



City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

Long Course Summer Splash

(Under asa Laws & Technical Rules. Licence Number 3NE4760)

Saturday 12th July & Sunday 13th July 2014 Relays – Further Information

Session	Event	Gender	Age Group	Event	Entry Manager	Notes
1	101	Mixed	All	8 x 50m Cannon Freestyle Relay	Men/Women OPEN 400 FT	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 Medley Relay	Mens 09/12 4x1L MT	
1	117	Girls	9-12 yrs	4x50m Freestyle Relay	Womens 09/12 4x1L FT	
2	213	Boys	13yrs & Over	4x100m Medley Relay	Mens 13/OV 4x2L MT	
2	214	Girls	13yrs & Over	4x100m Freestyle Relay	Womens 13/OV 4x2L FT	
3	301	Mixed	All	8 x 50m Cannon Medley Relay	Mens/Womens 400 MT	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 nd leg (Boy 9-10 Backstroke) to be started in the water.
3	316	Girls	13yrs & Over	4x100m Medley Relay	Womens 13/OV 4x2L MT	
3	317	Boys	13yrs & Over	4x100m Freestyle Relay	Mens 13/OV 4x2L FT	
4	413	Girls	9-12 yrs	4x50m Medley Relay	Womens 09/12 4x1L MT	
4	414	Boys	9-12 yrs	4x50m Freestyle Relay	Mens 09/12 4x1L FT	