



East Swimming
2018 Long Course Championships
(Under ASA Laws & ASA Technical Rules)
Weekend One
UEA Sportspark, Norwich
Saturday 5th May – Monday 7th May 2018
(Licensed Meet No. 1ER180213)



Schedule of Events

15/Over Age Group Individual Events & All Relays
Also Incorporating Para-Swimming Events

Session One

Saturday 5th May

Heats Session

Start TBA

111	Women's 200m Butterfly
112	Men's 50m Backstroke
113	Women's 50m Freestyle
114	Men's 100m Breaststroke
115	Women's 200m Breaststroke
116	Men's 100m Butterfly
117	Women's 400m Freestyle (HDW)

Session Four

Sunday 6th May

Heats Session

Start TBA

211	Men's 200m Butterfly
212	Women's 50m Backstroke
213	Men's 50m Freestyle
214	Women's 100m Breaststroke
215	Men's 200m Breaststroke
216	Women's 100m Butterfly
217	Men's 400m Freestyle (HDW)

Session Seven

Monday 7th May

Distance Session

Start TBA

311	Womens 800 Free (HDW)
312	Men s 1500 Free (HDW)

Session Two

Saturday 5th May

Heats Session

Start TBA

121	Women's 200m Backstroke
122	Men's 100m Freestyle
123	Women's 50m Breaststroke
124	Men's 400m I.M. (HDW)
125-126	Women's 4x200m Team (HDW) **

Session Five

Sunday 6th May

Heats Session

Start TBA

221	Men's 200m Backstroke
222	Women's 100m Freestyle
223	Men's 50m Breaststroke
224	Women's 400m I.M. (HDW)
225-226	Men's 4x200m Team (HDW) **

Session Eight

Monday 7th May

Heats Session

Start TBA

321	Women's 200m I.M.
322	Men's 200m I.M.
323	Women's 100m Backstroke
324	Men's 100m Backstroke
325	Women's 200m Freestyle
326	Men's 200m Freestyle
327	Women's 50m Butterfly
328	Men's 50m Butterfly

Session Three

Saturday 5th May

Finals Session

Start TBA

131-133	Women's 200m Butterfly
134-136	Men's 50m Backstroke
137-139	Women's 50m Freestyle
140-142	Men's 100m Breaststroke
143-145	Women's 200m Breaststroke
146-148	Men's 100m Butterfly
149-151	Women's 200m Backstroke
152-154	Men's 100m Freestyle
155-157	Women's 50m Breaststroke
158-159	Men's 4x100m Medley (HDW) **
160-161	Women's 4x100m Free (HDW) **

Session Six

Sunday 6th May

Finals Session

Start TBA

231-233	Men's 200m Butterfly
234-236	Women's 50m Backstroke
237-239	Men's 50m Freestyle
240-242	Women's 100m Breaststroke
243-245	Men's 200m Breaststroke
246-248	Women's 100m Butterfly
249-251	Men's 200m Backstroke
252-254	Women's 100m Freestyle
255-257	Men's 50m Breaststroke
258-259	Women's 4x100m Medley (HDW) **
260-261	Men's 4x100m Free (HDW) **

Session Nine

Monday 7th May

Finals Session

Start TBA

331-333	Women's 200m I.M.
334-336	Men's 200m I.M.
337-339	Women's 100m Backstroke
340-342	Men's 100m Backstroke
343-345	Women's 200m Freestyle
346-348	Men's 200m Freestyle
349-351	Women's 50m Butterfly
352-354	Men's 50m Butterfly

(HDW) – Heat Declared Winners

** -- 14-16 age group relays will be first event, 17/OV age group will be second.



East Swimming
2018 Long Course Championships
(Under ASA Laws & ASA Technical Rules)
Weekend Two
Inspire: Luton Sports Village
Saturday 26th May – Monday 28th May 2018
(Licensed Meet No. 1ER180214)



Schedule of Events

14/Under Age Group Individual Events

Session Ten

Saturday 26th May

Heats Session

Start TBA

411	Women's 200m Butterfly
412	Men's 200m Breaststroke
413	Women's 100m Breaststroke
414	Men's 50m Butterfly
415	Women's 400m Freestyle (HDW)

Session Thirteen

Sunday 27th May

Heats Session

Start TBA

511	Men's 200m Butterfly
512	Women's 200m Breaststroke
513	Men's 100m Breaststroke
514	Women's 50m Butterfly
515	Men's 400m Freestyle (HDW)

Session Sixteen

Monday 28th May

Distance Session

Start TBA

611	Women's 800 Free (HDW)
612	Men's 1500 Free (HDW)
	*
613	Women's 50m Breaststroke
614	Men's 50m Breaststroke

Session Eleven

Saturday 26th May

Heats Session

Start TBA

421	Women's 200m I.M
422	Men's 100m Backstroke
423	Women's 100m Freestyle
424	Men's 50m Freestyle
425	Women's 200m Backstroke
426	Men's 400m I.M (HDW)

Session Fourteen

Sunday 27th May

Heats Session

Start TBA

521	Men's 200m I.M
522	Women's 100m Backstroke
523	Men's 100m Freestyle
524	Women's 50m Freestyle
525	Men's 200m Backstroke
526	Women's 400m I.M (HDW)

Session Seventeen

Monday 28th May

Heats Session

Start TBA

621	Women's 100m Butterfly
622	Men's 100m Butterfly
623	Women's 50m Backstroke
624	Men's 50m Backstroke
625	Women's 200m Freestyle
626	Men's 200m Freestyle

Session Twelve

Saturday 26th May

Finals Session

Start TBA

431-433	Women's 200m Butterfly
434-436	Men's 200m Breaststroke
437-439	Women's 100m Breaststroke
440-442	Men's 50m Butterfly
443-445	Women's 200m IM
446-448	Men's 100m Backstroke
449-451	Women's 100m Freestyle
452-454	Men's 50m Freestyle
455-457	Women's 200m Backstroke

Session Fifteen

Sunday 27th May

Finals Session

Start TBA

531-533	Men's 200m Butterfly
535-536	Women's 200m Breaststroke
537-539	Men's 100m Breaststroke
540-542	Women's 50m Butterfly
543-545	Men's 200m I.M
546-548	Women's 100m Backstroke
549-551	Men's 100m Freestyle
552-554	Women's 50m Freestyle
555-557	Men's 200m Backstroke

Session Eighteen

Monday 28th May

Finals Session

Start TBA

631-633	Women's 100m Butterfly
636-636	Men's 100m Butterfly
637-639	Women's 50m Breaststroke
640-642	Men's 50m Breaststroke
643-645	Women's 200m Freestyle
646-648	Men's 200m Freestyle
649-651	Women's 50m Backstroke
652-654	Men's 50m Backstroke

(HDW) – Heat Declared Winners

* A 25 minute warm-up will take place at the conclusion of the Men's 1500m Freestyle. This will be for competitors in the Men's and Women's 50m Breaststroke. The earliest possible timing of this additional Warm-Up will be posted online following receipt of entries. Competitors in the distance Freestyle may also warm-down during this period.



East Swimming
2018 Long Course Championships
(Under ASA Laws & ASA Technical Rules)
800m (Male) and 1500m (Female) Event
Basildon Sporting Village
Saturday 19th May 2018
(Licensed Meet No. 1ER180540)



Schedule of Events

Session Nineteen

Saturday 19th May

Distance Session

Start 14:10

701 Men's 800m Freestyle (HDW)

Session Twenty

Saturday 19th May

Distance Session

Start TBA

721 Women's 1500m Freestyle (HDW)