

FINSWIMMING EVENTS PROGRAM

Update February 14th 2025



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World Seniors & Juniors Swimming Pool Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	1500 SF Women (Slow heats)	1500 SF Women (Fast heat)	50AP Men
	1500 SF Men (Slow heats)	1500 SF Men (Fast heat)	1500 SF Women
	100 BF Women	100 BF Women	1500 SF Men
	100 BF Men	100 BF Men	100 BF Women
	4x100 SF Women	4x100 SF Women	100 BF Men
	4x100 SF Men	4x100 SF Men	4x100 SF Women
			4x100 SF Men
Day 2	400 SF Women	200 BF Women	
	400 SF Men	200 BF Men	200 BF Women
	200 BF Women	100 IM Women	200 BF Men
	200 BF Men	100 IM Men	100 IM Women
	100 IM Women	4x200 SF Women	100 IM Men
	100 IM Men	4x200 SF Men	4x200 SF Women
	4x200 SF Women		4x200 SF Men
	4x200 SF Men		
Day 3	400 BF Women	50 SF Women	
	400 BF Men	50 SF Men	50 SF Women
	50 SF Women	200 IM Women	50 SF Men
	50 SF Men	200 IM Men	200 IM Women
	200 IM Women	400 SF Women	200 IM Men
	200 IM Men	400 SF Men	400 SF Women
	4x100 SB Mixed	4x100 SB Mixed	400 SF Men
			4x100 SB Mixed
Day 4	200 SF Women	200 SF Women	
	200 SF Men	200 SF Men	200 SF Women
	400 IM Women (Slow heats)	400 IM Women (Fast heat)	200 SF Men
	400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
	4x50 SF Women	400 BF Women	400 IM Men
	4x50 SF Men	400 BF Men	400 BF Women
		4x50 SF Women	400 BF Men
		4x50 SF Men	4x50 SF Women
Day 5			4x50 SF Men
	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	50 BF Women	50 BF Women	100 SF Men
	50 BF Men	50 BF Men	50 BF Women
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	50 BF Men
	800 SF Men (Slow heats)	800 SF Men (Fast heat)	800 SF Women (Fast heat)
	4x100 BF Mixed	4x100 BF Mixed	800 SF Men (Fast heat)
			4x100 BF Mixed

World Seniors & Juniors Open Water Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT
Day 1	1 km SF Women (Senior - Junior)	1 km BF Women (Senior - Junior)
	1 km SF Men (Senior - Junior)	1 km BF Men (Senior - Junior)
	150 m BF, Elimination Race (Senior Women), (Heats)	150 m SF, Elimination Race (Senior Women), (Heats)
	150 m BF, Elimination Race (Senior Men), (Heats)	150 m SF, Elimination Race (Senior Men), (Heats)
	150 m BF, Elimination Race (Junior Women), (Heats)	150 m SF, Elimination Race (Junior Women), (Heats)
	150 m BF, Elimination Race (Junior Men), (Heats)	150 m SF, Elimination Race (Junior Men), (Heats)
Day 2	5 km SF Women (Senior - Junior)	3km BF Women (Senior - Junior)
	5 km SF Men (Senior - Junior)	3km BF Men (Senior - Junior)
	4x150 m SB, Elimination Race (Senior), Heats	4x150 m SB, Elimination Race (Senior), Final
	4x150 m SB, Elimination Race (Junior), Heats	4x150 m SB, Elimination Race (Junior), Final
Day 3	150 m BF, Elimination Race Senior Women, Final	4x1km SB Senior
	150 m BF, Elimination Race Senior Men, Final	4x1km SB Junior
	150 m BF, Elimination Race Junior Women, Final	
	150 m BF, Elimination Race Junior Men, Final	
	150 m SF, Elimination Race Senior Women, Final	
	150 m SF, Elimination Race Senior Men, Final	
	150 m SF, Elimination Race Junior Women, Final	
	150 m SF, Elimination Race Junior Men, Final	

European Seniors & Juniors Swimming Pool Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	200 SF Women	200 SF Women	50 AP Men
	200 SF Men	200 SF Men	200 SF Women
	400 BF Women	1500 SF Women (Fast heat)	200 SF Men
	400 BF Men	1500 SF Men (Fast heat)	1500 SF Women
	1500 SF Women (Slow heats)	4X100 SF Women	1500 SF Men
	1500 SF Men (Slow heats)	4X100 SF Men	4X100 SF Women
	4x100 SF Women		4X100 SF Men
	4x100 SF Men		
Day 2	50 BF Women	50 BF Women	
	50 BF Men	50 BF Men	50 BF Women
	400 SF Women	400 BF Women	50 BF Men
	400 SF Men	400 BF Men	400 BF Women
	100 IM Women	100 IM Women	400 BF Men
	100 IM Men	100 IM Men	100 IM Women
	4X200 SF Women	4X200 SF Women	100 IM Men
	4X200 SF Men	4X200 SF Men	4X200 SF Women
			4X200 SF Men
Day 3	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	100 BF Women	100 BF Women	50 SF Men
	100 BF Men	100 BF Men	100 BF Women
	200 IM Women	200 IM Women	100 BF Men
	200 IM Men	200 IM Men	200 IM Women
	4X100 BF X	400 SF Women	200 IM Men
	4X50 SF Women	400 SF Men	400 SF Women
	4X50 SF Men	4X100 BF X	400 SF Men
		4X50 SF Women	4X100 BF X
		4X50 SF Men	4X50 SF Women
			4X50 SF Men
Day 4	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	200 BF Women	200 BF Women	100 SF Men
	200 BF Men	200 BF Men	200 BF Women
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	200 BF Men
	800 SF Men (Slow heats)	800 SF Men (Fast heat)	800 SF Women
	400 IM Women (Slow heats)	400 IM Women (Fast heat)	800 SF Men
	400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
	4X100 SB X	4X100 SB X	400 IM Men
			4X100 SB X

American Seniors Swimming Pool Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	100 BF Women	100 BF Women	100 SF Men
	100 BF Men	100 BF Men	100 BF Women
	1500 SF Women (Slow heats)	1500 SF Women (Fast heat)	100 BF Men
	1500 SF Men (Slow heats)	1500 SF Men (Fast heat)	1500 SF Women
	400 IM Women (Slow heats)	400 IM Women (Fast heat)	1500 SF Men
	400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
	4x200 SF Women	4x200 SF Women	400 IM Men
	4x200 SF Men	4x200 SF Men	4x200 SF Women
	4X100 SB (Slow heats)	4x100 SB (Fast heats)	4x200 SF Men
			4x100SB
Day 2	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	50 BF Women	50 BF Women	50 SF Men
	50 BF Men	50 BF Men	50 BF Women
	400 SF Women	400 SF Women	50 BF Men
	400 SF Men	400 SF Men	400 SF Women
	100 IM Women	100 IM Women	400 SF Men
	100 IM Men	100 IM Men	100 IM Women
	400 BF Women (Slow heats)	400 BF Women (Fast heat)	100 IM Men
	400 BF Men (Slow heats)	400 BF Men (Fast heat)	400 BF Women
	4x50 SF Women	4x50 SF Women	400 BF Men
	4x50 SF Men	4x50 SF Men	4x50 SF Women
			4x50 SF Men
Day 3	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	200 SF Women (Slow heats)	200 SF Women (Fast heat)	50 AP Men
	200 SF Men (Slow heats)	200 SF Men (Fast heat)	200 SF Women
	200 BF Women (Slow heats)	200 BF Women (Fast heat)	200 SF Men
	200 BF Men (Slow heats)	200 BF Men (Fast heat)	200 BF Women
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	200 BF Men
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	800 SF Women
	200 IM Women (Slow heats)	200 IM Women (Fast heats)	800 SF Men
	200 IM Men (Slow heats)	200 IM Men (Fast heats)	200IM Women
	4x100 BF X	4x100 BF X	200IM Men
	4x100 SF Women	4x100 SF Women	4x100 BF X
	4x100 SF Men	4x100 SF Men	4x100 SF Women
			4x100 SF Men

African Seniors Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	50 AP Women	50 AP Women	
	50 BF Women	50 BF Women	50 AP Women
	100 SF Men	100 SF Men	50 BF Women
	100 BF Men	100 BF Men	100 SF Men
	200 SF Women	200 SF Women	100 BF Men
	200 BF Women	200 BF Women	200 SF Women
	400 SF Men	400 SF Men	200 BF Women
	400 BF Men	400 BF Men	400 SF Men
	4x100 SF X	4x100 SF X	400 BF Men
			4x100 SF X
Day 2	50 AP Men	50 AP Men	
	50 BF Men	50 BF Men	50 AP Men
	100 SF Women	100 SF Women	50 BF Men
	100 BF Women	100 BF Women	100 SF Women
	200 SF Men	200 SF Men	100 BF Women
	200 BF Men	200 BF Men	200 SF Men
	400 SF Women	400 SF Women	200 SF Men
	400 BF Women	400 BF Women	400 SF Women
	4x50 BF X	4x50 BF X	400 BF Women
			4x50 BF X
Day 3	1 km SF Women	4x500 m SB X	
	1 km SF Men		1 km SF Women
	1 km BF Women		1 km SF Men
	1 km BF Men		1 km BF Women
			1 km BF Men
			4x500 SB X

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Asian Seniors Swimming Pool Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	100 BF Women	100 BF Women	100 SF Men
	100 BF Men	100 BF Men	100 BF Women
	400 SF Women	400 SF Women	100 BF Men
	400 SF Men	400 SF Men	400 SF Women
	4x50 SF X	4x50 SF X	400 SF Men
			4x50 SF X
Day 2	100 IM Women	100 IM Women	
	100 IM Men	100 IM Men	100 IM Women
	200 SF Women	200 SF Women	100 IM Men
	200 SF Men	200 SF Men	200 SF Women
	200 BF Women	200 BF Women	200 SF Men
	200 BF Men	200 BF Men	200 BF Women
	1500 SF Women (Slow heats)	1500 SF Women (Fast heat)	200 BF Men
	1500 SF Men (Slow heats)	1500 SF Men (Fast heat)	1500 SF Women
	4x100 BF X	4x100 BF X	1500 SF Men
			4x100 BF X
Day 3	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	50 BF Women	50 BF Women	50 SF Men
	50 BF Men	50 BF Men	50 BF Women
	400 IM Women (Slow heats)	400 IM Women (Fast heat)	50 BF Men
	400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
	400 BF Women (Slow heats)	400 BF Women (Fast heat)	400 IM Men
	400 BF Men (Slow heats)	400 BF Men (Fast heat)	400 BF Women
	4x200 SF Women	4x200 SF Women	400 BF Men
	4x200 SF Men	4x200 SF Men	4x200 SF Women
			4x200 SF Men
Day 4	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	50 AP Men
	800 SF Men (Slow heats)	800 SF Men (Fast heat)	800 SF Women
	4x100 SF Women	4x100 SF women	800 SF Men
	4x100 SF Men	4x100 SF Men	4x100 SF Women
			4x100 SF Men

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World Masters Swimming Pool Championship

	Morning Session	Afternoon Session
Day 1	50 SF Women	800 SF Women
	50 SF Men	800 SF Men
	100 BF Women	50 BF Women
	100 BF Men	50 BF Men
	400 SF Women	4x50 SF X
	400 SF Men	
	Medal Ceremonies of all Events	Medal ceremonies of all Events
Day 2	50 AP Women	100 SF Women
	50 AP Men	100 SF Men
	400 BF Women	200 BF Women
	400 BF Men	200 BF Men
	200 SF Women	4x100 SB X
	200 SF Men	
	Medal Ceremonies of all Events	Medal Ceremonies of all Events

World Masters Open Water Championship

	Morning Session	Afternoon Session
Day 1	Training	4x1 km SB X
	Technical Meeting	
		Medal Ceremonies of the Event
Day 2	1 km BF Women	1 km SF Women
	1 km BF Men	1 km SF Men
	3 km SF Women	3 km BF Women
	3 km SF Men	3 km BF Men
	Medal Ceremonies of all Events	Medal Ceremonies of all Events

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World Cup (Option 1)

	Morning Session	Afternoon Session
Day 1	Technical Meeting	100 SF Men Senior
	Training	100 SF Women Senior
		100 SF Men Junior
		100 SF Women Junior
		1500 SF Men Senior
		1500 SF Women Senior
		1500 SF Men Junior
		1500 SF Women Junior
		Medal Ceremonies
		100 BF Men Senior
		100 BF Women Senior
		100 BF Men Junior
		100 BF Women Junior
		Medal Ceremonies
Day 2	200 SF Men Senior	200 IM Men Senior
	200 SF Women Senior	200 IM Women Senior
	200 SF Men Junior	200 IM Men Junior
	200 SF Women Junior	200 IM Women Junior
	200 BF Men Senior	800 SF Men Senior
	200 BF Women Senior	800 SF Women Senior
	200 BF Men Junior	800 SF Men Junior
	200 BF Women Junior	800 SF Women Junior
	Medal Ceremonies	Medal Ceremonies
	50 AP Men Senior	400 BF Men Senior
	50 AP Women Senior	400 BF Women Senior
	50 AP Men Junior	400 BF Men Junior
	50 AP Women Junior	400 BF Women Junior
	Medal Ceremonies	4x100 SF Men Senior
		4x100 SF Women Senior
		4x100 SF Men Junior
		4x100 SF Women Junior
		Medal Ceremonies
Day 3	400 SF Men Senior	50 SF Men Senior
	400 SF Women Senior	50 SF Women Senior
	400 SF Men Junior	50 SF Men Junior
	400 SF Women Junior	50 SF Women Junior
	100 IM Men Senior	400 IM Men Senior
	100 IM Women Senior	400 IM Women Senior
	100 IM Men Junior	400 IM Men Junior
	100 IM Women Junior	400 IM Women Junior
	Medal Ceremonies	Medal Ceremonies
	50 BF Men Senior	4x100 SB X Seniors
	50 BF Women Senior	4x100 SB X Juniors
	50 BF Men Junior	Medal Ceremonies
	50 BF Women Junior	
	Medal Ceremonies	

World Cup (Option 2,USA)

	Morning Session	Afternoon Session
Day 1	50 SF Men Senior	50 AP Men Senior
	50 SF Women Senior	50 AP Women Senior
	50 SF Men Junior	50 AP Men Junior
	50 SF Women Junior	50 AP Women Junior
	50 BF Men Senior	400 BF Men Senior
	50 BF Women Senior	400 BF Women Senior
	50 BF Men Junior	400 BF Men Junior
	50 BF Women Junior	400 BF Women Junior
	800 SF Men Senior	4x100 SF Men Senior
	800 SF Women senior	4x100 SF Women Senior
	800 SF Men Junior	4x100 SF Men Junior
	800 SF Women Junior	4x100 SF Women Junior
	Medal Ceremonies	Medal Ceremonies
Day 2	100 SF Men Senior	200 SF Men Senior
	100 SF Women Senior	200 SF Women Senior
	100 SF Men Junior	200 SF Men Junior
	100 SF Women Junior	200 SF Women Junior
	100 BF Men Senior	200 BF Men Senior
	100 BF Women Senior	200 BF Women Senior
	100 BF Men Junior	200 BF Men Junior
	100 BF Women Junior	200 BF Women Junior
	400 SF Men Senior	1500 SF Men Senior
	400 SF Women Senior	1500 SF Women Senior
	400 SF Men Junior	1500 SF Men Junior
	400 SF Women Junior	1500 SF Women Junior
	4x100 SB X Seniors	Medal Ceremonies
	4x100 SB X Juniors	
	Medal Ceremonies	

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Juniors World Cup

	Morning Session	Afternoon Session
Day 1	50 SF C – D – E Women	50 AP C Women
	50 SF C – D – E Men	50 AP C Men
	100 IM C Women	200 BF C –D – E Women
	100 IM C Men	200 BF C – D – E Men
	400 SF C – D Women	4x50 SB C - D – E Mixed
	400 SF C – D Men	Medal Ceremonies
	400 BF C – D Women	
	400 BF C – D Men	
	4x50 BF E Mixed	
	Medal Ceremonies	
Day 2	200 IM C Women	200 SF C – D – E Women
	200 IM C Men	200 SF C – D – E Men
	50 BF C – D – E Women	100 BF C – D – E Women
	50 BF C – D – E Men	100 BF C – D – E Men
	800 SF C Women	4x100 SF C Women
	800 SF C Men	4x100 SF C Men
	100 SF C – D – E Women	Medal Ceremonies
	100 SF C – D – E Men	
	Medal Ceremonies	

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