

# Swim England East Region 2020 Long Course Championships (50m)



## Schedule of Events



Saturday 28 <sup>th</sup> March 2020	Friday 24 <sup>th</sup> April 2020	Saturday 25 <sup>th</sup> April 2020	Sunday 26 <sup>th</sup> April 2020	Saturday 2 <sup>nd</sup> May 2020	Sunday 3 <sup>rd</sup> May 2020	Friday 8 <sup>th</sup> May 2020
<b>Norwich</b>	<b>Norwich</b>	<b>Norwich</b>	<b>Norwich</b>	<b>Luton</b>	<b>Luton</b>	<b>Luton</b>
<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 6</b>	<b>Session 9</b>	<b>Session 12</b>	<b>Session 15</b>
<b>1500m (Afternoon WU)</b>	<b>800m (PM)</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>
101 M 1500 Freestyle	201 M 800 Freestyle	301 M 100 Breaststroke	401 W 200 Breaststroke	501 M 100 Freestyle	601 M 200 Freestyle	701 M 400 IM
BREAK and WARM UP	202 W 800 Freestyle	302 W 200 IM	402 M 400 Freestyle	502 W 50 Breaststroke	602 W 100 Backstroke	702 W 200 Backstroke
102 W 1500 Freestyle		303 M 50 Freestyle	403 W 50 Backstroke	503 M 200 Butterfly	603 M 50 Butterfly	703 M 100 Butterfly
				504 W 4 x 200 FS (14-16)	604 W 4 x 200 FS (17+)	
		<b>Session 4</b>	<b>Session 7</b>	<b>Session 10</b>	<b>Session 13</b>	<b>Session 16</b>
		<b>Heats</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>
		311 W 100 Breaststroke	411 M 200 Breaststroke	511 W 100 Freestyle	611 W 200 Freestyle	711 W 400 IM
		312 M 200 IM	412 W 400 Freestyle	512 M 50 Breaststroke	612 M 100 Backstroke	712 M 200 Backstroke
		313 W 50 Freestyle	413 M 50 Backstroke	513 W 200 Butterfly	613 W 50 Butterfly	713 W 100 Butterfly
				514 M 4 x 200 FS (14-16)	614 M 4 x 200 FS (17+)	
		<b>Session 5</b>	<b>Session 8</b>	<b>Session 11</b>	<b>Session 14</b>	<b>Session 17</b>
		<b>Finals</b>	<b>Finals</b>	<b>Finals</b>	<b>Finals</b>	<b>Finals</b>
		321-26 M 100 Breaststroke	421-26 W 50 Backstroke	521-26 M 100 Freestyle	621-26 M 200 Freestyle	721-26 M 200 Backstroke
		327-32 W 200 IM	427-32 M 50 Backstroke	527-32 W 50 Breaststroke	627-32 W 100 Backstroke	727-32 W 200 Backstroke
		333-38 M 50 Freestyle	433-38 W 200 Breaststroke	533-38 M 200 Butterfly	633-38 M 50 Butterfly	733-38 M 100 Butterfly
		339-44 W 100 Breaststroke	439-44 M 200 Breaststroke	539-44 W 100 Freestyle	639-44 W 200 Freestyle	739-44 W 100 Butterfly
		345-50 M 200 IM		545-50 M 50 Breaststroke	645-50 M 100 Backstroke	
		351-56 W 50 Freestyle		551-56 W 200 Butterfly	651-56 W 50 Butterfly	
				557 M 4 x 100 FS (14-16)	657 M 4 x 100 IM (14-16)	
				558 M 4 x 100 FS (17+)	658 M 4 x 100 IM (17+)	
				559 W 4 x 100 FS (14-16)	659 W 4 x 100 IM (14-16)	
				560 W 4 x 100 FS (17+)	660 W 4 x 100 IM (17+)	



## Swim England East Region 2020 Long Course Championships (50m)

Qualifying Standards (25m Times\*) – **REVISED TIMES**

**ALL AGES AS AT 31 DECEMBER 2020**

EVENT	GIRLS						BOYS					
	11/12	13	14	15	16	17/ov	11/12	13	14	15	16	17/ov
<b>50 Freestyle</b>	31.05	29.45	28.98	28.64	28.44	27.74	31.25	29.45	27.60	26.46	25.78	25.30
<b>100 Freestyle</b>	1:08.90	1:05.79	1:03.42	1:02.32	1:01.31	1:00.40	1:08.90	1:04.50	1:00.50	57.86	56.36	55.00
<b>200 Freestyle</b>	2:28.87	2:20.80	2:17.04	2:14.40	2:13.00	2:11.10	2:30.96	2:20.49	2:11.66	2:07.00	2:03.97	2:00.00
<b>400 Freestyle</b>	5:18.00	5:04.03	4:48.21	4:43.69	4:43.00	4:38.71	5:20.20	4:57.60	4:45.34	4:33.92	4:26.79	4:16.00
<b>800 Freestyle</b>	10:39.20	10:15.64	10:00.20	9:45.10	9:43.27	9:40.44	10:40.50	10:14.70	9:52.10	9:32.70	9:16.10	9:03.30
<b>1500 Freestyle</b>	21:00.00	19:50.00	19:20.00	18:55.00	18:40.00	18:35.00	21:00.00	19:45.00	18:40.00	17:55.00	17:40.00	17:15.00
<b>50 Breaststroke</b>	40.79	38.75	37.11	36.89	35.93	35:20	41.54	38.52	35.48	34.03	33.29	31.50
<b>100 Breaststroke</b>	1:29.99	1:23.54	1:21.03	1:20.43	1:18.05	1:17:00	1:31.32	1:24.27	1:19.08	1:15.27	1:13.00	1:10.00
<b>200 Breaststroke</b>	3:13.25	3:01.91	2:57.42	2:53.85	2:50.57	2:48.00	3:18.60	3:01.67	2:51.55	2:45.81	2:43.21	2:37.00
<b>50 Butterfly</b>	35.47	33.21	31.71	31.17	31.01	30.20	34.73	32.82	30.39	28.83	27.95	27.20
<b>100 Butterfly</b>	1:20.95	1:14.61	1:11.14	1:10.17	1:09.61	1:08.50	1:19.56	1:13.37	1:09.04	1:05.47	1:02.44	1:01.00
<b>200 Butterfly</b>	3:10.00	2:53.68	2:46.95	2:41.47	2:40.96	2:34.16	3:08.00	2:55.86	2:45.28	2:32.89	2:26.30	2:19.00
<b>50 Backstroke</b>	35.60	34.17	33.21	32.53	32.34	31.50	36.35	33.74	32.01	30.53	29.98	28.50
<b>100 Backstroke</b>	1:18.81	1:14.18	1:11.54	1:10.00	1:09.42	1:08.50	1:18.50	1:13.32	1:08.77	1:04.51	1:03.91	1:01.10
<b>200 Backstroke</b>	2:49.48	2:39.63	2:33.18	2:30.98	2:29.61	2:27.50	2:51.25	2:39.91	2:31.27	2:23.50	2:20.80	2:14.00
<b>200 Individual Medley</b>	2:51.14	2:42.74	2:36.16	2:32.12	2:32.00	2:30.00	2:51.59	2:40.66	2:30.96	2:26.62	2:21.23	2:15.00
<b>400 Individual Medley</b>	6:15.00	5:47.43	5:35.03	5:30.36	5:27.40	5:25.16	6:15.00	5:42.68	5:27.70	5:18.12	5:07.68	4:59.00

\*Entry times for all events must be drawn from the Swim England Rankings database and achieved between **1st September 2019** and the closing date.  
Long course to short course conversion times are allowed, using SPORTSYSTEMS time converter only.