



East Midlands Arena League 2025 Guide

About the league?

The arena (formerly Speedo) league is a national team competition that has been established for over 50 years. There are approximately 300 clubs taking part, split into six regions: East Midlands, London, North-West, South, Western and West Midlands.

Each region has between 20 and 80 teams split into separate divisions, promotion and relegation takes place when there is more than one division in the region.

There are three rounds of competition, these are usually held on the second Saturday in October, November, and December. The National A and B finals are held in March at Cardiff, after the final round in December, the top six teams from each region are entered into a virtual gala to determine which teams compete in the A and B finals. The winner and runner-up from each region are guaranteed a place in one of the finals with the remaining 8 places based on results from the virtual gala.

Further information including results and league tables can be viewed at:

<https://www.nationalswimmingleague.org.uk/league/east-midlands/>

Who competes?

The East Midlands is the smallest of the all the regional leagues with only 20 teams competing in a single division. Teams competing for 2025 are:

- Bedford Swim Squad
- Biggleswade.
- Chesterfield.
- City of Cambridge A and B.
- City of Milton Keynes.
- City of Norwich A, B and C.
- City of Peterborough A and B.
- Corby.
- Northampton A and B.
- Norwich Swan A and B.
- Nottingham Leander.
- Sherwood Colliery.
- Team Waveney.
- West Norfolk.





Competition format

There are 51 events raced in each round / final, these consist of 34 individual events and 17 relay events. Each round is usually licensed as a level 2/3 meet ensuring that times gained in individual events will be uploaded to rankings.

Teams must supply one J2 and one J1 qualified official for each round, Referees and Starters are provided the host club who are also responsible for the recording of results and points.

There is usually a 25-30 minute warm up before racing starts which is usually split with younger and older swimmers having 10-15 minutes each. The racing itself takes around 2 hours to complete which means swimmers will be at the pool for around 3 hours.

Events and Age Groups

Year Group	Individual Races	Relay Races
11/Under	50 metres all strokes	Freestyle & Medley (50m)
13/Under	100 metres all strokes	Freestyle & Medley (50m)
15/Under	100 metres all strokes	Freestyle & Medley (50m)
16/Over	100 metres all strokes	Freestyle & Medley (50m)
	200 Individual Medley	Cannon (8 x 50m Free)

A swimmers age is based on that on the 31st of December 2025.

Swimmers can compete in any number of events subject to a maximum of three individual events; two in their own age group, however in the 16/Over age group three individual events are allowed (to include the 200 IM).

How are teams selected?

The aim is to select the fastest combination of swimmers available to achieve the best overall result. This does not necessarily mean all swimmers will race in their strongest strokes, but in the strokes / events that will work out best for the team.

A minimum of 4 swimmers is required in each age group, but more may be needed to ensure strong relay teams or if swimmers are required to swim up an age group.

Where possible we will aim to select the team and share via email 3 weeks before each round. It's important to let us know if you are unavailable at the earliest opportunity so that we can arrange replacements if needed. We may also contact parents / swimmers at late notice if swimmers become unavailable due to injury or illness.





Ahead of each round we will review recent performances to ensure that all swimmers have equal opportunities to be selected.

Support

The arena league is a great way to bring swimmers from all squads together helping to build team identity and spirit. The president's trophy is awarded to the best supported team over the three rounds and fancy dress, noise etc. are actively encouraged.

Due to dual age groups i.e 9/10/11 years, 12/13 years, 14/15 years, it is likely that swimmers will miss out on selection due to being at the lower end of the age group. It is important your child is aware of this, and that they can be crucial to our team's success in future years.

If you are selected

Once you have been selected for the team, coaches will organise which races each swimmer will compete in. The exact races will not be confirmed until the day of the event as this may change if replacements are needed.

Sometimes a swimmer may only compete in one race. It is essential parents / guardians reinforce that this race is as important as any other race in the competition and they should not be disappointed, their contribution is vital to the success of the team.

Please respect the difficult choices that must be made when selecting the team, we would select every swimmer if we could.

Please note, Coaches and Team Managers will be very busy on the day, and they may be unable to discuss anything with you unless it is an emergency e.g. regarding the immediate health of your swimmer or if your swimmer cannot race that day.

Team Bus

Wherever possible we will aim for the team to travel together on a team coach, this ensures that coaches and team managers can speak with and organise swimmers before arriving at the pool.

To cover the cost of hiring a team coach, all parents / swimmers will be charged an entry fee which includes coach travel. The entry fee may vary depending on the distance to the venue.

