



2026 Long Course Championships – Weekend Two (1ER260217)

UEA Sportspark, Norwich (NR4 7TJ)

2,3,4 May 2026

OFFICIALS AND VOLUNTEERS

We are still looking for officials and non-technical volunteers for all sessions of the Norwich weekend.

Officials and volunteers are warmly encouraged to view our expense policy and access the sign-up form here:

[Technical Officials and Poolside Volunteers Applications to Officiate at Regional Swimming Competitions - Swim England East Region](#)

TRAFFIC ADVICE

Those travelling to Norwich should be mindful of the roadworks around the Thickthorn Roundabout (A47) when planning their journey as significant delays have often been reported. The latest information on the roadworks can be found here:

<https://nationalhighways.co.uk/our-roads/east/a47-thickthorn-junction-near-norwich/>

PARKING AT UEA SPORTSPARK/MAIN UEA CAR PARK

Just a reminder that parking arrangements may be different to previous visits. Please do check arrangements before travelling.

You can find more information about the UEA Sportspark Car Park here:

<https://www.sportspark.co.uk/notices/car-park-charges>

For information on the Main University Car Park – please see here:

<https://www.uea.ac.uk/about/information-for-visitors/travel-and-transport/car-parking>

Schedule and Warm-Up Arrangements

Session Eight - Saturday 2 May 2026

Heats

Warm Up Start	08:00
Women's Warm-Up	08:00-08:20
Men's/Open Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	09:45

Session Nine – Saturday 2 May 2026

Heats

Warm Up Start	09:55
Men's/Open Warm-Up <i>For all men except 17/over 50m Butterfly competitors</i>	09:55-10:15
Women's Warm-Up <i>Plus 17/over Men's 50m Butterfly competitors</i>	10:15-10:35
Session Start	10:40
Estimated Finish	11:40

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

Session Ten – Saturday 2 May 2026

Heats

Warm Up Start	12:10
Women's Warm-Up	12:10-12:30
Men's/Open Warm-Up	12:30-12:50
Session Start	12:55
Estimated Finish	14:10

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

Session Eleven – Saturday 2 May 2026

Finals

Warm Up Start	14:40
Women's Warm Up	14:40-14:55
Men's/Open Warm Up	14:55-15:10
Start	15:15
Estimated Finish	16:50

There will be a 10-minute pause after the Women's 100m Backstroke finals

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

Session Twelve – Sunday 3 May 2026

1500m – 15+

Warm Up Start	08:30
Warm-Up Finish	08:55
Start	09:00
Estimated Finish	11:30

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

Session Thirteen – Sunday 3 May 2026

14/under 1500m Freestyle

Despite making the qualifying times faster in 2026, Swim England East Region received slightly more entries than expected for the 14/under 1500m Freestyle.

As a result, the session has been split into two sections – Section 1 (six heats) and Section 2 (five heats). Swimmers have been allocated a place in one of the sections according to their entry time.

All races will be seeded as normal – slowest to fastest.

A twenty-five-minute warm-up will take place before each section.

For this session only, swimmers or their representatives are invited to declare withdrawals by noon on Saturday 2 May 2026. If there is only a small number of withdrawals, the planned heats will take place without alteration – there will simply be the odd empty lane. If there is a significant number of withdrawals, the region will re-seed the heats, **but no swimmer will change section as a result**. A final list of heats will be posted on the 'Swimming Competitions' section of the regional website at 6pm the night before.

Withdrawals are made via the online system – the link can also be found on the Swimming Competitions section

During this session, Coaches and Team Managers are welcome to use the John Jarrold Suite to rest and have tea/coffee/light refreshments during races where they have no swimmer.

Session Thirteen – Sunday 3 May 2026

1500m – 14/under

Session 13 – Section 1

Warm Up Start	12:00
Warm-Up Finish	12:25
Section 1 Start	12:30
Estimated Finish	14:35

Swimmers may swim down in the Session 13 – Part 2 warm-up

The following swimmers will compete in Session 13 – Section 1

Amelie Murray, Tyler McLaughlin-Bell, Isla Hall, Jacob Wadley, Sebastian Fraser, Iona Parkes, Nancy Corke, Niamh Tuson, Molly Nowell, Victor Dryankov, Sakura Yamada-Orr, Elissa Neo, Catherine Hatherly, John Homan-Daly, Lena Crisp, Sophie Garland, Chloe Bucktrout, Aine Coackley, Cameron Thackrah, Harvey Peacock, Dorothy Thorby, Kuba Kopec, Matthew Jarratt, Lola Oakley, Alexander Irish, James Nelson, Samuel Fallahnia, Hugo Redel, Aiden Gale, Lara Kelly, Florence Gill, Nora Hughes, Hollie Featherstone, Archie Georgakis, Olivia Bryant, Katherine Love, Elsie Cole, Joseph Payne, Lyra Schultz, Esme Parkes, Cody Brigden, Olive Bailey, Poppy Ellingford, Cassie Bonner, Charlotte Dixon, David Hoara, Elizabeth Litvinenko.

Session 13 – Section 2

Warm Up Start – Not Before <i>Please be ready for this time, the warm-up will start shortly after the final heat of Section 1 but may be a few minutes after the advertised time.</i>	14:40
Warm-Up Finish	15:05
Section 2 Start	15:10
Estimated Finish	16:50

A ten-minute swim-down will take place at the end of this session

The following athletes will compete in Section 13 – Part 2:

Abigail Tilley, Violet Freezer, Isla Mason, Charlotte Stocks, Libby Flitton, Shuhan Yang, Lilly Franks, Harrison Dodwell, George Sims, Nellie Chadderton, Elijah Wilson, Mylo Molloy, Poppy Cunningham, Skye Freeman, Henry Chaloner, Tobias Watson, Adam Thompson, Cerys Wall, Eliza Jennings, George Connor, Mia Wilson, Leo Sims, Sydney Lewis, Addison Summers, Guy Spearman-Baines, Apollo Pop, Thomas Mutton, Noah Conroy, Alice Buckingham, Jack Munday, Alfie Larham, Nieve Ives, Jude Wankowski, Lewis Gardner, Noah Goodson, Finley Burford, Ashton Hunter, Jack Lees, Aaron Rawnsley, Benjamin Piscopo.

Session Fourteen – Monday 4 May 2026

Heats

Warm Up Start	08:00
Women's Warm-Up <i>For all women except 11/12 50m Breaststroke</i>	08:00-08:20
Men's/Open Warm-Up <i>plus Women's 11/12 50m Breaststroke competitors</i>	08:20-08:40
Start	08:45
Estimated Finish	10:10

The slight amendment to warm-up creates greater balance between the two warm-ups, as there are two Women's events and one Male/Open event.

Session Fifteen – Monday 4 May 2026

Heats

Warm Up Start	10:20
Men's/Open Warm-Up	10:20-10:40
Women's Warm-Up	10:40-11:00
Session Start	11:05
Estimated Finish	12:25

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

Please note that those arriving for this session will only be granted access to poolside at the conclusion of the previous session.

Session Sixteen – Monday 4 May 2026

Heats

Warm Up Start	12:55
Men's/Open Warm-Up	12:55-13:15
Women's Warm-Up	13:15-13:35
Session Start	13:40
Estimated Finish	15:10

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

Session Seventeen – Monday 4 May 2026

Finals

Warm Up Start	15:40
Women's Warm Up	15:40-15:55
Men's/Open Warm Up	15:55-16:10
Start	16:15
Estimated Finish	17:55

There will be a 10-minute pause after the Women's 100m Butterfly finals A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Dry Land Training Facilities

Dry land facilities, will be made available in Sports Hall One – 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.

Saturday 2 May 2026	8am until gala finish
Sunday 3 May 2026	8am until gala finish
Monday 4 May 2026	8am until gala finish

Live Stream and Results	<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>Live Results can be accessed from the ‘Swimming Competitions’ https://www.eastswimming.org/swimming/swimming-competitions/</p>
Footwear/Clothing	All persons going poolside may only leave poolside in footwear and wearing clothes – swimmers may not leave the pool area unclothed/in costume and without footwear.
Medals	<p style="text-align: center;">A medal table will be in operation during this event.</p> <p style="text-align: center;">A regional backdrop will be provided for photographs.</p>
Swim Shop	A swim shop will be present at this event.
Event Merchandise	Souvenir apparel/swimming hats can be purchased at this event
Spectators	<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 entrance fee for two consecutive sessions is £5.</p> <p>Spectators should keep in mind that the gallery is small – please do not come in large numbers to watch one swimmer.</p> <p>There is no charge for finals sessions. This includes the 800m session.</p>
Coach and Team Manager Passes	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.
Queries	<p>The Meet Director is Tom Baster, Swimming Manager, Swim England East Region.</p> <p>swimming@eastswimming.org</p>
Withdrawals	<p style="text-align: center;">Withdrawals will also be via an online system.</p> <p style="text-align: center;">https://www.eastswimming.org/swimming/swimming-competitions/</p>

Programme	An online programme will be published here: https://www.eastswimming.org/swimming/swimming-competitions/
Quiet Revision Room	Athletes with examinations who are accompanying siblings to the event may revise during sessions in the John Jarrold Suite. There may be limited space to revise between sessions as this is where our workforce take their breaks.