2026 Short Course Championships (2ER261838)

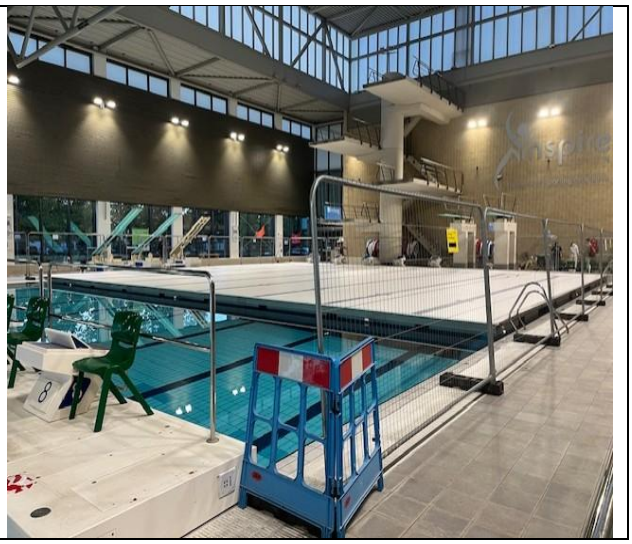
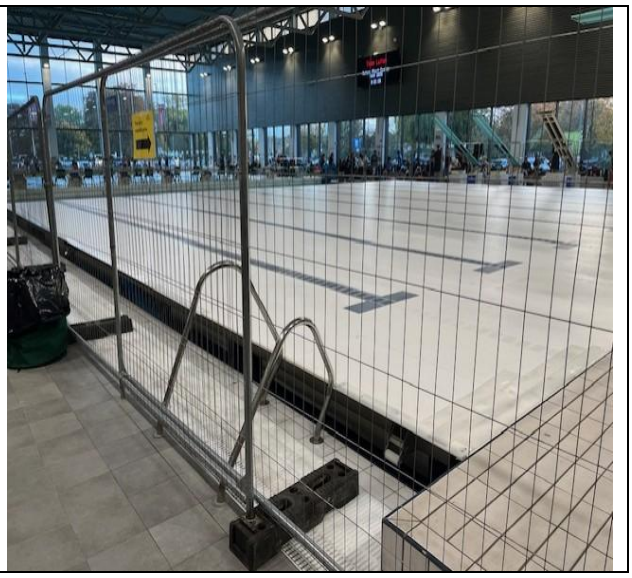
Inspire Luton Sports Village

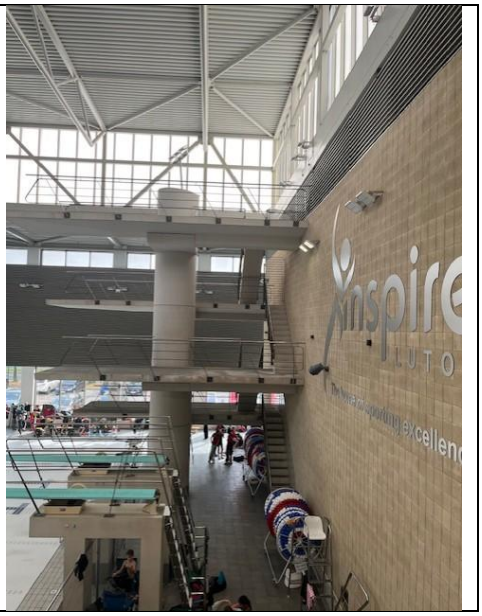
6-8 November 2026

Please read this final information carefully. This year it includes information on the new arrangements around poolside, warm-up groupings & times, along with dry land facilities.

Warm-Up/Swim Down	There will NOT be a continuous swim down or warm-up pool due to the issues at Inspire Luton. Swimmers will need to use the formal warm-up periods (timings listed below) and **must** warm up in the correct warm-up (see groupings below)
Coach and Team Manager Passes	Coach and Team Manager passes are free and can be downloaded via the usual online system here. Clubs must ensure that they respect the coach/TM ratios published in Wavepower and do not bring excessive numbers to poolside.
Withdrawals	An online withdrawal system will be in operation. Withdrawals should be made to swimentries@eastswimming.org until noon on Friday 6 Nov 2026, after which the online withdrawal system will operate, details of which will be shared on the Swim England East Region website and Facebook page.
Relay Teams	Relay team names will not be collected.
M/O 800 and W 1500m Freestyle	The fastest heat of the M 800m and W 1500m will be swum in the finals session. Where required, earlier heats will be swum in the second heats session of each day. There are currently 10 swimmers in the Women's 1500m Freestyle, if 2 or more withdraw all swimmers will swim in the finals session. Competitors are encouraged to make any withdrawals from these events as early as possible. Exact heat and lane assignments for these events will be declared on the publication of the heat sheets for sessions three and six.
Live Stream/Results	The event will be live streamed; this can be accessed via the Swim England East Region YouTube Channel. The link to live results will be posted on the Swim England East Region website and Facebook pages. https://www.youtube.com/@SwimEnglandEastRegion
Spectator Entry	Spectators are welcome, the fee for entering the gallery is £5 per session or £10 per day. There is no charge for session 1 on Friday evening or the finals sessions.
Finals and Relays	There will be no break between finals and relays this year. A distance freestyle event has been inserted where there would normally have been a break to give finalists some recovery time.
Event Merchandise and Swim Shop	An event merchandise stand (Upper Concourse) and a Swim Shop (Lower Concourse) will be available on Saturday and Sunday of the championships.
Car Parking	Attendees are reminded that there is a charge for parking at the pool; payment can be made in the foyer or via an app.
Changing Village	There is a mixed changing village at Inspire Luton. A segregated female-only changing area will be provided in the school/group change area Mobile phones and image capturing devices are not permitted in the changing rooms.
Strobe	An additional strobe is not guaranteed at this meet.
Queries	The Meet Director is Jane Howell. Swimmingofficials@essexswimming.org

Poolside Arrangements

Entire half of the pool is completely out of action	
There are barriers around the pool at the Dive end. Do not attach anything to these barriers, (stretch bands etc). Lifeguards will be monitoring this.	
The competition will take place in the usual Warm-up/Swim-down end. Horse-shoe around the start end must be kept clear: • Behind blocks • 7m along the sides Marshalling & Podium will be by the 'Ipswich Area' – window side at the start end.	

Large seating area to be created at the dive end of the pool. 40 benches have been ordered by the Region for this area.	

Session and Warm-Up Arrangements

Warm-Up Groupings

Brisbane	**Los Angeles**
	Bishop Stort
Basildon Ph	Chelmsford
Bedford SS	Cheshunt
Berkhamsted	Co Cambridge
Biggleswade	Co St Albans
Braintree	Dereham
Co Norwich	DunmowAtlant
Co Peterboro	Dunstable
Colchester	Epping For't
Deben	Flitwick
Harpenden	Halstead
Harwich DP	Hitchin
Hatfield	Hoddesdon
Hemel Hemp	Leigh Linsl
Newmarket	Leiston
Rochford	Norwich Swan
Stowmarket	Potters Bar
Team Ipswich	Putteridge
Thetford	Royston
Watford SC	Stevenage
West Norfolk	Thurrock
Witham Dolph	Verulam
	West Suffolk
	A**ll Other Clubs**

Session One – Friday 6 November

Distance Freestyle Session

Warm Up Start	18:00
Mixed Warm Up	18:00 – 18:25
Warm Up Finish	18:25
Session Start	18:30
Approximate Session Finish	20:40*

Presentations for the 800m Freestyle will be made during the 1500m Freestyle heats.

Please note that only two 800m withdrawals are required to move the finish time to 20:30

A 10-minute swim-down will be available at the end of this session, not included in the above timings.

Session Two - Saturday 7 November
AM Heats

Warm Up Start	08:00
Brisbane Male	08:00-08:15
Los Angeles Male	08:15-08:30
Los Angeles Female	08:30-08:45
Brisbane Female	08:45-09:00
Start	09:05
Estimated Finish	12:00

A 10-minute swim-down will be available at the end of this session, not included in the above timings.

Session Three – Saturday 7 November
PM Heats

Warm Up Start	12:30
Los Angeles Female	12:30-12:45
Brisbane Female	12:45-13:00
Brisbane Male	13:00-13:15
Los Angeles Male	13:15-13:30
Session Start	13:35
Estimated Finish	16:25

A 10-minute swim-down will be available at the end of this session, not included in the above timings.

Session Four – Saturday 7 November

Finals

Warm Up Start	17:00
Male/Open Warm up	17:00-17:15
Female Warm Up	17:15-17:30
Start	17:35
Estimated Finish Time	19:05

A 10-minute swim-down will be available at the end of this session, not included in the above timings.

Session Five - Sunday 8 November

AM Heats

Warm Up Start	08:00
Los Angeles Female	08:00-08:15
Brisbane Female	08:15-08:30
Brisbane Male	08:30-08:45
Los Angeles Male	08:45-09:00
Start	09:05
Estimated Finish	12:05

A 10-minute swim-down will be available at the end of this session, not included in the above timings.

Session Six – Sunday 8 November

PM Heats

Warm Up Start	12:35
Brisbane Male	12:35-12:50
Los Angeles Male	12:50-13:05
Los Angeles Female	13:05-13:20
Brisbane Female	13:20-13:35
Session Start	13:40
Estimated Finish	16:35

A 10-minute swim-down will be available at the end of this session, not included in the above timings.

Session Seven – Sunday 8 November

Finals

Warm-Up Start	17:00
Female Warm Up	17:00-17:15
Male/Open Warm up	17:15-17:30
Start	17:35
Estimated Finish Time	19:00

A 10-minute swim-down will be available at the end of this session, not included in the above timings.

Arrangements for Presentations – Finals Session

For HDW events in heat sessions, presentations will take place at the conclusion of the session

Para Swimmers have the option of collecting their medal or having it presented on the podium.

Schedule of Presentations and Finals

Saturday 1 November	**Sunday 2 November**
401 M 200 Individual Medley	701 W 200 Individual Medley
402 W 50 Backstroke	702 M 50 Backstroke
403 M 50 Freestyle	703 W 50 Freestyle
404 W 200 Butterfly	704 M 200 Breaststroke
405 M 200 Butterfly	705 W 200 Breaststroke
Presentations – Events 401-404	*Presentations – Events 701-704*
406 W 100 Breaststroke	706 M 100 Butterfly
407 M 100 Breaststroke	707 W 100 Butterfly
408 W 100 Individual Medley	708 M 100 Individual Medley
409 M 100 Backstroke	709 W 100 Backstroke
410 W 100 Freestyle	710 M 100 Freestyle
Presentations – Event 405-409	*Presentations – Events 705-709*
411 M 200 Freestyle	711 W 200 Freestyle
412 W 200 Backstroke	712 M 200 Backstroke
413 M 50 Butterfly	713 W 50 Breaststroke
414 W 50 Butterfly	714 M 50 Breaststroke
Presentations – Event 410-414	*Presentations – Event 710-714*
415 W 1500 Freestyle	715 M 800 Freestyle
416 M 200 Freestyle Team	716 W 200 Freestyle Team
417 W 200 Medley Team	717 M 200 Freestyle Team
Presentations – Event 415-417	*Presentations – Event 715-717*

Competitors should arrive to presentation appropriately dressed, ideally in club kit.

Key

M – Male/Open

W - Women

Presentations are made to the top 3 competitors/teams in each event, and to the top three Para Swimmers in each Para event, using a multi-classification points system.

Dry Land Training Facilities

Dry land facilities, will be made available in the Sports Hall/Studio. 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 7 Nov	Sports Hall 8am – 9am Studio 2/3 (upstairs next to Function room) Midday - End
Sunday 8 Nov	Sports hall 8am -10am Sports Hall Midday – End