



2026 SEC Swimming & Diving Championships

(All Times Eastern)

	Monday, February 16	Tuesday, February 17	Wednesday, February 18	Thursday, February 19	Friday, February 20	Saturday, February 21
Prelims	Noon Men's 1-Meter (consolations after)	11:30 AM 1650 Free (all heats – alternate women and men) Noon Women's 1-Meter (consolations after)	9:30 AM 100 Back 200 Fly 100 Breast Noon Men's 3-Meter (consolations after)	9:30 AM 100 Fly 400 IM 200 Free Noon Women's 3-Meter (consolations after)	9:30 AM 200 Breast 50 Free 500 Free Noon Men's Platform (consolations after)	9:30 AM 200 IM 100 Free 200 Back Noon Women's Platform (consolations after)
Finals	5 PM Men's 1-Meter	5 PM 200 Medley Relay Women's 1-Meter 800 Free Relay	5:30 PM 100 Back 200 Fly 100 Breast Men's 3-Meter	5:30 PM 100 Fly 400 IM 200 Free Women's 3-Meter 400 Medley Relay	5:30 PM 200 Breast 50 Free 500 Free Men's Platform 200 Free Relay	5:30 PM 200 IM 100 Free 200 Back Women's Platform 400 Free Relay