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|--|-----------------------------------------------------------------|
|  | 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     | 24th-27th | Commonwealth Games Glasgow 2026                               | Tollcross               | 50             | 1 (Invitation only, Livestreamed)                |                                        |
| July     | 27th-1st  | Swim England National Summer Meet                             | Pond's Forge, Sheffield | 50             | 1 (Swim England issued invitation, Livestreamed) |                                        |
| Sep      | 12th      | Stowmarket Novice Meet                                        | Stowmarket              | 25             | 4 (No faster than cut off times)                 | CDs, Juniors                           |
| Sep      | 19/20     | Swans L3 Open Meet                                            | UEA Norwich             | 25             | 3                                                | All                                    |
| Sep      | 20        | East Region Masters Champs (provisional date)                 | Newmarket Sports        | 25             |                                                  | Masters                                |
| Oct      | 11th      | Newmarket Open Meet (with relay entries)                      | Newmarket Sports        | 25             | 3                                                | All (relay teams will be chosen by the |
| Oct      | 23/25     | S/E Masters Champs                                            | Sheffield               | 50             |                                                  | Masters                                |
| Nov      | 14/15     | Deben Nov Open Meet                                           | Crown Pools             | 25             | 3                                                | All                                    |
| Nov      | 15        | National Masters Inter-Counties                               | TBC                     |                |                                                  | Masters                                |
| Nov      | 21        | Barnet Copthall Masters 1500 Freestyle                        | Barnet Copthall         |                |                                                  | Masters                                |
| Dec      | 12/13     | Stowmarket No Frills                                          | Stowmarket              | 25             | 3                                                | All                                    |
| Dec      | TBC       | Harwich Open Meet - likely week day evenings                  | Harwich                 | 25             | 3                                                | All                                    |