

	Aimed at all swimmers
	All swimmers who meet qualifying standards
	Invited swimmers targetting regionals and above
	Aimed at those new to swim meets/ those aiming for county times
	Aimed at the Masters squad, not eligible for under 16/18s
	National/International competitions - Will be discussed with any swimmers who may be eligible - Spectating options available

If you have an queries about which meets you swimmers should attend, which events they should be entering or what to expect from different meets. Please do ask.

Any of the coaches will be happy to talk you through them. As will many of our more experienced

Meet 'Licence Level'  
 explanation: 1: Highest level domestic long course meet, requirement for national entries  
 2: Highest level domestic short course meet, requirement for national entries  
 3: Local meet open to many clubs, times useable up to regional standard  
 4: Local meet with select clubs, times useable up to county standard  
**Unlicensed:** No officials present, times only useable at L3&4 local meets

Month	Date	Competition	Venue/Club	50/ 25m course	Level	Squads
January	17/18	County Championships 2025	UEA Norwich	25	2 (Qualifying Times)	All
January	17/18	SE South East L/C Crawley	Crawley			Masters
January	24/25	County Championships 2025	Crown Pools	25	2 (Qualifying Times)	All
January	31st	Chelmsford Masters Meet	Chelmsford			Masters
January	31st/1st	County Championships 2025	Crown Pools	25	2 (Qualifying Times)	All
February	8th	County Championships 2025	Crown Pools	25	2 (Qualifying Times)	All
February	15th	West Suffolk Valentines Masters (inc. County Masters)	Bury St Edmunds	25		Masters
February	28th/1st	County Development Championships	Crown Pools	25	3 (Qualifying Times and Cut Off Times)	CDs, Juniors, Seniors
February	29th/1st	Swim Wales L/C Championships Swansea	Swansea			Masters
March	14/15	BPSC National Qualifier L1 LC Meet	Basildon	50	1 (Qualifying Times)	Invited swimmers from Juniors, Seniors
March	21/22	Deben March Open Meet	Crown Pools	25	3	All
April	3-5	City of Norwich Swimming Club Easter Meet	UEA Norwich	50	1 (Qualifying Times)	Invited swimmers from Juniors, Seniors
April	12th	Teamipswich Easter Novice Invitational Level 4 Meet	Crown Pools	25	4 (Cut Off Times)	CDs, Juniors
April	14-19	Aquatics GB Swimming Championships	LAC, Stratford	50	1 (QTs, Spectator tickets available)	
April	24-26	Swim England East Region Long Course Championships	Luton	50	1 (Qualifying Times)	Juniors, Seniors
May	2/4	Swim England East Region Long Course Championships	Norwich	50	1 (Qualifying Times)	Juniors, Seniors
May	8/10	Swim England East Region Long Course Championships	Luton	50	1 (Qualifying Times)	Juniors, Seniors
May	17	Halstead Open Meet	Braintree	25	3	All
May	23-25	AP Race International	LAC, Stratford	50	1 (QTs, Spectator tickets available)	
June	6th	Stowmarket Spring into Summer Meet	Stowmarket	25	3	All
June	6th	Norfolk Masters Norwich	Norwich			Masters
June	12/14	British L/C Championships Aberdeen	Aberdeen			Masters
June	20/21	Norwich Swans & WNSC Boudicca Meet	UEA Norwich	50	3	All
July	29/06 -	Club champs during existing training sessions @ Hadleigh Pool	Hadleigh	25	Unlicensed	All
July	27th-1st	Swim England National Summer Meet	Pond's Forge, Sheffield	50	1 (Swim England issued invitation, Livestreamed)	
Sep	TBC	Stowmarket Novice Meet	Stowmarket	25	4 (No faster than cut off times)	CDs, Juniors
Sep	TBC	Halstead Autumn Open Meet	Braintree	25	3	All
Sep	19/20	Swans L3 Open Meet	UEA Norwich	25	3	All
Nov	TBC	Deben Nov Open Meet	Crown Pools	25	3	All
Dec	12/13	Stowmarket No Frills	Stowmarket	25	3	All
Dec	TBC	Harwich Open Meet - likely week day evenings	Harwich	25	3	All