2026 Irish Winter National Championships (25m)

Programme of Events

Day 1	Day 2	Day 3
Session 1 Heats Male & Open Warm Up 0745-0830; Female Warm Up 0835-0920 Start 0930	**Session 3 Heats** Female Warm Up 0745-0830; Male & Open Warm Up 0835-0920 Start 0930	**Session 5 Heats** Male & Open Warm Up 0745-0830; Female Warm Up 0835-0920 Start 0930
Male & Open 50m Backstroke Female 50m Backstroke Male & Open 200m IM Female 200m IM Male & Open 100m Freestyle Female 100m Freestyle Male & Open 200m Butterfly Female 200m Butterfly Male & Open 100m Breaststroke Female 100m Breaststroke Mixed 800m Freestyle HDW Male & Open 200m Freestyle Relay HDW Female 200m Freestyle Relay HDW	Mixed 200m Medley Relay HDW Female 100m Backstroke Male & Open 100m Backstroke Female 400m IM Male & Open 400m IM Female 50m Butterfly Male & Open 50m Butterfly Female 200m Freestyle Male & Open 200m Freestyle Female 200m Breaststroke Male & Open 200m Breaststroke Mixed 1500m Freestyle HDW Mixed 200m Freestyle Relay HDW	Male & Open 200m Backstroke Female 200m Backstroke Male & Open 50m Freestyle Female 50m Freestyle Male & Open 50m Breaststroke Female 50m Breaststroke Male & Open 100m Butterfly Female 100m Butterfly Male & Open 100m IM Female 100m IM Male & Open 400m Freestyle Female 400m Freestyle Male & Open 200m Medley Relay HDW Female 200m Medley Relay HDW
Session 2 Finals Mixed Warm Up 1530 Start 1700	**Session 4 Finals** Mixed Warm Up 1530 Start 1700	**Session 6 Finals** Mixed Warm Up 1530 Start 1700
Male & Open 50m Backstroke (B, A Finals) Female 50m Backstroke (B, A Finals) Male & Open 200m IM (B, A Finals) Female 200m IM (B, A Finals) Male & Open 800m Freestyle Fastest Heat Female 800m Freestyle Fastest Heat Male & Open 100m Freestyle (B, A Finals) Female 100m Freestyle (B, A Finals) Male & Open 200m Butterfly (B, A Finals) Female 200m Butterfly (B, A Finals) Male & Open 100m Breaststroke (B, A Finals) Female 100m Breaststroke (B, A Finals)	Female 100m Backstroke (B, A Finals) Male & Open 100m Backstroke (B, A Finals) Female 1500m Freestyle Fastest Heat Male & Open 1500m Freestyle Fastest Heat Female 50m Butterfly (B, A Finals) Male & Open 50m Butterfly (B, A Finals) Female 200m Freestyle (B, A Finals) Male & Open 200m Freestyle (B, A Finals) Female 200m Breaststroke (B, A Finals) Male & Open 200m Breaststroke (B, A Finals) Female 400m IM (B, A Finals) Male & Open 400m IM (B, A Finals)	Male & Open 200m Backstroke (B, A Finals) Female 200m Backstroke (B, A Finals) Male & Open 50m Freestyle (B, A Finals) Female 50m Freestyle (B, A Finals) Male & Open 50m Breaststroke (B, A Finals) Female 50m Breaststroke (B, A Finals) Male & Open 100m Butterfly (B, A Finals) Female 100m Butterfly (B, A Finals) Male & Open 100m IM (B, A Finals) Female 100m IM (B, A Finals) Male & Open 400m Freestyle (B, A Finals) Female 400m Freestyle (B, A Finals)

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Notes

- **Championship 'A' Final** – Fastest 10 athletes from the heats (all ages, maximum of two non-Irish athletes within this final)
- **'B' Final** – Athletes ranked 11th – 20th from the Heats (all ages, maximum of two non-Irish athletes within this final) where 26 or more athletes compete in the heats of the event, and, following withdrawals, a minimum of 6 athletes remain. If lanes would otherwise be empty, additional non-Irish athletes may be offered an opportunity to compete
- **Awards –** Male & Open and Female Championship (Irish & Commemorative) and Male & Open and Female Junior (Irish only)
- **Championship Awards –** Other than in HDW events, times achieved in Championship Finals only will be considered in the awarding of championship medals
- **Junior Awards –** Awarded to Male & Open and Female born 2008 or later. Times achieved in Championship Finals supersede times achieved in B Finals and heats in the awarding of Junior medals
- **Relays –** A maximum of two relay teams ('A' and 'B') can be entered per club per relay event
- **Top Club Points Scores –** The Top Club award will be presented to the highest scoring club using the Hytek Quality Club scoring method which ranks teams by the average score of each athlete. The average score will be factored on a team size of 8 athletes as a minimum. Clubs can only score in one relay per relay event
- **Meet Conditions –** This document provides provisional meet information. Finalised Meet Conditions will be published in the Meet Event Guide. **Where there is any inconsistency, the relevant published Meet Event Guide shall take precedence.**