

## Swim England East Region Long Course Championships 2023

Swim England East Region is today releasing initial information concerning the 2023 Swim England East Region Long Course Championships.

Saturday 22 <sup>nd</sup> April 2023 UEA Sportspark, Norwich	1500m Freestyle (all ages)
Sunday 23 <sup>rd</sup> April 2023 UEA Sportspark, Norwich	14/under individual events
Saturday 29 <sup>th</sup> April – Monday 1 <sup>st</sup> May 2023 UEA Sportspark, Norwich	15/over individual events, except 800m/1500m National qualifying relays Para-Swimming events
Friday 12 <sup>th</sup> May 2023 (Evening) Inspire Luton Sports Village	800m Freestyle (all ages)
Saturday 13 <sup>th</sup> May-Sunday 14 <sup>th</sup> May 2023 Inspire Luton Sports Village	14/under individual events

All events will take place within the national qualifying window.

Families, coaches and team managers are advised only to book hotel accommodation on a free-to-cancel basis at this stage.

To ensure compliance with strict capacity limits, the 'mini-session' format used at last year's championships will continue to operate for all events at Norwich. There will be a standard 'two heats session plus a finals session' during the full days at Luton.

The schedule and qualifying times have been prepared and are currently going through the licensing process; they will be released well in advance of county championships.

Entries will close on Thursday 6<sup>th</sup> April 2023 at midnight. An online entry system will be used.

Ages are 11/12, 13, 14, 15, 16, 17/over.

At regional championships, there are heats and finals in all 50m, 100m and 200m events. 400m, 800m and 1500m events are swum on a Heat Declared Winner (HDW) basis, as are relays.

Entry fees remain unchanged - £8 per individual event and £10 per relay entry.

With clubs increasingly reliant on funds from open meets, please note that there will be no regional development competition this year.

The event will be fully live-streamed as per previous regional events.

We look forward to welcoming the region's clubs to Norwich and Luton in April and May.

Queries should be directed to [swimming@eastswimming.org](mailto:swimming@eastswimming.org)

**Swim England East Region Swimming Leadership Group**

**December 2022**