



2026 Long Course Championships – Weekend One (1E260216)

Inspire Luton Sports Village (LU2 8DD)

Following feedback from participants, the weekends at Luton will operate in the standard format of two heats sessions and a finals session each day, as per the competition schedule. In previous years, the 15/over section of our Long Course Championships have had three heats sessions per day. Considering the increased number of participants in each heat session, it has been necessary to plan three warm-ups before each heat session on Saturday and Sunday. Arrangements for each warm-up are given in this document.

In operating two heats sessions, the day finishes fractionally earlier than it did in 2025.

Arrangements for Weekends 2 and 3 will be published on Monday 20 April 2026.

Friday 24 April 2026

Session One

Mixed 800m Freestyle

Warm-Up Start	18:00
Warm-Up Finish	18:25
Session Start	18:30
Session Finish	20:00

A ten-minute swim-down will be available in the competition pool at the end of this session, not included in the above timings.

The withdrawal of one swimmer in this session will reduce the number of planned heats from nine to eight, and result in an earlier finish.

Results for each age group category will be produced once the fastest entered swimmer in the age group has competed.

Saturday 25 April 2026

Session Two

Heats

Warm-Up Start	08:00
Warm-Up 1 – Women’s 200 Butterfly (plus all Para Swimmers in session)	08:00-08:20
Warm-Up 2 – Los Angeles	08:20-08:40
Warm-Up 3 – Brisbane	08:40-09:00
Session Start	09:05
Session Finish	11:25

A ten-minute swim-down will be available at the end of this session (not included in the timings).

There will be a designated lane for Para Swimmers in Warm Up 1.

Session Three

Heats

Warm-Up Start	11:55
Warm-Up 1 – Men’s 100m Breaststroke (plus all Para Swimmers in session)	11:55-12:15
Warm-Up 2 – Brisbane	12:15-12:35
Warm-Up 3 – Los Angeles	12:35-12:55
Session Start	13:00
Session Finish	15:15

A ten-minute swim-down will be available at the end of this session (not included in the timings).

The two Women’s 4x200m Freestyle Relay events will be combined into a single heat.

There will be a designated lane for Para Swimmers in Warm Up 1.

Session Four

Finals

Warm-Up Start	15:45
Women’s Warm-Up	15:45-16:00
Men’s Warm-Up	16:00-16:15
Finals Start	16:20
Finish Time	17:30 (Individual Finals) 18:10 (Relays)

A ten-minute break will be held between the end of the individual finals and the start of the relays.

A ten-minute swim-down will be available at the end of this session (not included in the timings).

Sunday 26 April 2026

Session Five

Heats

Warm-Up Start	08:00
Warm-Up 1 – Men's 200m Butterfly (plus all Para Swimmers in session)	08:00-08:20
Warm-Up 2 – Brisbane	08:20-08:40
Warm-Up 3 – Los Angeles	08:40-09:00
Session Start	09:05
Session Finish	11:10

A ten-minute swim-down will be available at the end of this session (not included in the timings).

There will be a designated lane for Para Swimmers in Warm Up 1.

Session Six

Heats

Warm-Up Start	11:40
Warm-Up 1 – Women's 100m Breaststroke (plus all Para Swimmers in session)	11:40-12:00
Warm-Up 2 – Los Angeles	12:00-12:20
Warm-Up 3 – Brisbane	12:20-12:40
Session Start	12:45
Session Finish	15:05

A ten-minute swim-down will be available at the end of this session (not included in the timings).

There will be a designated lane for Para Swimmers in Warm Up 1.

Session Seven

Finals

Warm-Up Start	15:35
Men's Warm-Up	15:35-15:50
Women's Warm-Up	15:50-16:05
Finals Start	16:10
Finish Time	17:20 (Individual Finals) 18:00 (Relays)

A ten-minute break will be held between the end of the individual finals and the start of the relays.

A ten-minute swim-down will be available at the end of this session (not included in the timings).

Warm-Up Groupings

These groupings will remain the same for the whole championships. When three warm-ups are in place, all swimmers from the club will warm up with their team, except for those in the first event of each session, who will swim in the first warm-up.

Team Los Angeles	Team Brisbane
Basildon Ph	Bedford SS
Berkhamsted	Bishop Stort
Biggleswade	Co Norwich
Bo Southend	Co St Albans
Braintree	Colchester
Brentwood	Hatfield
Bushey	Newmarket
Canvey Isl	Norwich Swan
Chelmsford	Potters Bar
Cheshunt	Putteridge
Co Cambridge	Rickmansworth
Co Ely	Rochford
Co Peterboro	Royston
Deben	Runnymede
Dereham	Saffron Wald
Diss Otters	Southend
Dunmow Atlantis	St Ives
Dunstable	St Neot Swan
Epping Forest	Stanway
Felixstowe	Stevenage
Flitwick	Stowmarket
Gt Yarmouth	Team Luton
Hadleigh	Team Waveney
Halesworth	teamipswich
Halstead	Thetford
Harpenden	Tring
Harwich DP	Verulam
Hemel Hemp	Ware
Hertford	Watford SC
Hitchin	West Suffolk
Hoddesdon	Wisbech
Leighton Buzzard	Witham Dolph
Leiston	Woodham F SC
Linslade	
Maldon Shark	
March	
Mildenhall	
New Hall	
Thurrock	
West Norfolk	

Dry Land Training Facilities

Dry land facilities will be made available in the Sports Hall – the specific area in use each day will be signposted. Athletes and teams are responsible for bringing their own equipment. Teams must also ensure that athletes under the age of 18 are adequately supervised. Please follow the safety signs displayed. Unaccredited parents are not permitted to enter this area.

<p>Officials and Volunteers</p>	<p>We have had a positive response, but still require individuals to assist with the competition. We need non-technical volunteers for all weekends and technical officials for weekends two and three.</p> <p style="text-align: center;">The sign-up can be found here: https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/</p> <p>There are separate sign-ups for officials and volunteers on this page.</p>
<p>Live Stream and Results</p>	<p style="text-align: center;">This event is being fully live streamed.</p> <p>You can access the live stream via the Region’s You Tube Channel: https://www.youtube.com/@SwimEnglandEastRegion</p> <p style="text-align: center;">The link to our live results system will be placed here: https://www.eastswimming.org/swimming/swimming-competitions/</p>
<p>Footwear/Clothing</p>	<p>All persons going poolside may only leave poolside in footwear and wearing clothes – swimmers may not leave the pool area unclothed/in costume.</p>
<p>Medals</p>	<p style="text-align: center;">A medal table will be in operation during this event. A regional backdrop will be provided for photographs.</p>
<p>Swim Shop</p>	<p style="text-align: center;">A swim shop will be present at this event.</p>
<p>Event Merchandise</p>	<p>Souvenir apparel/swimming hats can be purchased on both Saturday and Sunday at this event.</p>
<p>Spectators</p>	<p>The cost for spectating is £5 per heat session, or £10 for all heat sessions in a day.</p> <p style="text-align: center;">There is no charge for finals sessions. This includes the 800m session.</p> <p>Swimmers who are not competing in the session, and any other unaccredited person, is not permitted to enter poolside.</p>
<p>Coach and Team Manager Passes</p>	<p style="text-align: center;">Clubs have a duty to comply with the latest ratios provided in WavePower. If the promoter feels that a team has excessive numbers of accredited adults on poolside,</p>
<p>Queries</p>	<p style="text-align: center;">The Meet Director is Tom Baster, Swimming Manager, Swim England East Region. swimming@eastswimming.org</p>

<p>Withdrawals and Relay Team Declaration Forms</p>	<p>As the relays are national qualifiers, team declaration forms are required. Completion of these is via an online form:</p> <p>Withdrawals will also be via an online system. Both forms will be available at:</p> <p>https://www.eastswimming.org/swimming/swimming-competitions/</p>
<p>Programme</p>	<p>A online programme will be published here:</p> <p>https://www.eastswimming.org/swimming/swimming-competitions/</p>
<p>Quiet Revision Room</p>	<p>Athletes may revise during sessions in the Officials' Room. There may be limited space to revise between sessions as this is where our workforce take their breaks.</p>
<p>Parking</p>	<p>The information below is taken from the Inspire Luton Sports Village website:</p> <p>Parking</p> <p><i>If you are visiting us for more than 4 hours, you will need to pay for your parking before the end of the 4 hour free parking period.</i></p> <p>0-4 HOURS FREE 4-5 HOURS £3 5-6 HOURS £4 6-7 HOURS £5 7-8 HOURS £6 OVER 8 HOURS £7 NO FREE RETURN WITHIN 3 HOURS</p> <p>To Pay:</p> <ol style="list-style-type: none"> 1. Use the RingGo app or call: 02030460010 2. Enter site code: 48025 3. Enter credit/debit card details 4. State your vehicle registration number