



Swim England East Region Long Course Championships 2022 – Initial Information Release

The Swim England East Region Swimming Leadership Group is currently monitoring the UK Government's response to the COVID-19 Omicron variant very carefully. Throughout the pandemic, the Region has sought to organise events that enable as many athletes as possible to benefit from regional swimming competition in a safe manner.

It is for this reason that the Region is yet to publish details of its 2022 Long Course Championships, as it is incumbent on all event promoters to create event schedules that best respond to any restrictions that are in place at the time. The setting of accurate qualifying times is also quite problematic, as the number of athletes who qualify will be conditional on the amount of competitive swimming that is possible over the next few months. At the back of this document, the Region is publishing a set of championship consideration standards, but these may need to be adapted in response to pandemic developments. These times will be reviewed regularly; they will be revised if it is felt that insufficient athletes will qualify.

Also contained within this document are outline details of our pool bookings and the age groups we plan to allocate to each weekend. The Region is still working on the schedule, as this is reliant on the number of athletes allowed at the venue at the time. We plan to release an initial schedule on Monday 17th January 2022, but this, as ever, will be subject to change.

We appreciate that swimmers and their families may wish to start making travel arrangements and hotel reservations for the weekends, but our very strong advice is that they only do so on a fully refundable basis. The Region will not be able to reimburse families for any personal loss of funds incurred through cancelled travel or accommodation plans.

The Swim England East Region Swimming Leadership Group would like to thank all athletes, parents/carers, coaches, team managers, volunteers and technical officials for their support and contribution to our 2021 events, including the Festival of Swimming and Short Course Championships. We hope to deliver successful long and short course competitions in 2022.

Queries should be directed to swimming@eastswimming.org

Current Intended Long Course Championship Schedule

Initial full championship schedule to be published on Monday 17th January 2022

Saturday 2 nd April 2022 (Morning)	UEA Sportspark, Norwich	<ul style="list-style-type: none"> - 1500m Freestyle - All age groups - Both genders
Saturday 30 th April, Sunday 1 st May, Monday 2 nd May 2022	UEA Sportspark, Norwich	<ul style="list-style-type: none"> - All national qualifying relays (14-16 and 17+) (4x100m Medley/Free; 4x200m Free, both genders) - Individual championship events, with a focus on older (15+) age groups - All Para-Swimming events (irrespective of swimmer age) - A small number of 14/under age group events will need to be held on this weekend. The 14/under individual events will be held on Monday 2nd May. - 15+ individual events will be across all three days.
Friday 6 th May 2022 (Evening)	Inspire – Luton Sports Village	<ul style="list-style-type: none"> - 800m Freestyle - All age groups - Both genders
Saturday 7 th May, Sunday 8 th May 2022	Inspire Luton Sports Village	<ul style="list-style-type: none"> - Individual championship events, with a focus on younger (14/under) age groups. - If restrictions become severe, it may be necessary to hold some 15+ age group events here, but given the proximity to the public examination season, this will be a last resort.

Non-Championship Development Events or Reserve Championship Pool Time

Saturday 2 nd April 2022 (Afternoon/Evening) Sunday 3 rd April 2022	UEA Sportspark, Norwich	<ul style="list-style-type: none"> - Long course development competition for Swim England East Region athletes, including some out-of-pool development activities. - No regional championship events, to ensure no clash with British Championships, which start on 5th April. - The use of this pool time is being constantly reviewed to ensure that the Region has a 'buffer' of time should it need to space out its events event further. Our current intention however, is to offer swims to those just shy of the championship qualifying times. Additionally, should British Championships restrict entries, as per the 2021 Olympic Selection Meet and British Para-Swimming International – this may serve as a substitute race opportunity for regional athletes who miss out on their British Champs swims. - Confirmation of our final plans for this time will be published by the end of January.
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Swim England East Region Long Course Championships 2022

Consideration Times

Short Course Times	Women						Men					
	11/12	13	14	15	16	17/over	11/12	13	14	15	16	17/over
50m Freestyle	33.00	30.89	29.78	29.12	28.84	28.16	33.00	29.98	28.11	27.35	26.75	26.15
100m Freestyle	1:13.50	1:07.62	1:04.47	1:03.00	1:02.50	1:02.00	1:13.50	1:07.00	1:01.50	59.15	57.59	56.15
200m Freestyle	2:39.00	2:27.87	2:22.91	2:17.17	2:16.96	2:14.00	2:39.00	2:26.76	2:16.31	2:10.09	2:06.50	2:03.00
400m Freestyle	5:35.00	5:15.38	5:00.62	4:50.13	4:46.93	4:45.00	5:35.00	5:10.00	4:50.72	4:37.41	4:25.79	4:18.03
800m Freestyle	11:45.00	11:05.00	10:35.00	10:00.00	9:55.00	9:55.00	11:45.00	11:00.00	10:25.00	9:46.00	9:30.00	9:20.00
1500m Freestyle	21:45.00	21:15.00	20:15.00	19:50.00	19:45.00	19:40.00	21:45.00	21:00.00	19:45.00	18:30.00	18:15.00	18:00.00
50m Butterfly	38.50	34.72	33.37	32.03	31.75	30.91	38.50	33.84	31.29	30.07	28.82	27.67
100m Butterfly	1:28.00	1:18.50	1:15.88	1:12.50	1:11.87	1:11.25	1:28.00	1:17.57	1:11.76	1:07.70	1:04.67	1:02.00
200m Butterfly	3:45.00	3:15.00	2:55.00	2:50.00	2:45.00	2:40.00	3:45.00	3:15.00	2:55.00	2:36.00	2:25.00	2:20.00
50m Backstroke	38.50	35.75	33.99	33.15	32.75	32.50	38.50	35.16	32.97	31.31	30.52	29.30
100m Backstroke	1:24.50	1:16.00	1:13.34	1:11.53	1:11.19	1:11.00	1:24.50	1:16.00	1:12.09	1:08.00	1:06.50	1:03.40
200m Backstroke	3:04.50	2:46.80	2:39.70	2:35.10	2:34.00	2:32.00	3:04.50	2:46.80	2:36.00	2:27.99	2:25.00	2:20.41
50m Breaststroke	44.00	40.55	38.68	38.25	37.53	36.76	44.00	40.55	36.92	35.10	33.90	32.75
100m Breaststroke	1:37.00	1:28.64	1:24.36	1:22.46	1:20.50	1:19.50	1:37.00	1:28.64	1:21.50	1:17.82	1:15.15	1:13.50
200m Breaststroke	3:25.00	3:08.00	3:04.19	2:58.42	2:56.04	2:54.25	3:25.00	3:08.00	2:57.13	2:50.54	2:44.41	2:42.00
200m Individual Medley	3:05.51	2:48.81	2:42.74	2:36.60	2:35.00	2:30.78	3:05.51	2:48.81	2:35.10	2:29.10	2:23.28	2:16.47
400m Individual Medley	6:30.00	6:15.00	5:45.00	5:38.50	5:35.00	5:30.00	6:30.00	6:15.00	5:45.00	5:25.51	5:20.00	5:10.00

These are short course (25m) consideration times, long course conversion times are accepted, using Sportsystems time converter only. Closing date is Wednesday 20th April 2022 (midnight) for all events, except for 1500m Freestyle, which shall be Wednesday 23rd March (midnight). Ages as at midnight on 31st December 2022. Qualifying period is 1st January 2020 to the entry closing date. Times can be achieved at licence levels 1,2 and 3. With regret, achieving the time does not guarantee entry to the championships as prevailing COVID-19 conditions may result in restrictions on the number of athletes who are able to compete. Entry will be via an online entry system – there will be no entry file. Para-Swimming consideration standards are given in separate document.



Swim England East Region Long Course Championships 2022

Race Schedule

Saturday 2 nd April Norwich <i>All Ages</i>	Saturday 30 th April Norwich <i>15+, Para and relays</i>	Sunday 1 st May Norwich <i>15+, Para and relays</i>	Monday 2 nd May Norwich <i>All Ages and Para</i>	Friday 6 th May Luton <i>All Ages</i>	Saturday 7 th May Luton <i>14/under</i>	Sunday 8 th May Luton <i>14/under</i>
Session One	Session Three	Session Seven	Session Eleven	Session Fifteen	Session Sixteen	Session Twenty
M 1500m Freestyle	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 I.M M 200m I.M W 100m Backstroke	W 800m Freestyle M 800m Freestyle	W 200m Butterfly M 50m Backstroke W 50m Freestyle M 100m Breaststroke	M 200m Butterfly W 50m Backstroke M 50m Freestyle W 100m Breaststroke
Session Two	Session Four	Session Eight	Session Twelve		Session Seventeen	Session Twenty-One
W 1500m Freestyle	W 200m Breaststroke M 100m Butterfly W 400m Freestyle	M 200m Breaststroke W 100m Butterfly M 400m Freestyle	M 100m Backstroke W 50m Butterfly M 50m Butterfly		W 200m Breaststroke M 100m Butterfly W 400m Freestyle	M 200m Breaststroke W 100m Butterfly M 400m Freestyle
	Session Five	Session Nine	Session Thirteen		Session Eighteen	Session Twenty-Two
	W 200m Backstroke M 100m Freestyle W 50m Breaststroke M 400m Individual Medley W 14-16 4x200m Free Relay W 17+ 4x200m Free Relay	M 200m Backstroke W 100m Freestyle M 50m Breaststroke W 400m Individual Medley M 14-16 4x200m Free Relay M 17+ 4x200m Free Relay	W 200m Freestyle M 200m Freestyle		W 200m Backstroke M 100m Freestyle W 50m Breaststroke M 400m I.M	M 200m Backstroke W 100m Freestyle M 50m Breaststroke W 400m I.M
	Session Six	Session Ten	Session Fourteen		Session Nineteen	Session Twenty-Three
	FINALS (In Order Above) <i>Break</i> M 14-16 4x100m Free Relay M 17+ 4x100m Free Relay W 14-16 4x100m Medley Relay W 17+ 4x100m Medley Relay	FINALS (In Order Above) <i>Break</i> W 14-16 4x100m Free Relay W 17+ 4x100m Free Relay M 14-16 4x100m Medley Relay M 17+ 4x100m Medley Relay	FINALS (In Order Above)	FINALS (In Order Above)	FINALS (In Order Above)	

All individual 50m, 100m and 200m events have individual age-group finals in the evening.

All individual events of 400m and higher and all relays are swum in Heat Declared Winner (HDW) format.

Warm-Up is likely to be at 08:00 or 08:30 for the first session of each day, except Friday 6th May which is an evening session.

There are no qualifying times for relays – these events are also qualifying opportunities for the relay events at British Summer Championships.



Swim England East Region Long Course Development Competition 2022

Initial Race Schedule

UEA Sportspark, Norwich

Saturday 2 nd April – Afternoon Start	Sunday 3 rd April – Morning Start
<p style="text-align: center;">Session One</p> <p style="text-align: center;">D 400m I.M D 100m Butterfly D 50m Backstroke D 200m Freestyle</p> <p style="text-align: center;"><i>Session One follows the conclusion of the 1500m championship sessions</i></p>	<p style="text-align: center;">Session Two</p> <p style="text-align: center;">D 400m Freestyle D 100m Backstroke D 50m Butterfly D 200m Breaststroke</p> <p style="text-align: center;">Session Three</p> <p style="text-align: center;">D 200m I.M D 100m Breaststroke D 50m Freestyle D 200m Butterfly</p> <p style="text-align: center;">Session Four</p> <p style="text-align: center;">D 100m Freestyle D 50m Breaststroke D 200m Backstroke D 800m Freestyle</p>

This is an outline schedule of our development competition and is subject to change. It shall be offered to the same age groups as our championship competition, and is intended as a development event for those just shy of the championship entry standards, and as consolation swim for those athletes who *may* be rejected from their event(s) at the British Swimming Championships and British Para-Swimming International. The development competition will comprise mixed gender races, and all events shall be HDW. The event is restricted to Swim England East Region club members, although we reserve the right to open entries to clubs outside of the Swim England East Region in the event of undersubscription. This meet is intended to be a licensed at Level One.



Swim England East Region Development Competition 2022

Consideration Times

Short Course Times Event	Women						Men					
	11/12	13	14	15	16	17/over	11/12	13	14	15	16	17/over
50m Freestyle	36.00	32.98	31.78	31.12	30.84	30.16	35.00	32.98	30.11	29.35	28.75	28.15
100m Freestyle	1:16.50	1:10.62	1:08.47	1:07.00	1:06.50	1:06.00	1:16.50	1:10.00	1:04.50	1:02.15	1:00.59	59.15
200m Freestyle	2:45.00	2:33.87	2:30.91	2:25.17	2:23.96	2:22.00	2:45.00	2:33.76	2:24.31	2:17.09	2:13.50	2:08.00
400m Freestyle	5:55.00	5:35.38	5:20.62	5:10.13	5:06.93	5:05.00	5:55.00	5:30.00	5:10.72	4:57.41	4:45.79	4:38.03
800m Freestyle	12:00.00	11:20.00	10:55.00	10:20.00	10:15.00	10:15.00	12:00.00	11:20.00	10:45.00	10:00.00	9:50.00	9:40.00
50m Butterfly	41.50	37.72	36.37	35.03	34.75	33.91	41.50	36.84	34.29	33.07	31.82	30.67
100m Butterfly	1:32.00	1:22.50	1:19.88	1:16.50	1:15.87	1:15.25	1:32.00	1:21.57	1:15.76	1:11.70	1:08.67	1:06.00
200m Butterfly	4:00.00	3:25.00	3:05.00	3:00.00	2:55.00	2:50.00	4:00.00	3:25.00	3:05.00	2:46.00	2:35.00	2:30.00
50m Backstroke	41.50	38.75	36.99	36.15	35.75	35.50	41.50	38.16	35.97	34.31	33.52	32.30
100m Backstroke	1:28.50	1:20.00	1:17.34	1:15.53	1:15.19	1:15.00	1:28.50	1:20.00	1:16.09	1:12.00	1:10.50	1:08.40
200m Backstroke	3:12.50	2:54.80	2:47.70	2:43.10	2:41.00	2:40.00	3:12.50	2:54.80	2:44.00	2:35.99	2:32.00	2:28.41
50m Breaststroke	47.00	43.55	41.68	41.25	40.53	39.76	47.00	43.55	39.92	38.10	36.90	35.75
100m Breaststroke	1:41.00	1:32.64	1:28.36	1:26.46	1:24.50	1:23.50	1:41.00	1:32.64	1:25.50	1:21.82	1:19.15	1:17.50
200m Breaststroke	3:33.00	3:16.00	3:12.19	3:06.42	3:04.04	3:02.25	3:33.00	3:16.00	3:05.13	2:58.54	2:52.41	2:50.00
200m Individual Medley	3:13.51	2:56.81	2:50.74	2:44.60	2:43.00	2:38.78	3:13.51	2:56.81	2:43.10	2:37.10	2:31.28	2:24.47
400m Individual Medley	6:50.00	6:35.00	6:05.00	5:58.50	5:55.00	5:50.00	6:50.00	6:35.00	6:05.00	5:45.51	5:40.00	5:30.00

These are short course (25m) consideration times, long course conversion times are accepted, using Sportsystems time converter only. Closing date is Wednesday 23rd March (midnight) for all events. Ages as at midnight on 31st December 2022. Qualifying period is 1st January 2020 to entry closing date. Times can be achieved at licence levels 1,2 and 3. With regret, achieving the time does not guarantee entry to the championships as prevailing COVID-19 conditions may result in restrictions on the number of athletes who are able to compete. Entry will be via an online entry system – there will be no entry file. Para-Swimmers may enter the designated Para-Swimming events if they do not have the consideration time for that event at the regional championship meet. Swimmers may not swim in an event in the development competition if they also have a consideration time for the equivalent event at the 2022 Swim England East Region Long Course Championships. If swimmers post a time at the Development Meet that qualifies them for the Long Course Championships, they may enter the Long Course Championships in that event.