



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	<i>Noon</i> Men's 1-Meter (consolations after)	<i>11:30 AM</i> 1650 Free (<i>all heats – alternate women and men</i>)	<i>9:30 AM</i> 100 Back	<i>9:30 AM</i> 100 Fly	<i>9:30 AM</i> 200 Breast	<i>9:30 AM</i> 200 IM
		<i>Noon</i> Women's 1-Meter (consolations after)	<i>Noon</i> Men's 3-Meter (consolations after)	<i>Noon</i> Women's 3-Meter (consolations after)	<i>Noon</i> Men's Platform (consolations after)	<i>Noon</i> Women's Platform (consolations after)
Finals	<i>5 PM</i> Men's 1-Meter	<i>5 PM</i> 200 Medley Relay Women's 1-Meter 800 Free Relay	<i>5:30 PM</i> 100 Back 200 Fly 100 Breast	<i>5:30 PM</i> 100 Fly 400 IM 200 Free	<i>5:30 PM</i> 200 Breast 50 Free 500 Free	<i>5:30 PM</i> 200 IM 100 Free 200 Back Men's Platform 200 Free Relay 400 Free Relay