## Sussex league history

| Div 1 | | Total of championships | | Div 2 |
|---|---|---|---|---|
| 1996 | Hastings | Brighton | 9 | No records for division 2 for these years |
| 1997 | Hastings | Crawley | 7 | |
| 1998 | Hastings | Mid Sussex Marlins | 4 | |
| 1999 | Hastings | Hastings | 4 | |
| 2000 | Brighton | Atlantis | 4 | |
| 2001 | Brighton | | | |
| 2002 | Brighton | | | |
| 2003 | Brighton | | | |
| 2004 | Brighton | | | |
| 2005 | Crawley | | | Worthing |
| 2006 | Crawley | | | 1066 Swimmers |
| 2007 | Crawley | | | Eastbourne |
| 2008 | Crawley | | | Haywards Heath & Burgess Hill |
| 2009 | Crawley | | | Worthing |
| 2010 | Crawley | | | Brighton |
| 2011 | Brighton | | | Hastings |
| 2012 | Brighton | | | East Grinstead |
| 2013 | Brighton | | | Littlehampton |
| 2014 | Brighton | | | Hastings |
| 2015 | Crawley | | | Beacon |
| 2016 | Mid Sussex Marlins | | | Worthing |
| 2017 | Atlantis | | | Beacon |
| 2018 | Mid Sussex Marlins | | | E.Grinstead |
| 2019 | Mid Sussex Marlins | | | Mid Sussex Marlins B |
| 2022 | Mid Sussex Marlins | | | Eastbourne |
| 2023 | Atlantis | | | Shiverers |
| 2024 | Atlantis | | | Worthing |
| 2025 | Atlantis | | | Hailsham |