



2025 Swimming Championships – First Information Release

Long Course Championships

When planning the 2025 Long Course Championships, the Swim England East Region (SEER) Swimming Leadership Group had to take the following information into consideration:

- The AquaticsGB Swimming Championships are scheduled for 15-20 April – significantly later than usual.
- Easter is very late in 2025 (18-21 April); students generally return to school on Tuesday 22 April following Easter holidays.
- The GCSE and A Level examination window starts two working days after the first May Bank Holiday weekend.
- The summer national qualifying window is scheduled to close on 11 May.

If the region was to hold its championships in the conventional late April/early May window, it would have resulted in coaches, team managers, technical officials and volunteers working on four consecutive weekends if they also attended an Easter meet or the AquaticsGB Championships. We also believe that three consecutive weekends of regional championships would have placed excessive strain on swimmers and their families, particularly those preparing for examinations.

The region will therefore pilot hosting a weekend of its championships in late March, to ensure events are better distributed across the window. To support clubs organising qualifying meets in March, the conventional entry procedure has also been amended for 2025.

2025 Dates
Long Course Championships

Date	Venue	Further Information
28 March 2025	Norwich	15+ 800m Freestyle Racing to start at 7pm Projected session length – one hour
29-30 March 2025	Norwich	15+ events, Para Swimming, national relays
3 May 2025	Norwich	15+ events, Para Swimming
4 May 2025	Norwich	1500m Freestyle - all ages
5 May 2025	Norwich	14/under events
9 May 2025	Luton	14/under 800m Freestyle Racing to start at 6:30pm
10-11 May 2025	Luton	14/under events

Short Course Championships

Date	Venue	Further Information
31 October 2025	Luton	Female 800m Freestyle, Male/Open 1500m Freestyle
1-2 November 2025	Luton	All remaining events

Age groups for the SEER Long Course Championships are 11/12, 13, 14, 15, 16 and 17/over (ages as at midnight on 31 December 2025)

There are no age groups at the SEER Short Course Championships.

Where possible, SEER seeks to alternate 14/under and 15+ long course weekends between Norwich and Luton, year-on-year.

Entry Closing Dates – 2025 Long Course Championships

Phase	Closing Date	Relevant Entries	Further Information
Phase One	Monday 24 March 2025 (Midnight)	Entries for swims taking place on 28, 29 30 March 2025	<p>No entries will be accepted after the closing date. Clubs with meets on the weekend of 22-23 March 2025 are encouraged to upload results promptly.</p> <p>Entries for Phase One will open in late February.</p> <p>If a club hosting a meet on the 22-23 March experiences difficulties when uploading their results file to rankings, the region will work with the club to ensure that no swimmer is debarred from entering the Long Course Championships if they have achieved a valid qualifying time on that weekend.</p>
Phase Two	Tuesday 22 April 2025 (Midnight)	All entries for the May weekends of the 2025 Long Course Championships	Entries for Phase Two will open in Late March 2025, only after Phase One entries have closed.

Entry Closing Dates – 2025 Short Course Championships

Phase	Closing Date	Relevant Entries	Further Information
Single Phase Entry	Tuesday 21 October 2025 (Midnight)	All entries	Entries for the short course championships will open in late September.

Schedule and Qualifying Times 2025 Long Course Championships

As per previous years, the full schedule and qualifying times for the Swim England East Region Long Course Championships will be published on Thursday 2 January 2025.

Following the pandemic, it has proven challenging to set qualifying times at regional level, particularly for the youngest age groups. You may recall that in 2022, our times were slightly too generous.

Since then, Swim England East Region has set qualifying times by analysing the performance of swimmers in each age group in the period September-December. This ensures that for each age group, a time is set that enables a reasonable number of swimmers to qualify in each event. Differences in the standard of swimming between individual age groups can be significant – just using data from previous years can often result in mistakes.

Full details of the short course championships will be published following the conclusion of the long course championships.

Queries can be directed to swimming@eastswimming.org

Swim England East Region Swimming Leadership Group

December 2024