

Swim England East Region Long Course Championships 2024 - Race Schedule

Friday 19 th April Luton All ages	Saturday 20 th April Luton 15/over (+Para)	Sunday 21 st April Luton 15/over (+ Para)	Saturday 4 th May Norwich 15/over (+Para)	Sunday 5 th May Norwich All ages	Monday 6 th May Norwich 14/under	Saturday 11 th May Norwich 14/under	Sunday 12 th May Norwich 14/under
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.