



## **2021 Short Course Championships Intention Document**

Swim England East Region intends to run its 2021 Short Course Championships on 5-7<sup>th</sup> November 2021 at Inspire: Luton Sports Village.

The Region is minded that whilst COVID-19 social distancing measures are currently relaxed, it could well be the case that these circumstances change by November. The Region is planning for various eventualities to ensure that the event is able to take place in a safe manner.

As a result, the Region has decided to publish this intention document to set out its plans and best enable athletes and teams to prepare for the event.

It is our intention to offer a regional short course championships that mirror those of previous years and provides, as much as possible, a return to normality for our swimming community. With this in mind, our proposed schedule and qualifying times for this year's competition can be found later in this document.

The Region is aware that the last time this event was held was in 2019 and as a result, some members who are now eligible to compete may not be aware of the nature and structure of the event.

This is a senior championships and there is a single qualifying time for each event. For 2021, in view of the challenges posed by the pandemic, the Region has relaxed the qualifying times and is allowing times to be achieved at Levels 1,2,3,4 and X. This means that conversion times are permitted, using Sportsystems time converter only. The qualifying window is also much broader – times must have been achieved from 1<sup>st</sup> September 2018 to the entry closing date of midnight on 20<sup>th</sup> October 2021.

The meet will have a Level 2 licence, and as such, the slowest entries may be rejected if the event proves to be over-subscribed, either due to the volume of entries or because of any space restrictions that may be necessary.

The Swim England East Region Short Course Championships will commence with 800m (female) and 1500m (male) Freestyle events on the Friday evening. These distances mirror those offered to each gender at the Swim England National Winter Meet and are intended as a qualifying opportunity.

The Region plans to offer relays, but would discourage teams from attending the event for the sole purpose of competing in them – athletes should ideally be drawn from those who have qualified for individual events at the competition.

Medals are presented to the top three swimmers in each event. The Region will also prioritise performances at this meet when it comes to selecting athletes to participate in regional development activities, which it plans to restart in 2022.

In keeping with a planned return to normality, the Region intends to admit spectators and also to live stream the event.

Entry fees will be £8 per individual event and £10 for relays. Spectator fees will be £5 per session or £10 per day, with no charge for finals.

In the event of government social distancing laws changing, or if the Region develops safety concerns, some or all of the following measures will be implemented:

- relays will be removed from the programme and teams refunded
- spectators will be limited or removed completely
- all events will become Heat Declared Winners (HDW); the finals session will be removed and the events redistributed over three heat sessions per day rather than two. Please note that events will still take place on the same day and in the same order as published in the schedule below
- swimmers may be rejected and have their entry fee refunded to limit numbers
- use will be made of the 25m warm-up pool to stagger warm-ups throughout the day, including during the competition
- the region will explore use of an alternative space (Sports Hall) to better distribute athletes around the venue

That said, the priority will always be to optimise athlete participation in a safe manner.

The qualifying times, race schedule and Para Swimming details can be found below. The full conditions and event details will be published shortly.

# Swim England East Region 2021 Short Course Championships

*(Under Swim England Regulations and Technical Rules)*  
**5<sup>th</sup>-7<sup>th</sup> November 2021 at Inspire: Luton Sports Village**

## Schedule Of Events

### Session 1 Friday 5<sup>th</sup> November - Start: Evening

101	Womens	800m	Freestyle	HDW
102	Mens	1500m	Freestyle	HDW

### Session 2 Saturday 6<sup>th</sup> November - Start: TBA

201	Mens	200m	I.M.	Heats
202	Womens	50m	Backstroke	Heats
203	Mens	50m	Freestyle	Heats
204	Womens	200m	Butterfly	Heats
205	Mens	200m	Butterfly	Heats
206	Womens	100m	Breaststroke	Heats
207	Mens	100m	Breaststroke	Heats
208	Womens	100m	I.M	Heats
209	Mens	400m	Freestyle	HDW

### Session 5 Sunday 7<sup>th</sup> November - Start: TBA

501	Womens	200m	I.M.	Heats
502	Mens	50m	Backstroke	Heats
503	Womens	50m	Freestyle	Heats
504	Mens	200m	Breaststroke	Heats
505	Womens	200m	Breaststroke	Heats
506	Mens	100m	Butterfly	Heats
507	Womens	100m	Butterfly	Heats
508	Mens	100m	IM	Heats
509	Womens	400m	Freestyle	HDW

### Session 3 Saturday 6<sup>th</sup> November - Start: TBA

301	Womens	400m	I.M.	HDW
302	Mens	100m	Backstroke	Heats
303	Womens	100m	Freestyle	Heats
304	Mens	200m	Freestyle	Heats
305	Womens	50m	Butterfly	Heats
306	Mens	50m	Butterfly	Heats
307	Womens	200m	Backstroke	Heats
308	Mixed	4 x 50m	Freestyle Relay	HDW

### Session 6 Sunday 7<sup>th</sup> November - Start: TBA

601	Mens	400m	I.M.	HDW
602	Womens	100m	Backstroke	Heats
603	Mens	100m	Freestyle	Heats
604	Womens	200m	Freestyle	Heats
605	Mens	50m	Breaststroke	Heats
606	Womens	50m	Breaststroke	Heats
607	Mens	200m	Backstroke	Heats
608	Mixed	4 x 50m	Medley Relay	HDW

### Session 4 Saturday 6<sup>th</sup> November - Start: TBA

401	Mens	200m	I.M.	Final
402	Womens	50m	Backstroke	Final
403	Mens	50m	Freestyle	Final
404	Womens	200m	Butterfly	Final
405	Mens	200m	Butterfly	Final
406	Womens	100m	Breaststroke	Final
407	Mens	100m	Breaststroke	Final
408	Womens	100m	I.M	Final
409	Mens	100m	Backstroke	Final
410	Womens	100m	Freestyle	Final
411	Mens	200m	Freestyle	Final
412	Womens	50m	Butterfly	Final
413	Mens	50m	Butterfly	Final
414	Womens	200m	Backstroke	Final
415	Mens	4 x 50m	Freestyle Relay	HDW
416	Womens	4 x 50m	Medley Relay	HDW

### Session 7 Sunday 7<sup>th</sup> November - Start: TBA

701	Womens	200m	I.M.	Final
702	Mens	50m	Backstroke	Final
703	Womens	50m	Freestyle	Final
704	Mens	200m	Breaststroke	Final
705	Womens	200m	Breaststroke	Final
706	Mens	100m	Butterfly	Final
707	Womens	100m	Butterfly	Final
708	Mens	100m	IM	Final
709	Womens	100m	Backstroke	Final
710	Mens	100m	Freestyle	Final
711	Womens	200m	Freestyle	Final
712	Mens	50m	Breaststroke	Final
713	Womens	50m	Breaststroke	Final
714	Mens	200m	Backstroke	Final
715	Womens	4 x 50m	Freestyle Relay	HDW
716	Mens	4 x 50m	Medley Relay	HDW

# Swim England East Region 2021 Short Course Championships QUALIFYING STANDARDS

Pool Length - 25m

<u>MEN</u>	<u>EVENT</u>	<u>WOMEN</u>
<b>Qualifying Time</b>		<b>Qualifying Time</b>
26.75	<b>50m Freestyle</b>	29.50
57.50	<b>100m Freestyle</b>	1:03.00
2:07.00	<b>200m Freestyle</b>	2:17.50
4:30.00	<b>400m Freestyle</b>	4:45.00
	<b>800m Freestyle</b>	10:26.00
18:30.00	<b>1500m Freestyle</b>	
31.00	<b>50m Backstroke</b>	33.50
1:06.00	<b>100m Backstroke</b>	1:11.50
2:25.00	<b>200m Backstroke</b>	2:35.00
33.50	<b>50m Breaststroke</b>	37.50
1:16.00	<b>100m Breaststroke</b>	1:21.00
2:45.00	<b>200m Breaststroke</b>	3:00.00
30.00	<b>50m Butterfly</b>	32.50
1:04.00	<b>100m Butterfly</b>	1:11.00
2:30.00	<b>200m Butterfly</b>	2:40.00
1:07.50	<b>100m I.M.</b>	1:12.50
2:25.00	<b>200m I.M.</b>	2:37.00
5:15.00	<b>400m I.M.</b>	5:30.00

- All times to be achieved between 1<sup>st</sup> September 2018 and the closing date
- Closing date for entries: Midnight on Wednesday 20<sup>th</sup> October 2021
- Qualifying times may be achieved at Levels 1,2,3,4 and X.

## Para-Swimming Championships

<b>Event</b>	<b>Classifications</b>
50m Freestyle	S1 – S14
100m Freestyle	S1 – S14
200m Freestyle	S1 – S5 + S14
400m Freestyle	S6 – S14
50m Butterfly	S1 – S7
100m Butterfly	S8 – S14
50m Backstroke	S1 – S5
100m Backstroke	S6 – S14
50m Breaststroke	SB1 – SB3
100m Breaststroke	SB4 – SB14
200m IM	SM5 – SM14

The above events in the Championships are open to competitors whose Swim England Membership Record includes the relevant Para-Swimming Sport Class, as shown above.

### Para-Swimming Championships Qualifying Standards

Male	Event and Category	Female
<b>50m FREESTYLE</b>		
02:22.93	<b>S1</b>	02:14.58
01:39.28	<b>S2</b>	02:05.28
01:12.96	<b>S3</b>	01:31.14
01:03.36	<b>S4</b>	01:21.14
00:55.81	<b>S5</b>	01:01.65
00:48.29	<b>S6</b>	00:55.57
00:45.44	<b>S7</b>	00:53.92
00:43.70	<b>S8</b>	00:50.64
00:42.18	<b>S9</b>	00:47.06
00:37.87	<b>S10</b>	00:44.80
00:42.93	<b>S11</b>	00:50.98
00:38.86	<b>S12</b>	00:45.26
00:38.77	<b>S13</b>	00:45.42
00:40.64	<b>S14</b>	00:45.66
<b>100m FREESTYLE</b>		
04:19.14	<b>S1</b>	06:39.41
03:55.10	<b>S2</b>	05:47.54
02:42.99	<b>S3</b>	02:49.78
02:19.09	<b>S4</b>	02:48.96
02:02.69	<b>S5</b>	02:14.42
01:48.50	<b>S6</b>	02:00.08
01:41.23	<b>S7</b>	01:56.77
01:33.57	<b>S8</b>	01:48.74
01:31.44	<b>S9</b>	01:42.43
01:25.09	<b>S10</b>	01:37.98
01:35.92	<b>S11</b>	01:54.78
01:25.23	<b>S12</b>	01:37.81
01:25.10	<b>S13</b>	01:37.47
01:28.86	<b>S14</b>	01:37.60
<b>200m FREESTYLE</b>		
12:11.84	<b>S1</b>	10:35.89
07:02.72	<b>S2</b>	10:14.24
05:44.30	<b>S3</b>	06:24.38
04:59.23	<b>S4</b>	06:15.60
04:23.70	<b>S5</b>	04:53.74
03:07.31	<b>S14</b>	03:20.98
<b>50m BREASTSTROKE</b>		
03:26.32	<b>SB1</b>	03:37.31
01:36.90	<b>SB2</b>	02:17.62
01:21.57	<b>SB3</b>	01:41.07
<b>100m BREASTSTROKE</b>		
02:37.36	<b>SB4</b>	03:13.26
02:30.93	<b>SB5</b>	03:01.28
02:12.99	<b>SB6</b>	02:39.41
02:06.13	<b>SB7</b>	02:36.16
01:55.74	<b>SB8</b>	02:11.15
01:50.37	<b>SB9</b>	02:07.25
01:59.50	<b>SB11</b>	02:28.05
01:49.57	<b>SB12</b>	02:17.98
01:49.18	<b>SB13</b>	02:08.72
01:48.78	<b>SB14</b>	02:04.85

Male	Event and Category	Female
<b>400m FREESTYLE</b>		
08:18.02	<b>S6</b>	09:13.79
07:57.76	<b>S7</b>	08:39.95
07:18.40	<b>S8</b>	08:02.70
06:59.98	<b>S9</b>	07:43.15
06:44.85	<b>S10</b>	07:27.39
07:36.72	<b>S11</b>	09:01.81
06:46.05	<b>S12</b>	07:33.60
06:45.79	<b>S13</b>	07:28.96
06:57.44	<b>S14</b>	08:05.07
<b>50m BACKSTROKE</b>		
02:15.84	<b>S1</b>	03:37.46
01:36.88	<b>S2</b>	01:47.66
01:21.84	<b>S3</b>	01:31.39
01:13.04	<b>S4</b>	01:25.97
01:03.42	<b>S5</b>	01:12.43
<b>100m BACKSTROKE</b>		
04:39.12	<b>S1</b>	07:10.90
03:29.23	<b>S2</b>	04:02.24
01:59.89	<b>S6</b>	02:20.40
01:58.35	<b>S7</b>	02:15.84
01:45.54	<b>S8</b>	02:07.66
01:44.38	<b>S9</b>	01:53.09
01:38.53	<b>S10</b>	01:49.54
01:51.34	<b>S11</b>	02:16.29
01:38.18	<b>S12</b>	01:59.15
01:37.76	<b>S13</b>	01:56.61
01:36.67	<b>S14</b>	01:46.80
<b>50m BUTTERFLY</b>		
00:00.00	<b>S1</b>	00:00.00
03:50.69	<b>S2</b>	03:43.66
02:18.56	<b>S3</b>	02:07.49
01:14.03	<b>S4</b>	02:44.30
00:58.50	<b>S5</b>	01:14.70
00:50.00	<b>S6</b>	01:01.07
00:48.82	<b>S7</b>	00:59.17
<b>100m BUTTERFLY</b>		
01:41.06	<b>S8</b>	01:58.72
01:37.18	<b>S9</b>	01:51.71
01:32.08	<b>S10</b>	01:50.94
01:41.04	<b>S11</b>	02:24.32
01:33.28	<b>S12</b>	01:49.90
01:33.46	<b>S13</b>	01:50.77
01:36.91	<b>S14</b>	01:51.95
<b>200m IM</b>		
05:39.42	<b>SM5</b>	05:53.89
04:18.94	<b>SM6</b>	05:07.71
04:16.72	<b>SM7</b>	04:59.04
03:55.02	<b>SM8</b>	04:34.34
03:46.34	<b>SM9</b>	04:14.26
03:32.00	<b>SM10</b>	04:03.23
04:01.81	<b>SM11</b>	04:42.86
03:36.62	<b>SM12</b>	04:21.30
03:36.40	<b>SM13</b>	04:03.70
03:37.30	<b>SM14</b>	03:53.25