

Swim England East Region Long Course Championships 2026 - Race Schedule

Friday 24 April Luton 15+	Saturday 25 April Luton 15+ (+Para)	Sunday 26 April Luton 15+ (+ Para)	Saturday 2 May Norwich 15+ (+Para)	Sunday 3 May Norwich All ages	Monday 4 May Norwich 14/under	Friday 8 May Luton 14/under	Saturday 9 May Luton 14/under	Sunday 10 May Luton 14/under
Session 1 (PM)	Session 2 (Heats)	Session 5 (Heats)	Session 8 (Heats)	Session 12 (AM)	Session 14 (Heats)	Session 18 (PM)	Session 19 (Heats)	Session 22 (Heats)
Mixed 800m Freestyle	W 200m Butterfly MO 200m Backstroke W 50m Backstroke MO 100m Butterfly W 400m Freestyle	MO 200m Butterfly W 200m Backstroke MO 50m Backstroke W 100m Butterfly M 400m Freestyle	W 200m IM MO 200m IM W 100m Backstroke	Mixed 1500m Freestyle (15+)	W 200m IM MO 200m IM W 50m Breaststroke	Mixed 800m Freestyle	W 200m Butterfly MO 50m Butterfly W 100m Breaststroke MO 200m Breaststroke W 400m Freestyle	MO 200m Butterfly W 50m Butterfly MO 100m Breaststroke W 200m Breaststroke MO 400m Freestyle
	Session 3 (Heats)	Session 6 (Heats)	Session 9 (Heats)	Session 13	Session 15 (Heats)		Session 20 (Heats)	Session 23 (Heats)
	MO 100m Breaststroke W 200m Breaststroke MO 100m Freestyle W 50m Freestyle MO 400m IM W 4x200m Free Relay	W 100m Breaststroke MO 200m Breaststroke W 100m Freestyle MO 50m Freestyle W 400m IM MO 4x200m Free Relay	MO 100m Backstroke W 50m Butterfly MO 50m Butterfly	Mixed 1500m Freestyle (14/U)	MO 50m Breaststroke W 100m Butterfly MO 100m Butterfly W 50m Backstroke		MO 100m Backstroke W 200m Backstroke MO 50m Freestyle W 100m Freestyle MO 400m IM	W 100m Backstroke MO 200m Backstroke W 50m Freestyle MO 100m Freestyle W 400m IM
	Session 4 (Finals)	Session 7 (Finals)	Session 10 (Heats)		Session 16 (Heats)			
	W 200m Butterfly MO 100m Butterfly W 50m Backstroke MO 100m Breaststroke W 200m Breaststroke MO 200m Backstroke W 50m Freestyle MO 100m Freestyle <i>Break</i> W 4x100m Med. Relay MO 4x100m Free. Relay	MO 200m Butterfly W 100m Butterfly MO 50m Backstroke W 100m Breaststroke MO 200m Breaststroke W 200m Backstroke MO 50m Freestyle W 100m Freestyle <i>Break</i> MO 4x100m Med. Relay W 4x100m Free. Relay	W 50m Breaststroke MO 50m Breaststroke W 200m Freestyle MO 200m Freestyle		MO 50m Backstroke W 200m Freestyle MO 200m Freestyle			
			Session 11 (Finals)		Session 17 (Finals)		Session 21 (Finals)	Session 24 (Finals)
	W 200m Butterfly MO 100m Butterfly W 50m Backstroke MO 100m Breaststroke W 200m Breaststroke MO 200m Backstroke W 50m Freestyle MO 100m Freestyle <i>Break</i> W 4x100m Med. Relay MO 4x100m Free. Relay	MO 200m Butterfly W 100m Butterfly MO 50m Backstroke W 100m Breaststroke MO 200m Breaststroke W 200m Backstroke MO 50m Freestyle W 100m Freestyle <i>Break</i> MO 4x100m Med. Relay W 4x100m Free. Relay	W 200m IM MO 200m IM W 50m Butterfly MO 50m Butterfly W 100m Backstroke *		W 200m IM MO 200m IM W 50m Breaststroke MO 50m Breaststroke W 100m Butterfly *		W 200m Butterfly MO 50m Butterfly W 100m Breaststroke MO 200m Breaststroke *	MO 200m Butterfly W 50m Butterfly MO 100m Breaststroke W 200m Breaststroke *
			MO 100m Backstroke W 50m Breaststroke MO 50m Breaststroke W 200m Freestyle MO 200m Freestyle		MO 100m Butterfly W 50m Backstroke MO 50m Backstroke W 200m Freestyle MO 200m Freestyle		W 100m Freestyle MO 100m Backstroke W 200m Backstroke MO 50m Freestyle	MO 100m Freestyle W 100m Backstroke MO 200m Backstroke W 50m Freestyle
			<i>*Time permitting, a short break may be placed midway through the finals session on this day.</i>		<i>*Time permitting, a short break may be placed midway through the finals session on this day.</i>		<i>*Time permitting, a short break may be placed midway through the finals session on this day.</i>	<i>*Time permitting, a short break may be placed midway through the finals session on this day.</i>
								<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.

