

Following on from our guide to “Counties”, you may have heard “Regionals” mentioned a few times around the club and if you’re relatively new to the club you are probably wondering what they are all about.

**Any Questions?**

# BSSC GUIDE TO REGIONALS

**BY COMMS@BSSWIMCLUB.CO.UK**

The next step up from the Swim England Hertfordshire County Swimming Championships (i.e. *Counties*), and the last stepping stone before *Nationals* would be *Regionals*. England is split into eight regions and the Swim England East Region comprises the counties of Bedfordshire, Cambridgeshire, Essex (excluding those areas that are London Boroughs), Hertfordshire, Norfolk and Suffolk.

**Typically there are two different Regional events each year** – the main long course (50m) championships (aka *Regionals*) running in April/May and a short course (25m) championships in November (aka *Winter Regionals*). With the Long Course meet swimmers will qualify for events depending on their time in their age group, whilst the Short Course meet has a single set of qualifying standards for Men and Women. Specific information for upcoming regional events can be found on the Swim England East Region website [Swimming Competitions](#) page, but we've put a summary below of the key information that is applicable each year.

## Swim England East Region Long Course Championships

When people talk about “Regionals”, this Spring event is usually what they mean. This is the main 50m competition that runs within the qualifying window for many of the National events, giving Regional swimmers a chance to be top within the Region, as well as qualify for the “Nationals” (watch out for another article!).

**When and Where:** The Swim England East Region LC Championships are typically held across 2-3 weekends in April and May and are split between the 50m pools of UEA Sportspark in Norwich and Inspire Luton Sports Village.

**Schedule:** The region usually holds its 15+ championships over the early May bank holiday weekend, with the 800m Freestyle taking place the following Friday for all age groups. However, in 2024, this was moved due to GSCE exams. In 2024, most events for 15+ swimmers were held at Luton, and events for younger swimmers were held at Norwich SportsPark. However, this may change for 2025, so check out the [published schedule](#). Events range from 50m through to 800m/1500m and also relays. As a club we do not normally enter relay teams. Information from 2024 [can be found here](#), for reference.

**Age groups:** for individual events the age groups are 11/12, 13, 14, 15, 16 and 17/Over years, with age defined by 31st December of that year.

**Who can compete:** the Championship is open to all swimmers meeting the **published qualifying time** (QT) for their age/event. New times are published each year and for 50/100/200m events they are broadly based on the top 16 times recorded for each age in the same period in the previous year. Race sizes will vary as it depends on who meets the QTs.

The published QTs are short course 25m times, but long course 50m conversion times using Sportsystems time converter are accepted. Times must be achieved at Level 1-3 meets during a time window that is specified each year but typically runs from 1st Jan the previous year to the entry closing date (early April).

**What happens:** each event is run in heats of mixed age, seeded by entry times. In 50m, 100m & 200m events, the fastest 8 swimmers in each age group are invited to swim again in a final later that evening to decide on the age group Regional champion. Two reserves are kept in case two of the fastest withdraw from the final (it can happen!). All other events are swum as heat declared winner (HDW) events (just like a normal gala). Additional Top Boy and Top Girl awards are presented to swimmers with the most points across all events.

## Swim England East Region Short Course Championships

Often called “Winter Regionals”, this is a Championship where the fastest in the Region compete in a short course (25m) format.

**When & Where:** the event normally takes place early November but the venue can change so check the published details on the **East Region website**. In 2024, the venue is Inspire Luton.

**Schedule:** events are distributed over the weekend, so check out the published schedule for when you would be swimming. All standard events are run, including relays. The schedule for 2024 can be found here:

<https://www.eastswimming.org/wp-content/uploads/2024/07/Swim-England-East-Region-Schedule.pdf>

**Age group:** each event is open to all age groups.

**Who can compete:** the Championship is open to all swimmers with times faster than the published Qualifying Standards for each event. There is only a single Qualifying Standard for every event, so this meet naturally only involves older swimmers and the lightning fast youngsters! Qualifying times for 2024 can be found here:

<https://www.eastswimming.org/wp-content/uploads/2024/07/SEER-Qualifying-Times-24.pdf>

Times must be achieved at a Level 1-3 meet in the published window, which for the November 2024 Championships is from 1st January 2023 to Wednesday 16th October 2024 (midnight).

**What happens:** each event is run in heats of mixed age, seeded by entry times. All events have a single final, except the 400m, 800m and 1500m Freestyle, the 400m IM and team events, which are timed finals (heat declared winners). Each final shall have a maximum of two reserves declared.

**Entry Process:** the big difference for Regional (and National) level competitions is that swimmers (or their parents if under 18) are **responsible for entering themselves** into the championships using the entry system published by the Swim England East Region. The BSSC Competitions team will provide guidance and will prompt parents when the entry systems are available.

### **Regionals entries - quick guide:**

1 - Entries for Winter Regionals (SC) 2024 can be made here:

<https://www.swimmingresults.org/events/eastregion24sc/>

2 - To see if your swimmer has a qualification time, go into Swim Manager, have a look under the 'Qualifying' tab and you can see all the events for Counties and Winter Regionals that your swimmer has a qualification or consideration time for.

3 - On the entry website, select Bishop's Stortford Swimming Club from the drop-down and click the 'Enter' button.

4 - Click on your swimmer, tick the races they want to do, and click 'Add to entry list'.

5 - Pay for your races online, directly to Swim England. The Competitions team don't manage entries or withdrawals for Regionals, although they can provide guidance if needed.

6 - Click on 'Entry viewer' to check that your swimmer has been entered, and to see entries from other clubs.

**Good luck to all our Regional Qualifiers!!!**