

**West Midland Summer Championships 2026**  
Schedule of Events

The diving pit will be available for warm-up/ swim-down throughout the event.

Weekend 1				Weekend 2															
Saturday 25th April				Sunday 26th April				Saturday 2nd May				Sunday 3rd May				Monday 4th May			
Session 1		approximate timings		Session 4		approximate timings		Session 7		approximate timings		Session 10		approximate timings		Session 13		approximate timings	
Warm-up	Mixed 11-13 Female 14/ov Open 14/ov	15min swimming, 5 min start lanes	8.00-8.20 8.20-8.40 8.40-9.00	Warm-up	Mixed 11-13 Open 14/ov Female 14/ov	15min swimming, 5 min start lanes	8.00-8.20 8.20-8.40 8.40-9.00	Warm-up	Open	All 1500m swimmers	8.00-8.30	Warm-up	Female	All 1500m swimmers	8.00-8.30	Warm-up	Mixed 11-13 Open 14/ov Female 14/ov	15min swimming, 5 min start lanes	8.00-8.20 8.20-8.40 8.40-9.00
101	Female	200m IM		201	Open	200m IM		301	Open	1500m Freestyle HDW	8.35	401	Female	1500m Freestyle HDW	8.35	501	Open	400m IM	9.05
102	Open	50m Backstroke	9.05	202	Female	50m Backstroke			Second warm up	Female 10.00-10.20 Open 10.20-10.40			Second warm up	Open 10.00-10.20 Female 10.20-10.40		502	Female	100m Butterfly	
103	Female	100m Breaststroke		203	Open	100m Breaststroke		302	Female	400m IM	10.45	402	Open	100m Butterfly	10.45	503	Open	50m Breaststroke	
104	Open	800m Freestyle HDW		204	Female	800m Freestyle HDW		303	Open	50m Butterfly		403	Female	50m Butterfly		504	Female	50m Freestyle	
								304	Female	50m Breaststroke		404	Open	50m Freestyle					
		estimated finish time	11.30			estimated finish time	11.45			estimated finish time	12.05			estimated finish time	11.15			estimated finish time	10.45
Session 2				Session 5				Session 8				Session 11				Session 14			
Warm-up	Female Open 11-13 Open 14/ov	15min swimming, 5 min start lanes	12.30-12.50 12.50-13.10 13.10-13.30	Warm-up	Open Female 11-13 Female 14/ov	15min swimming, 5 min start lanes	12.25-12.45 12.45-13.05 13.05-13.25	Warm-up	Open 11-13 Open 14/ov Female	15min swimming, 5 min start lanes	12.45-13.05 13.05-13.25 13.25-13.45	Warm-up	Female 11-13 Female 14/ov Open	15min swimming, 5 min start lanes	12.15-12.35 12.35-12.55 12.55-13.15	Warm-up	Open 11-13 Open 14/ov Female	15min swimming, 5 min start lanes	11.45-12.05 12.05-12.25 12.25-12.45
105	Female 14/16	400m Medley Team HDW	13.35	205	Open 14/16	400m Medley Team HDW	13.30	305	Open	200m Freestyle	13.50	405	Female	200m Freestyle	13.20	505	Open	200m Backstroke	12.50
106	Female 17/OV	400m Medley Team HDW		206	Open 17/OV	400m Medley Team HDW		306	Female	200m Backstroke		406	Open	200m Breaststroke		506	Female	200m Breaststroke	
107	Open	100m Freestyle		207	Female	100m Freestyle		307	Open	100m Backstroke		407	Female	100m Backstroke		507	Open 14/16	400m Freestyle Team HDW	
108	Female	400m Freestyle		208	Open	400m Freestyle		308	Female 14/16	400m Freestyle Team HDW		408	Open 14/16	800m Freestyle Team HDW		508	Open 17/OV	400m Freestyle Team HDW	
109	Open	200m Butterfly	15.30	209	Female	200m Butterfly	15.30	309	Female 17/OV	400m Freestyle Team HDW	16.00	409	Open 17/OV	800m Freestyle Team HDW	15.25	509	Female 14/16	800m Freestyle Team HDW	15.00
Session 3 - Finals				Session 6 - Finals				Session 9 - Finals				Session 12 - Finals				Session 15 - Finals			
Warm-up	All finalists	Lanes 1-2 dives throughout	16.00-16.30	Warm-up	All finalists	Lanes 1-2 dives throughout	16.00-16.30	Warm-up	All finalists	Lanes 1-2 dives throughout	16.15-16.45	Warm-up	All finalists	Lanes 1-2 dives throughout	15.55-16.25	Warm-up	All finalists	Lanes 1-2 dives throughout	15.30-16.00
110-115	Female	200m IM	16.35	210-215	Open	200m IM	16.35	310-312	Female	400m IM	16.50	410-415	Open	100m Butterfly	16.30	511-513	Open	400m IM	16.05
116-121	Open	50m Backstroke		216-221	Female	50m Backstroke		313-318	Open	50m Butterfly		416-421	Female	50m Butterfly		514-519	Female	100m Butterfly	
122-127	Female	100m Breaststroke		222-227	Open	100m Breaststroke		319-324	Female	50m Breaststroke		422-427	Open	50m Freestyle		520-525	Open	50m Breaststroke	
128-133	Open	100m Freestyle		228-233	Female	100m Freestyle		325-330	Open	200m Freestyle		428-433	Female	200m Freestyle		526-531	Female	50m Freestyle	
134-136	Female	400m Freestyle		234-236	Open	400m Freestyle		331-336	Female	200m Backstroke		434-439	Open	200m Breaststroke		532-537	Open	200m Backstroke	
137-142	Open	200m Butterfly	18.30	237-242	Female	200m Butterfly	18.30	337-342	Open	100m Backstroke	18.45	440-445	Female	100m Backstroke	18.15	538-543	Female	200m Breaststroke	18.00