



# City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

## Long Course Summer Splash

(Under asa Laws & Technical Rules)

**Saturday 13<sup>th</sup> July & Sunday 14<sup>th</sup> July 2013**

### Relays – Further Information

Session	Event	Gender	Age Group	Event	Entry Manager	Notes
1	101	Mixed	All	8 x 50m <b>Cannon Freestyle Relay</b>	Male Team <b>OPEN 400 FT</b>	The cannon is comprised of 4 age groups ... 9 -10 / 11-12 / 13-14 / 15+ Girl (9-10) swims first, then Boy (9-10) etc Competitors can swim-up an age-group, but not down. The final leg is open to a member of the coaching or poolside staff.
1	116	Boys	9-12 yrs	4x50m <b>Medley Relay</b>	Male Team <b>12/U 100 MT</b>	Shown incorrectly (in Entry Manager) as a 100m event. It is a 4x50m, 200m Relay.
1	117	Girls	9-12 yrs	4x50m <b>Freestyle Relay</b>	Female Team <b>12/U 100 FT</b>	Shown incorrectly (in Entry Manager) as a 100m event. It is a 4x50m, 200m Relay.
2	213	Boys	13yrs & Over	4x100m <b>Medley Relay</b>	Male Team <b>13/O 400 MT</b>	
2	214	Girls	13yrs & Over	4x100m <b>Freestyle Relay</b>	Female Team <b>13/O 400 FT</b>	
3	301	Mixed	All	8 x 50m <b>Cannon Medley Relay</b>	Male Team <b>OPEN 400 MT</b>	The cannon is comprised of 4 age groups ... 9 -10 / 11-12 / 13-14 / 15+ Girl (9-10) swims first, then Boy (9-10) etc Competitors can swim-up an age-group, but not down. The final leg is open to a member of the coaching or poolside staff. Stroke order is Back / Breast / Fly / Free. 2 <sup>nd</sup> leg (Boy 9-10 Backstroke) to be started in the water.
3	314	Girls	13yrs & Over	4x50m <b>Medley Relay</b>	Female Team <b>13/O 100 MT</b>	Shown incorrectly (in Entry Manager) as a 100m event. It is a 4x50m, 200m Relay.
3	315	Boys	13yrs & Over	4x50m <b>Freestyle Relay</b>	Male Team <b>13/O 100 FT</b>	Shown incorrectly (in Entry Manager) as a 100m event. It is a 4x50m, 200m Relay.
4	413	Girls	9-12 yrs	4x100m <b>Medley Relay</b>	Female Team <b>12/U 400 MT</b>	
4	414	Boys	9-12 yrs	4x100m <b>Freestyle Relay</b>	Male Team <b>12/U 400 FT</b>	