

Month/Date	Meet	Venue	Level/Length	Squad	Coach	CONSC Closing Date	Entries To
Nov-18							
Fri 2nd - Sun 4th	East Region Winter Championships L1 - OUT	Luton	25m	All Qualifiers	AP/KP	CLOSED	Tracey Spinner
Sat 3rd	Mini Meet - OUT	UEA	25m	Penguin/JD/CA	JB/CM	CLOSED	Helen Crowley
Fri 9th - Sun 11th	BUCS SC Championships	TBC	25m	UEA Students	N/A	CLOSED	N/A Selected
Sat 10th	Arena League R2 - OUT	TBC	25m	Selected	N/A	CLOSED	N/A Selected
Fri 16th - Sun 18th	2018 Leicester Open L2 - OUT	Leicester	25m	NYS	AP	CLOSED	Tracey Spinner
Sat 17th - Sun 18th	CONSC November SC Meet L3 - OUT	UEA	25m	All Qualifiers	AP	CLOSED	Tracey Spinner
Dec-18							
Sat 1st - Sun 2nd	National Para SC Championships	Manchester	25m	All Qualifiers	AP	TBC	N/A Self-Entry
Sat 8th	Arena League R3	TBC	25m	Selected	N/A	N/A	N/A Selected
Thu 13th - Sun 16th	Swim England Winter SC Championships L1	Sheffield	25m	All Qualifiers	AP/KP	22/11/2018	N/A Self-Entry
Sat 15th - Sun 16th	GYSC Winter Wipeout - OUT	UEA	25m	CYS	SF	CLOSED	Debbie Robertson
Jan-19							
Sat 19th - Sun 20th Jan	NCASA Championship Weekend 1 - OUT	UEA	50m	All Qualifiers	LS/JN	22/12/2018	Debbie Robertson
Sat 26th - Sun 27th Jan	NCASA Championship Weekend 2 - OUT	UEA	50m	All Qualifiers	LS/JN	22/12/2018	Debbie Robertson
Feb-19							
Sat 2nd - Sun 3rd	NCASA Championship Weekend 3 - OUT	UEA	50m	All Qualifiers	LS/JN	22/12/2018	Debbie Robertson
Sat 9th	Mini Meet	UEA	25m	Penguin/JD/CA	JB/CM	19/01/2019	Helen Crowley
Mon 18th - Mon 25th	Cyprus Swim Camp - OUT	Paphos	50m	All Regional Q	AP/KP	CLOSED	Alex Pinniger
Sat 23rd - Sun 24th TBC	NCASA Warwick Thompson Gala	TBC	25m	All Qualifiers	CM/SF	TBC	Debbie Robertson
Mar-19							
Sat 2nd - Sun 3rd	March Long Course Meet - 3ER190092 - OUT	UEA	50m	All Qualifiers	LS/JN	01/02/2019	Tracey Spinner
22nd March Qualification Window for the 2019 British Summer Championships Open							
TBC	L1 LC Meet TBC	TBC	50m	NYS/NA	TBC	TBC	Tracey Spinner
Sat 23rd TBC	Norfolk Junior League R1	TBC	25m	N/A Selected	TBC	TBC	N/A Selected
Apr-19							
Tues 16th - Sun 21st	British Swimming Championships	Sheffield	50m	All Qualifiers	AP	22/03/2019	N/A Self-Entry
Fri 19th - Sun 21st	Easter Meet	UEA	50m	All Qualifiers	AP/KP	TBC	Tracey Spinner
Thur 25th - Sun 28th	British Para-Swimming International	Glasgow	50m	All Qualifiers	AP	TBC	N/A Self-Entry
Sat 27th TBC	Norfolk Junior League R2	TBC	25m	N/A Selected	TBC	TBC	N/A Selected
May-19							
Sat 4th - Mon 6th	SEER 2019 Long Course Championships - Youth	Luton	50m	All Qualifiers	AP/KP	05/04/2019	Tracey Spinner
Sat 18th May	NCASA Masters	UEA	50m	All Qualifiers	SF	TBC	N/A Self-Entry
TBC	L1 LC Meet TBC	TBC	50m	NYS	TBC	TBC	Tracey Spinner
TBC	Rotherham Metro LC L3 Open Meet	Sheffield	50m	RYS/RA	LS/JN	TBC	Tracey Spinner
Sat 25th - Mon 27th	SEER 2019 Long Course Championships - Age	UEA	50m	All Qualifiers	KP/JN	19 & 26/04/19	Tracey Spinner
27th May Qualification Window for the 2019 British Summer Championships Closes							
Jun-19							
Sat 15th	Eastern Junior League	UEA	25m	N/A Selected	KP/JB	TBC	N/A Selected
Sat 22nd	Mini Meet	UEA	25m	All Qualifiers	JB/CM	TBC	Helen Crowley
Sat 22nd - Sun 23rd TBC	NCASA County Challenge	TBC	25m	All Qualifiers	TBC	TBC	Debbie Robertson
Jul-19							
Sat 6th	Midsummer Madness - L3	UEA	50m	All Qualifiers	LS/JN	TBC	Tracey Spinner
Sun 7th	East Region Inter-County Relay Gala	UEA	50m	N/A Selected	ER	TBC	N/A Selected
Tues 23rd - Sun 28th	British Summer Championships	Glasgow	50m	All Qualifiers	AP/KP	TBC	N/A Self-Entry