



SENER Short Course Championships – Consultation

Background

This year we pre-released a “*save the dates*” note with the long course meet info (during April) for the events due to take place in November, and the original concept was to separate the 15yrs+ (‘open’) event from the age groups. This was for a number of reasons;

1. We wanted to give both age groupers and older swimmers the opportunity for a standalone event with heats and finals without any clashes of schedule
2. We always struggle to recruit enough volunteers for the 2 pool setup at Sheffield
3. The days were 12+hrs long last year – which is not enjoyable for athletes, coaches, volunteers or parents

Feedback received from clubs highlighted concerns about the additional demands that a separate event structure would place on coaches, families and volunteers. As a result, we revisited the proposal and returned to the concept of a single-weekend championship. We invited clubs to give feedback on the suggested format so that we could explore whether we could reduce the number of events on offer (we currently deliver every single Olympic event PLUS 100m IM over 2 days – in both pools simultaneously) and shorten the days.

The competition falls very early in the new season (only 7-8 weeks back after summer break for most clubs) and we thought about what swimmers might need from an early season meet in a short course format – other than a few Swim England guidelines for the ‘open’ pool, and aligning with level 2 licensing conditions, we have a degree of freedom to choose the events.

We noticed a few standout issues last year which shaped our suggestions for 2026;

1. Finals in the open pool – we recorded 38 withdrawals on Saturday and 51 on Sunday, resulting in repeated event reseeding and, in some cases, empty lanes in finals.
2. Distance events – only 25% of 800m swims and 36.4% of 1500m swims were faster than entry times, suggesting that many swimmers may not have been targeting peak endurance performances at this stage of the season.
3. 12+hr days – coaches, volunteers and some swimmers (and their families) were in the building from 6:30am until 7:50pm each day – this is too much

The schedule currently includes 15 events for females and 15 for males/open:

Freestyle: 50m, 100m, 200m, 400m, 800m, and 1500m

Backstroke: 100m and 200m

Breaststroke: 100m and 200m

Butterfly: 100m and 200m

Individual Medley (IM): 100m, 200m and 400m

Coaches were invited to provide feedback on the following proposals:

- Remove finals for the open pool
- Remove 800/1500m events for both pools
- Introduce Relays (for all) during the evening finals slot

Outcome

Thank you to all clubs and coaches who took the time to provide feedback. The responses received were thoughtful, constructive and demonstrated a shared commitment to delivering the best possible championship experience for swimmers across the region. While views varied on some aspects of the proposals, there was clear support for maintaining a single-weekend format.

The feedback highlighted several consistent themes, including the importance of retaining finals opportunities for older swimmers, preserving distance events within the programme, maintaining age-group opportunities, and ensuring any changes remain accessible to clubs of all sizes.

Having carefully considered the feedback received, we have agreed a championship format that seeks to balance athlete development, championship experience, operational practicality and the wellbeing of coaches, officials, volunteers and families.

The 2026 Short Course Regional Championships will therefore operate as follows:

- A Friday evening session will be added to accommodate the 800m and 1500m freestyle events.
- Finals will be retained for all 50m, 100m and 200m events in the 15yrs+ pool.
- Age Group events will continue to operate as Heat Declared Winner competitions.
- Relay events will be introduced at the end of each morning session within the Age Group pool for 11–14 year olds. Clubs may enter up to two teams, with teams able to include swimmers from any age within the 11–14 category.
- The championships will continue to be delivered over a single weekend in Sheffield.

We hope this summary provides clarity on both the challenges involved in delivering an event of this scale and the rationale behind the final programme. We remain committed to working collaboratively with clubs to ensure our championships continue to provide meaningful development opportunities and a positive experience for swimmers, coaches, volunteers and spectators alike.

Swimming Management Group

June 2026

Swim England North East 15yrs & Over Championships (25m) 2026

Schedule of Events					
FRIDAY 30 TH OCTOBER 2026					
Warm Up 5-30pm, Start 6-05pm					
Mixed	1500m	Freestyle	Mixed	800m	Freestyle
Schedule of Events					
SATURDAY 31 ST OCTOBER 2026			SUNDAY 1 ST NOVEMBER 2026		
AT 9AM			AT 9AM		
Open/Male	100m	Freestyle	Female	100m	Freestyle
Female	200m	Freestyle	Open/Male	200m	Freestyle
Open/Male	50m	Breaststroke	Female	50m	Breaststroke
Female	100m	Breaststroke	Open/Male	100m	Breaststroke
Open/Male	400m	Ind. Medley H.D.W.	Female	400m	Ind. Medley H.D.W.
Female	100m	Butterfly	Open/Male	100m	Butterfly
Open/Male	100m	Backstroke	Female	100m	Backstroke
Female	50m	Backstroke	Open/Male	50m	Backstroke
NOT BEFORE 1PM			NOT BEFORE 1PM		
Open/Male	200m	Butterfly	Female	200m	Butterfly
Female	200m	Ind. Medley	Open/Male	200m	Ind. Medley
Open/Male	400m	Freestyle H.D.W.	Female	400m	Freestyle H.D.W.
Female	50m	Freestyle	Open/Male	50m	Freestyle
Open/Male	200m	Breaststroke	Female	200m	Breaststroke
Female	100m	Ind. Medley	Open/Male	100m	Ind. Medley
Open/Male	200m	Backstroke	Female	200m	Backstroke
Female	50m	Butterfly	Open/Male	50m	Butterfly
Finals					
16/under & 17/over					

Swim England North East 11-14yrs Age Group Championships (25m) 2026

Schedule of Events					
Saturday 31 st October At 9am			Sunday 1 st November At 9am		
Female	100m	Breaststroke	Open/Male	100m	Breaststroke
Open/Male	200m	Breaststroke	Female	200m	Backstroke
Female	400m	Ind. Medley	Open/Male	200m	Ind. Medley
Open/Male	200m	Freestyle	Female	50m	Butterfly
Female	100m	Freestyle	Open/Male	100m	Freestyle
Open/Male	50m	Backstroke	Female	200m	Breaststroke
Female	50m	Backstroke	Open/Male	50m	Butterfly
Open/Male	100m	Butterfly	Female	50m	Freestyle
Mixed 4x50m Freestyle Relay			Mixed 4x50m Medley Relay		
Not before 1-30pm			Not before 1-30pm		
Female	100m	Ind. Medley	Open/Male	200m	Backstroke
Open/Male	400m	Ind. Medley	Female	200m	Ind. Medley
Female	100m	Butterfly	Open/Male	100m	Ind. Medley
Open/Male	100m	Backstroke	Female	100m	Backstroke
Female	200m	Freestyle	Open/Male	400m	Freestyle
Open/Male	200m	Butterfly	Female	200m	Butterfly
Female	50m	Breaststroke	Open/Male	50m	Freestyle
Open/Male	50m	Breaststroke	Female	400m	Freestyle

Age as on 31st December 2026
 Entries Close 21st October 2026
 Ponds Forge, Sheffield (25m)

Swim England North East Championships (25m) 2026



Qualifying Times – 25m Pool

				Open/Male Consideration Times			Events	Female Consideration Times						
11 years	12 years	13 years	14 years	15 years	16 years	17/over		11 years	12 years	13 years	14 years	15 years	16 years	17/Over
33.60	32.40	29.40	28.10	27.00	25.90	24.80	50m Freestyle	33.80	31.40	30.20	29.60	28.90	28.60	28.20
1:13.20	1:10.50	1:04.30	1:01.20	57.90	56.10	54.30	100m Freestyle	1:14.70	1:09.30	1:06.30	1:04.20	1:03.10	1:01.90	1:00.90
2:40.40	2:31.40	2:18.50	2:14.40	2:07.00	2:02.50	1:59.40	200m Freestyle	2:41.90	2:30.80	2:22.20	2:19.40	2:14.90	2:14.60	2:11.90
5:36.20	5:15.00	4:44.10	4:40.30	4:23.80	4:18.60	4:14.30	400m Freestyle	5:32.70	5:13.60	4:51.90	4:50.40	4:41.70	4:41.70	4:26.10
				9:19.30	9:15.80	9:01.40	800m Freestyle					10:00.80	9:57.20	9:48.90
				17:31.50	17:16.50	16:41.30	1500m Freestyle					18:32.80	18:23.00	17:55.20
39.60	37.80	34.90	33.30	32.00	31.10	29.00	50m Backstroke	39.90	37.40	35.50	34.60	33.90	33.00	32.40
1:24.40	1:21.90	1:15.20	1:11.90	1:07.80	1:07.80	1:03.80	100m Backstroke	1:25.40	1:20.30	1:16.80	1:14.50	1:12.80	1:10.60	1:09.20
2:58.80	2:52.40	2:40.60	2:32.30	2:23.90	2:23.10	2:18.70	200m Backstroke	3:01.30	2:51.10	2:41.70	2:39.30	2:35.50	2:35.50	2:32.10
46.50	43.50	39.20	35.60	35.30	34.30	32.10	50m Breaststroke	44.90	42.00	39.90	38.90	37.30	37.10	36.40
1:40.20	1:35.00	1:25.80	1:19.10	1:17.60	1:15.20	1:11.70	100m Breaststroke	1:37.80	1:32.20	1:27.30	1:25.40	1:22.40	1:21.20	1:19.00
3:32.30	3:18.80	3:01.30	2:50.80	2:47.70	2:44.70	2:38.80	200m Breaststroke	3:25.60	3:14.80	3:03.10	3:03.00	2:55.70	2:55.50	2:55.30
38.30	36.70	33.20	30.70	29.60	28.20	26.20	50m Butterfly	39.30	36.10	33.00	32.40	31.30	31.30	30.30
1:27.20	1:22.70	1:14.80	1:08.80	1:06.00	1:02.00	58.70	100m Butterfly	1:30.60	1:23.90	1:15.20	1:14.30	1:10.30	1:10.30	1:07.30
3:24.50	3:08.40	2:54.50	2:38.50	2:29.50	2:23.40	2:13.20	200m Butterfly	3:21.70	3:10.90	2:50.50	2:49.10	2:37.30	2:34.90	2:34.50
1:27.20	1:23.20	1:15.70	1:12.10	1:09.70	1:09.30	1:01.50	100m Ind. Medley	1:26.20	1:23.40	1:17.60	1:16.20	1:14.60	1:14.20	1:09.40
2:57.30	2:53.00	2:38.70	2:30.60	2:23.30	2:21.00	2:17.40	200m Ind. Medley	2:59.80	2:52.40	2:41.50	2:40.30	2:33.50	2:33.50	2:29.80
6:14.00	5:58.20	5:33.20	5:13.70	5:03.50	5:00.00	4:48.40	400m Ind. Medley	6:23.70	6:05.10	5:38.00	5:38.00	5:20.60	5:20.60	5:13.10

Entry times must be recorded in British Rankings (Levels 1-3) between
1st September 2025 and the closing date. Converted times accepted.

Age as on 31st December 2026

Entries Close 21st October 2026

Email: nerswimmingmanager@asaner.org.uk



FAQs – Regional Swimming Championships 2026 (short course)

Why has the meet gone back to single weekend instead of the 2 meets announced during this year's long course events?

After publishing draft "save the dates" for separate age and open championships during late April, we were contacted by a number of clubs regarding the demand on volunteers and families if the events were split across 2 weekends. Coaches of each club were asked to consider some options for the scheduling of the short course championships and every club that responded indicated that the one weekend option was preferable.

What if we have booked accommodation?

The dates listed in April were not confirmed with any event details – they were intended as a 'save the date' notification only, listed at the bottom of an info page for the long course events. The advice of the Regional team and most clubs is to always book on a semi-flex or flexible basis when it comes to accommodation. Situations often change and it is not uncommon for swimmers to need a late withdrawal from any event during the season due to illness, injury or changes in the scheduling or availability of venues.

Why have the 800/1500m events been altered for this event?

When considering the inclusion of these events at the short course meet in November, 2 main issues entered the discussion;

1. Timing of the event within the first macrocycle of training (usually 14-15wks in length) for the 2026-2027 season, and the stage of aerobic development and preparation that swimmers have returned to following their summer break
2. Event logistics and purpose of the meet

Issue 1 is straightforward. After 7-8 weeks of training at the beginning of a new season, swimmers are likely to have completed 3-4 weeks of general prep work for the year ahead (technique, drills, skills and low level aerobic conditioning) followed by 3-4 weeks of aerobic development which will lay the foundations for the target meet in cycle 1. At the time of the regional event, swimmers are not yet physiologically ready for sustained efforts at 90-100% of their maximum heart rate. The target meet for cycle 1 is usually either Scottish or British SC Championships in December, or another level 2 meet as directed by the club head coach. Leading into this key meet, coaches will spend the final 6-8wks after regionals working on maximal aerobic and race pace training to optimally prepare their swimmers.

Coaches requested the inclusion of these events specifically for swimmers trying to achieve qualifying times for the winter nationals (i.e. older swimmers 15yrs+, not age group swimmers 11-14yrs), and based on last year's data (7 swims from 53 entries across 800/1500m were new qualifiers) we opted to add an opportunity for older swimmers to gain these QTs on Friday evening to prevent the Saturday and Sunday schedules from being over

12hrs in duration like they were in 2025. The data also confirms a low rate of personal best times (35% PB / 65% non PB) being achieved in these events, which would confirm what we know from the explanation given above about training cycles and readiness to compete in the most demanding endurance events so early in the season.

Issue 2 is exactly what we have tried to balance when considering coaches feedback and what the purpose of the event is, and should be, at such an early stage in the season. It is an early season opportunity to get back to racing. Swimmers and coaches can try out new strategies, test their skills (e.g. starts and turns are essential to racing well in short course – a perfect opportunity to identify areas for improvement) and get their competitive edge back for the year ahead. At this point in macrocycle 1, coaches are just beginning to add in high end aerobic work and anaerobically challenging components, so racing 50,100,200 and 400m events can act as a useful stimulus as this part of the cycle begins. The longer events require significantly more conditioning and adaptation before swimmers can be expected to both compete and recover well from them – after all, they are sustained efforts at 90-100% of V02 max and max HR – i.e. very, very high intensity for 9-16 minutes.

Where is the information about para swimming events?

As in previous years, we are providing the opportunity for para swimmers to compete during the championships if they meet the minimum points required as agreed with Swim England – info on the points threshold will be published in the meet conditions in due course as usual.