

Swim England East Region Long Course Championships 2024

General Information

A few weeks ago, the Swim England East Region Swimming Leadership Group became aware that the 2024 GCSE, AS and A Level public examination season had been calendared to start earlier than usual.

The region has conventionally held its 15+ championships over the early May bank holiday weekend. In 2024, public examinations will commence just two working days after this public holiday, on Thursday 9th May. There are GCSE Biology and GCSE Combined Science examinations on Friday 10th May involving all Year 11 students. We have historically used this day to hold the 800m Freestyle for all age groups.

In order to assist swimmers and their families with examination preparations, the region will be piloting a revised competition schedule for 2024, which will be evaluated at the conclusion of the championships. The schedule is designed to give 15+ swimmers as much rest as possible in the week prior to the start of their examinations. A summary of the competition is provided here; there is a detailed schedule overleaf.

Date	Events	Age Groups	Venue
Friday 19 th April 2024 (PM)	800m Freestyle*	All age groups	Inspire Luton Sports Village
Saturday 20 th April 2024	15+, Para and Relay events (Day 1)	15+, Para	Inspire Luton Sports Village
Sunday 21 st April 2024	15+, Para and Relay events (Day 2)	15+, Para	Inspire Luton Sports Village
Saturday 4 th May 2024	15+ and Para events (Day 3)	15+, Para	UEA Sportspark, Norwich
Sunday 5 th May 2024	1500m Freestyle*	All age groups	UEA Sportspark, Norwich
Monday 6 th May 2024	14/under events (Day 1)	14/under	UEA Sportspark, Norwich
Saturday 11 th May 2024	14/under events (Day 2)	14/under	UEA Sportspark, Norwich
Sunday 12 th May 2024	14/under events (Day 3)	14/under	UEA Sportspark, Norwich

*The 800m and 1500m Freestyle will be swum in combined Male/Open and Female heats. For the 1500m Freestyle on Sunday 5th May, the 15+ heats will take place in the morning and the 14/under heats in the afternoon.

The regional entry fee for individual long course events has been £8 for some time. With regret, due to increased costs, it has been necessary to raise this fee to £9 for 2024. The championships run on a break-even basis.

Swim England East Region Long Course Championships 2024 – Race Schedule

Friday 19 th April Luton <i>All ages</i>	Saturday 20 th April Luton <i>15/over (+Para)</i>	Sunday 21 st April Luton <i>15/over (+ Para)</i>	Saturday 4 th May Norwich <i>15/over (+Para)</i>	Sunday 5 th May Norwich <i>All ages</i>	Monday 6 th May Norwich <i>14/under</i>	Saturday 11 th May Norwich <i>14/under</i>	Sunday 12 th May Norwich <i>14/under</i>
Session 1 (PM)	Session 2 (Heats)	Session 6 (Heats)	Session 10 (Heats)	Session 14 (AM)	Session 16 (Heats)	Session 20 (Heats)	Session 24 (Heats)
Mixed 800m Freestyle	W 200m Butterfly MO 50m Backstroke W 50m Freestyle MO 100m Breaststroke	MO 200m Butterfly W 50m Backstroke MO 50m Freestyle W 100m Breaststroke	W 200m IM MO 200m IM W 100m Backstroke	Mixed 1500m Freestyle (15+)	W 200m IM MO 200m IM W 50m Breaststroke	W 200m Butterfly MO 200m Breaststroke W 100m Breaststroke MO 50m Butterfly	MO 200m Butterfly W 200m Breaststroke MO 100m Breaststroke W 50m Butterfly
	Session 3 (Heats)	Session 7 (Heats)	Session 11 (Heats)	Session 15	Session 17 (Heats)	Session 21 (Heats)	Session 25 (Heats)
	W 200m Breaststroke MO 100m Butterfly W 400m Freestyle	MO 200m Breaststroke W 100m Butterfly MO 400m Freestyle	MO 100m Backstroke W 50m Breaststroke MO 50m Breaststroke	Mixed 1500m Freestyle (14/U)	MO 50m Breaststroke W 100m Butterfly MO 100m Butterfly W 50m Backstroke	W 400m Freestyle MO 100m Backstroke W 100m Freestyle	MO 400m Freestyle W 100m Backstroke MO 100m Freestyle
	Session 4 (Heats)	Session 8 (Heats)	Session 12 (Heats)		Session 18 (Heats)	Session 22 (Heats)	Session 26 (Heats)
	MO 100m Freestyle W 200m Backstroke MO 400m IM W 4x200m Free Relay	W 100m Freestyle MO 200m Backstroke W 400m IM MO 4x200m Free Relay	W 50m Butterfly MO 50m Butterfly W 200m Freestyle MO 200m Freestyle		MO 50m Backstroke W 200m Freestyle MO 200m Freestyle	MO 50m Freestyle W 200m Backstroke MO 400m IM	W 50m Freestyle MO 200m Backstroke W 400m IM
	Session 5 (Finals)	Session 9 (Finals)	Session 13 (Finals)		Session 19 (Finals)	Session 23 (Finals)	Session 27 (Finals)
	MO 50m Backstroke W 200m Butterfly MO 100m Breaststroke W 50m Freestyle MO 100m Butterfly W 200m Breaststroke MO 100m Freestyle W 200m Backstroke <i>Break</i> MO 4x100m Free.Relay W 4x100m Med. Relay	W 50m Backstroke MO 200m Butterfly W 100m Breaststroke MO 50m Freestyle W 100m Butterfly MO 200m Breaststroke W 100m Freestyle MO 200m Backstroke <i>Break</i> W 4x100m Free Relay MO 4x100m Med. Relay	W 200m IM MO 200m IM W 100m Backstroke MO 100m Backstroke W 50m Breaststroke MO 50m Breaststroke W 200m Freestyle MO 200m Freestyle W 50m Butterfly MO 50m Butterfly		W 200m IM MO 200m IM W 50m Breaststroke MO 50m Breaststroke W 100m Butterfly MO 100m Butterfly W 50m Backstroke MO 50m Backstroke W 200m Freestyle MO 200m Freestyle	W 200m Butterfly MO 200m Breaststroke W 100m Breaststroke MO 50m Butterfly W 100m Freestyle MO 100m Backstroke W 200m Backstroke MO 50m Freestyle	MO 200m Butterfly W 200m Breaststroke MO 100m Breaststroke W 50m Butterfly MO 100m Freestyle W 100m Backstroke MO 200m Backstroke W 50m Freestyle
							<i>Top Swimmer/Top Club Presentations</i>

Relays are swum in two age bands, 14-16 and 17/over. In event of low entries, both age group events may be combined into a single heat.

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Qualifying Times

Short Course Times	Female						Open/Male					
	11/12	13	14	15	16	17/over	11/12	13	14	15	16	17/over
50m Freestyle	32.50	30.69	29.50	29.12	28.75	28.16	32.50	30.05	28.25	26.70	26.25	25.50
100m Freestyle	1:12.00	1:07.00	1:04.63	1:03.50	1:02.00	1:01.50	1:12.00	1:06.10	1:01.50	58.30	57.20	55.50
200m Freestyle	2:37.50	2:26.50	2:22.50	2:17.17	2:15.00	2:13.00	2:37.50	2:25.75	2:16.00	2:08.25	2:06.00	2:03.00
400m Freestyle	5:40.00	5:09.00	5:01.62	4:50.13	4:46.93	4:45.00	5:40.00	5:08.75	4:48.90	4:35.00	4:25.90	4:24.00
800m Freestyle	11:25.00	10:25.00	10:00.00	9:50.00	9:45.00	9:40.00	11:25.00	10:25.00	9:42.00	9:30.00	9:10.00	9:00.00
1500m Freestyle	22:15.00	20:50.00	19:55.00	19:20.00	19:00.00	18:50.00	22:15.00	20:50.00	19:15.00	18:35.00	18:00.00	17:45.00
50m Butterfly	36.75	34.10	32.75	31.25	31.00	30.75	36.75	34.00	31.75	29.50	28.75	27.50
100m Butterfly	1:27.00	1:18.85	1:15.60	1:12.00	1:11.00	1:10.00	1:27.00	1:18.00	1:11.75	1:06.50	1:04.00	1:01.65
200m Butterfly	3:30.00	3:15.00	2:55.00	2:50.00	2:45.00	2:40.00	3:30.00	3:10.00	2:50.00	2:35.00	2:25.00	2:20.00
50m Backstroke	37.75	35.50	33.75	33.15	32.65	32.15	37.75	35.16	32.50	30.79	30.36	29.25
100m Backstroke	1:22.00	1:16.50	1:13.15	1:11.00	1:10.50	1:10.00	1:22.00	1:15.50	1:11:50	1:07.50	1:06.00	1:03.25
200m Backstroke	2:58.00	2:46.00	2:38.00	2:35.10	2:34.00	2:32.00	2:58.00	2:44.80	2:33.00	2:27.99	2:25.00	2:20.41
50m Breaststroke	43.25	40.30	38.45	37.80	36.00	35.50	43.25	40.10	37.00	34.75	33.85	32.50
100m Breaststroke	1:34.50	1:28.00	1:24.00	1:21.46	1:19.10	1:18.50	1:34.50	1:26.75	1:21.00	1:17.25	1:15.00	1:12.50
200m Breaststroke	3:25.00	3:12.00	3:05.19	2:58.99	2:55.04	2:53.25	3:25.00	3:09.10	2:57.75	2:47.00	2:44.41	2:41.00
200m Individual Medley	2:58.00	2:48.00	2:42.00	2:35.60	2:34.00	2:30.78	2:58.00	2:44.81	2:33.75	2:25.47	2:22.50	2:16.47
400m Individual Medley	6:20.00	6:00.00	5:45.00	5:37.50	5:30.00	5:25.00	6:20.00	5:55.00	5:35.00	5:20.00	5:15.00	5:05.00

These are short course (25m) qualifying times, long course conversion times are accepted, using Sportsystems time converter only. Closing date is Thursday 4th April 2024 (midnight). Ages as at midnight on 31st December 2024. Qualifying period is 1st January 2023 to the entry closing date. Times can be achieved at licence levels 1,2 and 3.

Entry will be via an online entry system – there will be no entry file. Para-Swimming qualifying standards are given in the main conditions document. Queries to swimming@eastswimming.org. These times are set based upon an analysis of times swum by swimmers in each age group in the period September-December 2023.

Qualifying times are reviewed at the conclusion of the county championship window, at which point times may be eased but not made faster.