

Qualifying Nationals – times to be swum between:

The Qualifying Window for the British Summer Championships and the Home Nation summer meets in 2022 will run from Friday 11<sup>th</sup> March – Sunday 08<sup>th</sup> May 2022 (inclusive).

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

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

Age groups are:

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

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