



# Swim England East Region Short Course Championships

6-8 November 2026

2ER261838

Inspire Luton Sports Village

*Held under Swim England Regulations and Technical Rules*



## Session 1 Friday 6<sup>th</sup> November – Evening

101	W	800m	Freestyle	HDW
102	MO	1500m	Freestyle	HDW

## Session 2 Saturday 7<sup>th</sup> November – Start TBC

201	MO	200m	I.M.	Heats
202	W	50m	Backstroke	Heats
203	MO	50m	Freestyle	Heats
204	W	200m	Butterfly	Heats
205	MO	200m	Butterfly	Heats
206	W	100m	Breaststroke	Heats
207	MO	100m	Breaststroke	Heats
208	W	100m	I.M.	Heats
209	MO	400m	Freestyle	HDW

## Session 5 – Sunday 8<sup>th</sup> November – Start TBC

501	W	200m	I.M.	Heats
502	MO	50m	Backstroke	Heats
503	W	50m	Freestyle	Heats
504	MO	200m	Breaststroke	Heats
505	W	200m	Breaststroke	Heats
506	MO	100m	Butterfly	Heats
507	W	100m	Butterfly	Heats
508	MO	100m	I.M.	Heats
509	W	400m	Freestyle	HDW

## Session 3 Saturday 7<sup>th</sup> November – Start TBC

301	W	400m	I.M.	HDW
302	MO	100m	Backstroke	Heats
303	W	100m	Freestyle	Heats
304	MO	200m	Freestyle	Heats
305	W	50m	Butterfly	Heats
306	MO	50m	Butterfly	Heats
307	W	200m	Backstroke	Heats
308	MXD	4x50m	Free Relay	HDW
309	W	1500m	Freestyle	EH

## Session 6 – Sunday 8<sup>th</sup> November – Start TBC

601	MO	400m	I.M.	HDW
602	W	100m	Backstroke	Heats
603	MO	100m	Freestyle	Heats
604	W	200m	Freestyle	Heats
605	MO	50m	Breaststroke	Heats
606	W	50m	Breaststroke	Heats
607	MO	200m	Backstroke	Heats
608	MXD	4x50m	Med. Relay	HDW
609	MO	800m	Freestyle	EH

## Session 4 Saturday 7<sup>th</sup> November – Start TBC

401	MO	200m	I.M.	Final
402	W	50m	Backstroke	Final
403	MO	50m	Freestyle	Final
404	W	200m	Butterfly	Final
405	MO	200m	Butterfly	Final
406	W	100m	Breaststroke	Final
407	MO	100m	Breaststroke	Final
408	W	100m	I.M.	Final
409	MO	100m	Backstroke	Final
410	W	100m	Freestyle	Final
411	MO	200m	Freestyle	Final
412	W	200m	Backstroke	Final
413	MO	50m	Butterfly	Final
414	W	50m	Butterfly	Final
415	W	1500m	Freestyle	FH
416	MO	4x50m	Free Relay	HDW
417	W	4x50m	Med. Relay	HDW

## Session 7 – Sunday 8<sup>th</sup> November – Start TBC

701	W	200m	I.M.	Final
702	MO	50m	Backstroke	Final
703	W	50m	Freestyle	Final
704	MO	200m	Breaststroke	Final
705	W	200m	Breaststroke	Final
706	MO	100m	Butterfly	Final
707	W	100m	Butterfly	Final
708	MO	100m	I.M.	Final
709	W	100m	Backstroke	Final
710	MO	100m	Freestyle	Final
711	W	200m	Freestyle	Final
712	MO	200m	Backstroke	Final
713	W	50m	Breaststroke	Final
714	MO	50m	Breaststroke	Final
715	MO	800m	Freestyle	FH
716	W	4x50m	Free Relay	HDW
717	MO	4x50m	Med. Relay	HDW

### Key

W – Women; MO – Men/Open; HDW – Heat Declared Winner; EH – Early Heats FH – Fastest Heat; MXD – Mixed

### Notes

The full list of heats for the W 1500m Freestyle and MO 800m Freestyle will be published as part of sessions 3 and 6 respectively. The fastest heat will be swum in the finals session.

An 8-lane 25m pool will be available to swimmers to warm-up and swim-down throughout the competition.