



**2026 Long Course Championships – Weekend Three (1ER260218)**

Inspire Luton Sports Village, LU2 8DD

**Important Notice**

**We look forward to welcoming parents and supporters to Luton.**

**Please keep in mind that whilst we do not limit ticket sales, we do ask those attending to be sensible in the number of spectators they bring – one or two is best.**

**Schedule and Warm-Up Arrangements**

**Session Eighteen – Friday 8 May 2026**

***800m Session – 14/under***

Warm Up Start	18:00
Warm Up Finish	18:25
Session Start	18:30
Approximate Session Finish	20:35

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

**Session Nineteen - Saturday 9 May 2026**

***Heats***

Warm-Up Start	08:00
Warm-Up 1 – Women’s 200m Butterfly <i>and</i> Men’s 11/12 Yrs 50m Butterfly	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	12:05

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

**Session Twenty – Saturday 9 May 2026**

***Heats***

Warm-Up Start	12:35
Warm-Up 1 – Men’s 100m Backstroke	12:35-12:55
Warm-Up 2 – Brisbane	12:55-13:15
Warm-Up 3 – Los Angeles	13:15-13:35
Session Start	13:40
Session Finish	16:00

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

**Session Twenty-One – Saturday 9 May 2026**

***Finals***

Warm Up Start	16:30
Women’s Warm Up	16:30-16:45
Men’s/Open Warm Up	16:45-17:00
Start	17:05
Estimated Finish	18:25

*There will be a 10-minute pause after the Men’s/Open 200m Breaststroke Finals*

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

### Session Twenty-Two – Sunday 10 May 2026

#### Heats

Warm-Up Start	08:00
Warm-Up 1 – Men's 200m Butterfly and Women's 11/12 50m Butterfly	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	11:50

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

### Session Twenty-Three – Sunday 10 May 2026

#### Heats

Warm-Up Start	12:10
Warm-Up 1 – Women's 100m Backstroke	12:10-12:30
Warm-Up 2 – Los Angeles	12:30-12:50
Warm-Up 3 – Brisbane	12:50-13:10
Session Start	13:15
Session Finish	15:45

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

### Session Twenty-Four – Sunday 10 May 2026

#### Finals

Warm Up Start	16:15
Men's/Open Warm-Up	16:15-16:30
Women's Warm-Up	16:30-16:45
Start	16:50
Estimated Finish	18:15 (18:30 Presentations)

*There will be a 10-minute pause after the Women's 200m Breaststroke Finals*

*A ten-minute swim-down will be offered at the conclusion of this session (not included in 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, comprising at least two badminton courts will be made available in the Sports Hall. Athletes and teams are responsible for bringing their own equipment. Teams must also ensure that athletes under the age of 18 are adequately supervised. Unaccredited parents are not permitted to enter this area.

<b>Officials and Volunteers</b>	<p>We have had a positive response, but still require individuals to assist.</p> <p style="text-align: center;">The sign-up can be found here:  <a href="https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/">https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/</a></p> <p>There are separate sign-ups for officials and volunteers on this page.</p>
<b>Live Stream and Results</b>	<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:  <a href="https://www.youtube.com/@SwimEnglandEastRegion">https://www.youtube.com/@SwimEnglandEastRegion</a></p> <p style="text-align: center;">The link to our live results system will be shared via the region's Facebook and Twitter accounts.</p>
<b>Medals</b>	<p style="text-align: center;">A medal table will be in operation during this event.  A regional backdrop will be provided for photographs.</p>
<b>Age Group Presentations</b>	<p>At the end of the gala, formal presentations will be made to the top three swimmers in each Male/Open and Women's age group. There will also be an award for the Top Overall Swimmer and Top Club. Further details can be found in the conditions document. All awards are for 14/under swimmers, except for Top Club which covers all events at the championships, including Para Swimming.</p>
<b>Swim Shop</b>	<p style="text-align: center;">A swim shop will be present at this event.</p>
<b>Event Merchandise</b>	<p>Souvenir apparel/swimming hats can be purchased at the event.</p>
<b>Spectators</b>	<p>The cost for spectating is £5 per heat session, or £10 for all heat sessions in a day.</p> <p>Where there are three heats sessions in a single day, the first two sessions of the day shall be regarded as a single session for the purposes of buying tickets.</p> <p style="text-align: center;">There is no charge for finals sessions.</p>
<b>Coach and Team Manager Passes</b>	<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, the club's entries may be withdrawn for that session.</p>
<b>Queries</b>	<p style="text-align: center;">The Meet Director is Tom Baster, Swimming Manager, Swim England East Region.  <a href="mailto:swimming@eastswimming.org">swimming@eastswimming.org</a></p>
<b>Withdrawals</b>	<p>Withdrawals will also be via an online system. This will be shared via the region's website and social media channels nearer the event.</p> <p style="text-align: center;"><a href="https://www.eastswimming.org/swimming/swimming-competitions/">https://www.eastswimming.org/swimming/swimming-competitions/</a></p>

<p><b>Programme</b></p>	<p>A online programme will be published here:</p> <p><a href="https://www.eastswimming.org/swimming/swimming-competitions/">https://www.eastswimming.org/swimming/swimming-competitions/</a></p>
<p><b>Parking</b></p>	<p>The information below is taken from the Inspire Luton Sports Village website:</p> <p><b>Parking</b></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><b>To Pay:</b></p> <ol style="list-style-type: none"> <li>1. Use the RingGo app or call: <b>02030460010</b></li> <li>2. Enter site code: <b>48025</b></li> <li>3. Enter credit/debit card details</li> <li>4. State your vehicle registration number</li> </ol>