



# Where Swimming Can Take You

## Competition Pathway Through Swimming



# Level 3 Open Meets

- We all start our careers swimming at level 3 open meets
- Level 3 open meets can be held either long course (50m pool) or short course (25m pool)
- Some level 3 meets have a minimum qualifying standard, but many do not
- Most level 3 open meets have an upper cut off time that a swimmer cannot be faster than in order to participate
- Level 3 meets are aimed at Skills Academy, Development and Bronze squad swimmers
- Our own Club Championships are a level 3 meet as is our Tulip Open Meet
- We use level 3 open meets to gain times in order to qualify to higher level competitions



# Lincolnshire County Championships

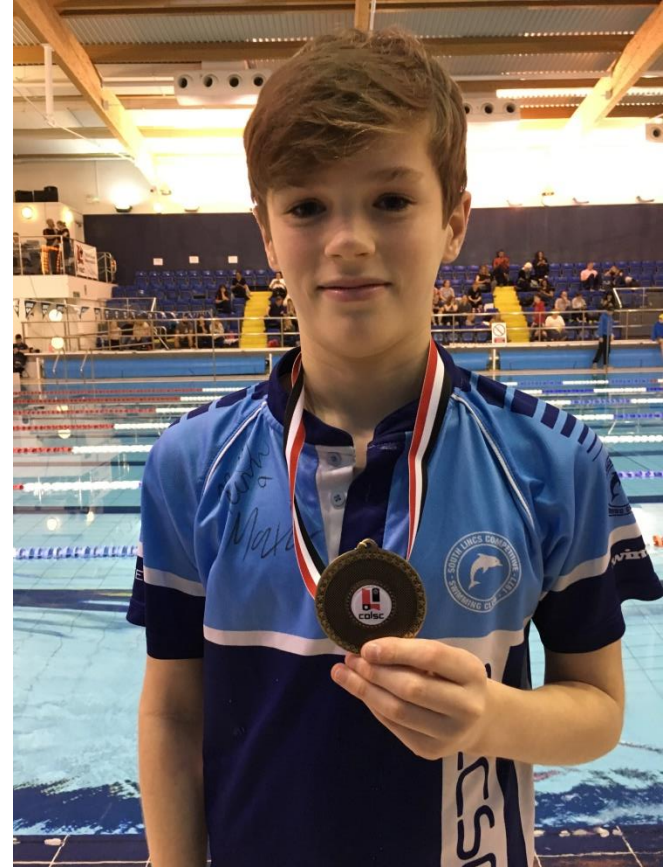
- County Championships are held on an annual basis in January and February
- The Counties – as they are known – are a level 2 meet
- Swimmers aged 10 years and over are eligible to compete at Counties
- They are usually held over three weekends
- There are qualifying times for each age group to achieve in order to participate
- County qualifying times can be achieved at any Level 3 or better open meets
- All club swimmers achieving County qualifying standards are expected to compete at the event





# Level 2 Open Meets

- Level 2 open meets are held short course (25m pool)
- These open meets have a qualifying standard that swimmers must have achieved in order to participate
- There is no upper limit cut off time
- Level 2 open meets are usually held from September to December
- Swimmers can only achieve qualification to Winter National Championships through a level 2 Open Meet
- Level 2 Open Meets are primarily for Gold and Silver squad swimmers to participate in



# Level 1 Open Meets

- Level 1 open meets are held long course (50m pool)
- Level 1 meets are usually held between September and December and again between February and May
- Level 1 meets have a qualifying standard that swimmers must be faster than in order to participate
- Converted times from short course to long course are acceptable to qualify
- Level 1 meets are primarily for Gold and Silver squad swimmers to attend, swimmers in Bronze squad achieving qualifying standards should also look to attend
- Qualification to National Championships can only be achieved through times posted at a level 1 open meet between March and May



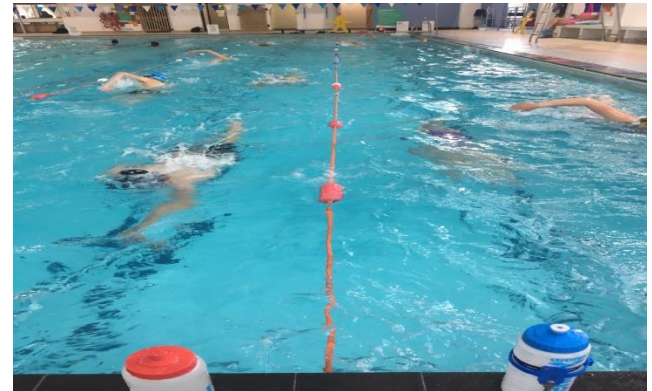
# East Midlands Regional Championships

- Regional Championships are a level 1 meet
- Participation at Regional Championships is through achieving the qualification standard for the meet
- There are qualifying times for each age group
- Swimmers aged 11 years and over are eligible to compete at Regionals
- Qualifying times are usually published as long course times, however short course conversions are accepted
- All swimmers in Gold, Silver and Bronze squads should be aiming to compete at Regional Championships
- There is also a Regional Short Course Championships held in November, this is only for Gold squad



# Winter National Championships – Short Course

- The Winter National Championships are held in December of each year
- The meet is held short course (25m pool)
- It is one of the fastest meets of the year with top British swimmers competing
- There are 3 sets of qualifying times, one for swimmers aged 16 and under, one for swimmers aged 17 and 18 years and one for swimmers aged 19 years and over.
- Qualifying to the meet before the age of 16 is extremely difficult as this is the fastest short course meet of the season
- The meet has finals for all events, an open final and a junior final
- The junior final is for swimmers aged 18 years and under
- Swimmers can only qualify to the event by posting a time at a level 2 open meet
- Converted times are not allowed





# Swim England National Championships

- English National Championships are usually held at the end of July or beginning of August
- Girls are eligible to compete from the age of 12, boys are eligible to compete from the age of 13
- The meet is held the week after British Summer Championships
- Qualification to English Nationals are based on swimmers ranking positions at the end of the National qualification window
- The National qualification window runs from mid March to Mid May
- Only swims undertaken long course at level 1 meets are eligible for qualification to Nationals
- English Nationals are only for swimmers in England, there are also Welsh and Scottish Nationals during the same week
- Swimmers can qualify to both British Summer Championships and English Nationals, but not in the same event
- There are heats and finals in all events except the 800 and 1500 Freestyle
- The meet is usually held over 5 days





# British Summer Championships

- British Summer Championships are usually held at the end of July
- They take place the week before English Nationals
- Qualification to British Summer Nationals are based on swimmers ranking positions at the end of the National qualification window
- The National qualification window runs from mid March to mid May
- Only swims undertaken long course at level 1 meets are eligible for qualification to British Summer Championships
- The meet is for the fastest swimmers in each age group from clubs in England, Wales and Scotland
- Girls aged 13 years are eligible to compete, boys aged 14 years are eligible to compete
- There are heats and finals for all events except the 800 and 1500 Freestyle
- The meet is usually held over 5 days
- The meet also includes relay events, the 4x100 and 4x200 Freestyle relay and the 4x100 Medley relay for the 14-16 years age group and the 17 and over age group



# British Swimming Championships & Trials

- The British Swimming Championships & Trials is the highest competition in the domestic calendar
- The event is held in April of each year
- The meet is not only a National Championship event, it also serves as the trials for English and British team selections
- Each year there are various international events a swimmer can qualify to
- Only performances at the trials are eligible for consideration to be selected to an international team
- The meet has heats and finals for all events except the 800 and 1500 Freestyle
- There are usually three finals in all events, a junior final, a transition final and an open final
- There are numerous junior international events that swimmers can qualify to participate in



# European Youth Olympic Festival

- Commonly known as EYOF
- This is a multi sport event for youth athletes
- Swimming is one of the sports that make up the European Youth Olympic Games
- Athletes must be aged 14 – 18 years to be eligible
- They are held every two years
- 2022 EYOF to be held in Banska Bystrica, Slovakia
- 2023 EYOF to be held in Koper, Slovenia
- 2025 EYOF to be held in Brno, Czech Republic





# Commonwealth Youth Games

- This is an international multi sport event for youth athletes
- Swimming is one of the sport that make up the Commonwealth Youth Games
- Athletes must be aged 14 – 18 years to be eligible
- The Commonwealth Youth Games are held every four years
- Due to Covid-19 it is believed the next Commonwealth Youth Games will be in 2023 and will possible be held in Trinidad & Tobago



# European Junior Championships

- The European Junior Championships are held on an annual basis
- The event is often known simply as EJ's
- Boys should be aged 15 – 18 to be eligible
- Girls should be 14 – 17 to be eligible
- There is a full swimming programme contested with heats and finals
- Great Britain usually send a team of 26 swimmers
- It is hoped the 2021 European Junior Championships will be held in Aberdeen



# World Junior Swimming Championships

- The World Junior Swimming Championships are held every two years
- The event is made up of a full swimming programme with heats and finals
- The event is for boys aged 15 – 18 years and girls aged 14 – 17 years
- Many medallists at the World Junior Championships go on to be successful senior athletes
- The 2019 World Junior Championships were held in Budapest





# Summer Youth Olympic Games

- This is an international multi sport event for youth athletes
- Swimming is one of the sports that make up the Youth Olympic Games
- Athletes must be aged 14 – 18 years to be eligible
- The Youth Olympic Games are held every four years
- Due to covid-19 and the back log of sporting events it has been decided that the next edition of the Youth Olympics will be held in 2026 in Dakar, Senegal

