



SWIM ENGLAND ESSEX AGE GROUP CHAMPIONSHIPS 2022

SPECIAL CONDITION AMMENDMENT

2022 Swim England Essex Age Group Championships

Distance Freestyle Events – Special Arrangements

Swim England Essex has a proud tradition of distance freestyle swimming. Essex swimmers who have gone on to achieve Olympic selection have, for the most part, done so in distance freestyle or other endurance events. The obvious exception is Mark Foster – but he was Southern Counties 1500m champion as a child!

It is quite clear that the Covid-19 pandemic has impacted the ability of clubs nationally to prepare athletes for distance events and indeed to stage time trial opportunities within limited club training time. The county therefore considers itself to have a role in developing this area of the sport by removing any barriers to participation that may have been generated by the pandemic.

The county has reflected on ways in which it can facilitate participation in these events, as it is minded that athletes may need to post a time at county level competition to access the regional and national summer meet pathway. The 800m (Male) and 1500m (Female) Freestyle are included in the competition programme at regional, English and British level. They also feature in all junior and senior international championships, including the Olympic Games.

A summary of the changes is as follows:

- The 800m Freestyle for men and 1500m Freestyle for women will be introduced as full age group championship events, for all age group categories except the 10/11 age group. This is in line with British Swimming's Competition Pathway document.
- To facilitate this, the 800m Freestyle for men will be added to Session 7 and the women's 1500m Freestyle will be added to Session 14. In Session 7, the men will swim their event first, as they are scheduled to swim the following morning. For the same reason, the women's 1500m Freestyle event will be scheduled first in Session 14.
- The way in which athletes qualify for the 800m/1500m has been modified to facilitate greater participation and athlete development in both events for both genders. Athletes may now find that they are eligible to enter both events, having previously qualified for neither.

In line with the principles of the Long-Term Athlete Development Plan, athletes who are now able to enter the events should only do so if their coaches consider them to be suitably prepared to do so.

Men's 800m Freestyle (plus additional 1500m racing opportunities)

1. Athletes who have entered the 1500m Freestyle at the 2022 Age Group Championships shall automatically become eligible to enter the 800m Freestyle. If these athletes have a time in rankings within the qualifying period for the championships, they will be seeded using this time. If they have no time, their 1500m time will be used to seed them and they will most likely swim in the first heat.
2. Athletes may also enter if they have achieved one of the qualifying times below in the published qualifying window for the championships.
3. Athletes who achieve the qualifying time for the 800m Freestyle below, shall also be eligible to enter the 1500m Freestyle if they have not already done so. If they have no 1500m time on rankings, twelve minutes will be added to their 800m time and this will become their seeded time.



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4. The Promoter has the discretion to add additional swimmers, over and above the criteria above, on a case-by-case basis, subject to their being space, for the purposes of swimming development.

12	13	14	15	16/over
11:00.00	10:20.00	10:05.00	9:40.00	9:20.00

Women's 1500m Freestyle (plus additional 800m racing opportunities)

1. Athletes who have entered the 800m Freestyle at the 2022 Age Group Championships shall automatically become eligible to enter the 1500m Freestyle. If these athletes have a time in rankings within the qualifying period for the championships, they will be seeded using this time. If they have no time, twelve minutes will be added to their 800m time and this will be their seeded entry time.
2. Athletes may also enter if they have achieved one of the qualifying times below in the published qualifying window for the championships.
3. Athletes who have achieved the qualifying time for the 1500m Freestyle below, shall also be eligible to enter the 800m Freestyle if they have not already done so. If these athletes have a time in rankings within the qualifying period for these championships, they will be seeded using this time. If they have no time, their 1500m time will be used to seed them and they will most likely swim in the first heat.
4. The Promoter has the discretion to add additional swimmers, over and above the criteria above, on a case-by-case basis, subject to their being space, for the purposes of swimming development.

12	13	14	15	16/over
21:25.00	20:14.00	19:14.00	18:30.00	18:15.00

How to Enter

- Athletes meeting any of the criteria above should enter via email (essexswimming@btopenworld.com) stating their name, date of birth, Swim England membership number, the events they wish to enter and their entry times.
- Following receipt of entries, an invoice will be generated and sent to the entrant or their representative.
- The closing date for these entries is midnight on 31st December 2021.
- The qualifying period for the championships is 20th December 2019-20th December 2021.



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