

Swim England East Region Long Course Championships 2023

Race Schedule

Saturday 22 nd April Norwich <i>All ages</i>	Sunday 23 rd April Norwich <i>14/under</i>	Saturday 29 th April Norwich <i>15/over (+ Para)</i>	Sunday 30 th April Norwich <i>15/over (+Para)</i>	Monday 1 st May Norwich <i>15/over (+Para)</i>	Friday 12 th May Luton <i>All ages</i>	Saturday 13 th May Luton <i>14/under</i>	Sunday 14 th May Luton <i>14/under</i>
Session 1 (AM)	Session 3 (Heats)	Session 7 (Heats)	Session 11 (Heats)	Session 15 (Heats)	Session 19 (PM)	Session 20 (Heats)	Session 23 (Heats)
M 1500m Freestyle	W 200m IM M 200m IM W 50m Breaststroke	W 200m Butterfly M 50m Backstroke W 50m Freestyle M 100m Breaststroke	M 200m Butterfly W 50m Backstroke M 50m Freestyle W 100m Breaststroke	W 200m IM M 200m IM W 100m Backstroke	Mixed 800m Freestyle	W 200m Butterfly M 200m Breaststroke W 100m Breaststroke M 50m Butterfly W 400m Freestyle	M 200m Butterfly W 200m Breaststroke M 100m Breaststroke W 50m Butterfly M 400m Freestyle
Session 2	Session 4 (Heats)	Session 8 (Heats)	Session 12 (Heats)	Session 16 (Heats)		Session 21 (Heats)	Session 24 (Heats)
W 1500m Freestyle	M 50m Breaststroke W 100m Butterfly M 100m Butterfly W 50m Backstroke	W 200m Breaststroke M 100m Butterfly W 400m Freestyle	M 200m Breaststroke W 100m Butterfly M 400m Freestyle	M 100m Backstroke W 50m Breaststroke M 50m Breaststroke		M 100m Backstroke W 100m Freestyle M 50m Freestyle W 200m Backstroke M 400m IM	W 100m Backstroke M 100m Freestyle W 50m Freestyle M 200m Backstroke W 400m IM
	Session 5 (Heats)	Session 9 (Heats)	Session 13 (Heats)	Session 17 (Heats)			
	M 50m Backstroke W 200m Freestyle M 200m Freestyle	M 100m Freestyle W 200m Backstroke M 400m IM W 4x200m Free Relay	W 100m Freestyle M 200m Backstroke W 400m IM M 4x200m Free Relay	W 50m Butterfly M 50m Butterfly W 200m Freestyle M 200m Freestyle			
	Session 6 (Finals)	Session 10 (Finals)	Session 14 (Finals)	Session 18 (Finals)		Session 22 (Finals)	Session 25 (Finals)
	W 200m IM M 200m IM W 50m Breaststroke M 50m Breaststroke W 100m Butterfly M 100m Butterfly W 50m Backstroke M 50m Backstroke W 200m Freestyle M 200m Freestyle	M 50m Backstroke W 200m Butterfly M 100m Breaststroke W 50m Freestyle M 100m Butterfly W 200m Breaststroke M 100m Freestyle W 200m Backstroke <i>Break</i> M 4x100m Free Relay W 4x100m Med. Relay <i>All relays are subdivided into 14-16 and 17+ age groups, swum in that order</i>	W 50m Backstroke M 200m Butterfly W 100m Breaststroke M 50m Freestyle W 100m Butterfly M 200m Breaststroke W 100m Freestyle M 200m Backstroke <i>Break</i> W 4x100m Free Relay M 4x100m Med. Relay <i>All relays are subdivided into 14-16 and 17+ age groups, swum in that order</i>	W 200m IM M 200m IM W 100m Backstroke M 100m Backstroke W 50m Breaststroke M 50m Breaststroke W 200m Freestyle M 200m Freestyle W 50m Butterfly M 50m Butterfly		W 200m Butterfly M 200m Breaststroke W 100m Breaststroke M 50m Butterfly W 100m Freestyle M 100m Backstroke W 200m Backstroke M 50m Freestyle	M 200m Butterfly W 200m Breaststroke M 100m Breaststroke W 50m Butterfly M 100m Freestyle W 100m Backstroke M 200m Backstroke W 50m Freestyle <i>Top Swimmer/Top Club Presentations</i>

Further Information

- To comply with strict venue capacity limits, it is necessary to break the programme into small sessions at Norwich, as per last year.
- For the first two sessions of each day at Norwich, warm-up for the second session will commence almost immediately following the conclusion of the first session. These sessions will be short. There will then be longer lunch break between the second and third sessions of each day, and a break before the finals. In terms of entrance to the gallery, the first two sessions at Norwich on heat-finals days will be counted as a single session.
- For Luton, there are longer heat sessions, there will therefore be a longer break between the first and second session of each day.
- All events have finals, except for individual events of 400m or longer, and the relays, which are all Heat Declared Winner (HDW) events.
- Finals are age-group finals – the age groups are 11/12, 13, 14, 15, 16 and 17/over. Ages at midnight on 31st December 2023.
- Relays are subdivided into 14-16 and 17+ age groups, swum as separate events in that order. As these are national qualifying events, relay team declaration forms must be submitted one hour prior to the start of the session in which the relay is due to take place – an online form will be used.
- Withdrawals for heats and finals will also be via an electronic form, shared on the regional website in advance of the competition.
- An online entry system will be used; it will open approximately one month before the closing date of Thursday 6th April 2023 – at midnight.
- Qualifying times and closing dates are set to enable a suitable number of swimmers to enter and to allow time for appropriate arrangements to be made in advance of the championships – for this reason, it is not possible to include swims over the Easter weekend (7th-10th April) – were we to permit this, the qualifying times would need to be faster.
- No late entries will be permitted.
- The qualifying times are always reviewed following the conclusion of the county championship window and if it is felt that too few swimmers have made the qualifying time, they will be relaxed. Times will not be made faster. There are no qualifying times for relay events.
- All Para Swimming events take place on 29 April – 1st May weekend, irrespective of the swimmer's age.
- M = Men's events, W = Women's events.
- All events are being held within the national qualifying window, which has been extended compared to previous years.
- Entry fees are £8 per individual event and £10 for relays.
- The event is being live streamed as per previous events and merchandise will also be available.
- There will be no Development Competition this year; more clubs are now able to run open meets and we recognise that this money is essential for clubs at this time.
- We do not envisage COVID-19 impacting this event however please note that the Promoter reserves the right to make alterations to any aspect of the competition should COVID-19 or any other form of *force majeure* make this necessary.