

## Swim England East Region Long Course Championships 2025 - Race Schedule

Friday 28 March Norwich 15+	Saturday 29 March Norwich 15+ (+Para)	Sunday 30 March Norwich 15+ (+ Para)	Saturday 3 May Norwich 15+ (+Para)	Sunday 4 May Norwich All ages	Monday 5 May Norwich 14/under	Friday 9 May Luton 14/under	Saturday 10 May Luton 14/under	Sunday 11 May Luton 14/under
<b>Session 1 (PM)</b>	<b>Session 2 (Heats)</b>	<b>Session 6 (Heats)</b>	<b>Session 10 (Heats)</b>	<b>Session 14 (AM)</b>	<b>Session 16 (Heats)</b>	<b>Session 20 (PM)</b>	<b>Session 21 (Heats)</b>	<b>Session 24 (Heats)</b>
Mixed 800m Freestyle	W 200m Butterfly MO 200m Backstroke W 50m Backstroke MO 100m Breaststroke	MO 200m Butterfly W 200m Backstroke MO 50m Backstroke W 100m Breaststroke	W 200m IM MO 200m IM W 100m Backstroke	Mixed 1500m Freestyle (15+)	W 200m IM MO 200m IM W 50m Breaststroke	Mixed 800m Freestyle	W 200m Butterfly MO 50m Butterfly W 100m Breaststroke MO 200m Breaststroke W 400m Freestyle	MO 200m Butterfly W 50m Butterfly MO 100m Breaststroke W 200m Breaststroke MO 400m Freestyle
	<b>Session 3 (Heats)</b>	<b>Session 7 (Heats)</b>	<b>Session 11 (Heats)</b>	<b>Session 15</b>	<b>Session 17 (Heats)</b>		<b>Session 22 (Heats)</b>	<b>Session 25 (Heats)</b>
	W 200m Breaststroke MO 100m Butterfly W 400m Freestyle	MO 200m Breaststroke W 100m Butterfly MO 400m Freestyle	MO 100m Backstroke W 50m Butterfly MO 50m Butterfly	Mixed 1500m Freestyle (14/U)	MO 50m Breaststroke W 100m Butterfly MO 100m Butterfly W 50m Backstroke		MO 100m Backstroke W 200m Backstroke MO 50m Freestyle W 100m Freestyle MO 400m IM	W 100m Backstroke MO 200m Backstroke W 50m Freestyle MO 100m Freestyle W 400m IM
	<b>Session 4 (Heats)</b>	<b>Session 8 (Heats)</b>	<b>Session 12 (Heats)</b>		<b>Session 18 (Heats)</b>			
	MO 100m Freestyle W 50m Freestyle MO 400m IM W 4x200m Free Relay	W 100m Freestyle MO 50m Freestyle W 400m IM MO 4x200m Free Relay	W 50m Breaststroke MO 50m Breaststroke W 200m Freestyle MO 200m Freestyle		MO 50m Backstroke W 200m Freestyle MO 200m Freestyle			
	<b>Session 5 (Finals)</b>	<b>Session 9 (Finals)</b>	<b>Session 13 (Finals)</b>		<b>Session 19 (Finals)</b>		<b>Session 23 (Finals)</b>	<b>Session 26 (Finals)</b>
	W 200m Butterfly MO 100m Butterfly W 50m Backstroke MO 100m Breaststroke W 200m Breaststroke MO 200m Backstroke W 50m Freestyle MO 100m Freestyle <i>Break</i> W 4x100m Med. Relay MO 4x100m Free. Relay	MO 200m Butterfly W 100m Butterfly MO 50m Backstroke W 100m Breaststroke MO 200m Breaststroke W 200m Backstroke MO 50m Freestyle W 100m Freestyle <i>Break</i> MO 4x100m Med. Relay W 4x100m Free. Relay	W 200m IM MO 200m IM W 50m Butterfly MO 50m Butterfly W 100m Backstroke * MO 100m Backstroke W 50m Breaststroke MO 50m Breaststroke W 200m Freestyle MO 200m Freestyle		W 200m IM MO 200m IM W 50m Breaststroke MO 50m Breaststroke W 100m Butterfly * MO 100m Butterfly W 50m Backstroke MO 50m Backstroke W 200m Freestyle MO 200m Freestyle		W 200m Butterfly MO 50m Butterfly W 100m Breaststroke MO 200m Breaststroke * W 100m Freestyle MO 100m Backstroke W 200m Backstroke MO 50m Freestyle	MO 200m Butterfly W 50m Butterfly MO 100m Breaststroke W 200m Breaststroke * MO 100m Freestyle W 100m Backstroke MO 200m Backstroke W 50m Freestyle
			<i>*Time permitting, a short break may be placed midway through the finals session on this day.</i>		<i>*Time permitting, a short break may be placed midway through the finals session on this day.</i>		<i>*Time permitting, a short break may be placed midway through the finals session on this day.</i>	<i>*Time permitting, a short break may be placed midway through the finals session on this day.</i>
								<i>Top Swimmer/Top Club Presentations</i>

*Relays are swum in two age bands, 14-16 and 17/over. In event of low entries, both age group events may be combined into a single heat.*

