

IISA GB Championships 2025

Saturday 14 December: Draft Programme

Venue Address

Rother Valley Country Park

Mansfield Road

Sheffield

S265PQ

Watersports Centre - WHAT THREE WORDS - dumpy.solo.laces



IMPORTANT: Please bring a paper copy of your Medical and ECG. We recommend you have a copy saved on your phone too.

You also need your event passport.

****Go to muster area 10 minutes before your start time****

Saturday 14th December	Event	Swimmers per heat	Distance	Heat number	Start Time	End Time
Registration and medicals					08.00	09.00
100m Briefing	Compulsory briefing for all swimmers 1st heat to be changed				09.00	
1	Freestyle	6	1000m	1	09.15	09.45
	Freestyle	6	1000m	2	09.45	10.15
	Freestyle	6	1000m	3	10.15	10.45
BREAK					10.45	11.00
	Freestyle	6	1000m	4	11.00	11.30
	Freestyle	6	1000m	5	11.30	12.00
BREAK (LUNCH)					12.00	13.00
2	IM	6	100m	1	13.00	13.10
3	Freestyle	6	50m	1	13.10	13.15
	Freestyle	6	50m	2	13.15	13.20
	Freestyle	6	50m	3	13.20	13.25
	Freestyle	6	50m	4	13.25	13.30
BREAK					13.30	13.45
4	Breaststroke	6	50m	1	13.45	13.50
	Breaststroke	6	50m	2	13.50	13.55
	Breaststroke	6	50m	3	13.55	14.00
5	Breaststroke	6	100m	1	14.00	14.10
	Breaststroke	6	100m	2	14.10	14.20
BREAK (to input results of afternoon)					14.20	15.00
Results of 1000m, 50 freestyle, 50 Backstroke and 100 Breaststroke and Awards ceremony					15.00	FINISH

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Sunday 15th December	Event	Swimmers per heat	Distance	Heat number	Start Time	End Time
Registration					08.00	09.00
500m Briefing	Compulsory briefing for all 500m swimmers 1st heat to be changed				09.00	
1	Freestyle	6	500m	1	09.15	09.30
	Freestyle	6	500m	2	09.30	09.45
	Freestyle	6	500m	3	09.45	10.00
	Freestyle	6	500m	4	10.00	10.15
	Freestyle	6	500m	5	10.15	10.30
	BREAK				10.30	10.45
	Results 500m				10.45	11.00
2	Freestyle	6	250m	1	11.00	11.10
	Freestyle	6	250m	2	11.10	11.20
	Freestyle	6	250m	3	11.20	11.30
	Freestyle	6	250m	4	11.30	11.40
	Freestyle	6	250m	5	11.40	11.50
3	Butterfly	6	50m	1	11.50	12.00
	BREAK (LUNCH)				12.00	12.30
	250m results & raffle				12.30	13.00
4	Freestyle	6	100m	1	13.00	13.05
	Freestyle	6	100m	2	13.05	13.10
	Freestyle	6	100m	3	13.10	13.15
	Freestyle	6	100m	4	13.15	13.20
	Freestyle	6	100m	5	13.20	13.25
	BREAK (& input results)				13.30	13.45
5	IM	6	200m	1	13.45	13.55
6	Mixed Freestyle Relay	6	4x50m	1	13.55	14.10
	Mixed Freestyle Relay	6	4x50m	2	14.10	14.25
7	Fun Swim Relay	6	4x25m	1	14.25	14.40
	Fun Swim Relay	6	4x25m	2	14.40	14.55
	BREAK (& input results)				14.55	15.15
100 free & 50 fly Results & Award ceremony					15.15	END

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