

Qualifying Nationals – times to be swum between:

The Qualifying Window for the British Summer Championships and the Home Nation summer meets in 2020 will run from Friday 13th March – Sunday 10th May 2020 (inclusive).

Top 24 in rankings to British (top 18 in 800/1500)

21-39 in rankings to English (or Welsh or Scots) Champs (21-35 in 800/1500)

Age groups are:

Boys 13/14, 15, 16, 17, 18+o

Girls 12/13, 14, 15, 16, 17+o