (mixed)	4x50 Free Mixed Para Relay	5 (mixed)
			6 (mixed)	4x50 Freestyle Mixed Relay	6 (mixed)

Day 2 – Friday, December 12, 2025

Preliminary Sessions Warm-up: 7:30 Start: 9:00			Final Session Warm-up: 1630 Start: 1730		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
7	200 Freestyle	8	7	200 Freestyle	8
9	100 Breaststroke	10	9	100 PARA Breast	10
11	400 IM	12	9	100 Breaststroke	10
13	100 Butterfly	14	11	400 IM	12
15	50 Backstroke	16	13	100 Butterfly	14
17	800 Freestyle Relay (SH)	18	15	50 PARA Back	16
			15	50 Backstroke	16
			17	800 Freestyle Relay (FH)	18

Day 3 – Saturday, December 13, 2025

Preliminary Sessions Warm-up: 7:30 Start: 9:00			Final Session Warm-up: 1630 Start: 1730		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
19	50 Freestyle	20	19	50 PARA Free	20
21	200 Butterfly	22	19	50 Freestyle	20
23	100 Backstroke	24	21	200 Butterfly	22
25	400 Free	26	23	100 Backstroke	24
27	50 Butterfly	28	25	400 Free	26
29	200 Breaststroke	30	27	50 PARA Fly	28
33	400 Freestyle Relay (SH)	34	27	50 Butterfly	28
			29	200 Breaststroke	30
			31 (mixed)	4x100 Free mixed Para Relay	31 (mixed)
			33	400 Freestyle Relay (FH)	34

Day 4 – Sunday, December 14, 2025

Preliminary Sessions Warm-up: 730 Start: 9:00			Final Session Warm-up: 1630 Start: 1730		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
35	100 Freestyle	36	35	100 PARA Free	36
37	200 Backstroke	38	35	100 Freestyle	36
39	50 Breaststroke	40	37	200 Backstroke	38
43	400 Medley Relay (SH)	44	39	50 PARA Breast	40
41	W 800 Freestyle (SH)	--	39	50 Breaststroke	40
--	M 1500 Freestyle (SH)	42	41	W 800 Freestyle (FH)	--
			--	M 1500 Freestyle (FH)	42
			43	400 Medley Relay (FH)	44