



Northumberland & Durham Swimming
Association
2016 County Relays
[under asa Laws & Technical rules]

Competing Age as at 31st December 2016

Sunderland Aquatic Centre, 5th March 2016

	Session 1			Session 2	
	Saturday 5th March 2016 @ 09:00			Saturday 5th March 2016 @ TBC	
Male	11/12/13/14 yrs	200 Freestyle	Female	11/12/13/14 yrs	200 Freestyle
Female	Open	400 Medley	Male	Open	400 Medley
Male	Open	400 Freestyle	Female	Open	400 Freestyle
Female	9/10 yrs	200 Medley	Male	9/10 yrs	200 Medley
Male	9/10 yrs	200 Freestyle	Female	9/10 yrs	200 Freestyle
Female	Junior 16 yrs under	200 Medley	Male	Junior 16 yrs under	200 Medley
Male	Junior 16 yrs under	200 Freestyle	Female	Junior 16 yrs under	200 Freestyle
Female	11/12 yrs	200 Medley	Male	11/12 yrs	200 Medley
Male	11/12 yrs	200 Freestyle	Female	11/12 yrs	200 Freestyle
Female	13/14 yrs	200 Medley	Male	13/14 yrs	200 Medley
Male	13/14 yrs	200 Freestyle	Female	13/14 yrs	200 Freestyle
Mixed 2 Male 2 Female	9/10/11/12 yrs	200 Medley **	Mixed 2 Male 2 Female	9/10/11/12 yrs	200 Freestyle
Mixed 4 Male 4 Female	Open	400 Freestyle	Female	Open	300 Freestyle
			Male	Open	300 Freestyle
	Break 15 mins			Break 15 mins	
	FINALS OF ABOVE EVENTS			FINALS OF ABOVE EVENTS	
	MEDAL PRESENTATIONS			MEDAL PRESENTATIONS	

****Mixed 2 Boys 2 Girls 9/10/11/12 Medley as BK/BR/BFLY/FR swim any gender combination in any stoke but must start and stay in age sequence (9 Boy BK,10Boy BR,11 Girl Bfly, 12 Girl Free) or 9 Girl BK,10Boy BR,11Girl BR, 12 Boy FR)**



**Northumberland & Durham Swimming
Association
2016 Championships**
[under asa Laws & Technical rules]

Competing Age as at 31st December 2016

**Sunderland Aquatic Centre, 6/7th February 2016
Sunderland Aquatic Centre, 27th/28th February 2016**

	Session 5 Saturday 27th February 2016 @ 09:00hrs		Session 6 Saturday 27th February 2016 @ TBC
Boys	200m Backstroke	Boys	200m I.M.
Girls	50m Breaststroke	Girls	100m Butterfly
Boys	100m Freestyle	Boys	50m Butterfly
Girls	400m Freestyle HDW	Girls	200m Breaststroke
	15 minute break presentation of 400m		15 minute break
	FINALS		FINALS
Boys	10/11,12,13,14,15 & 16/Over 200m Backstroke	Boys	10/11,12,13,14,15 & 16/Over 200 I.M.
Girls	10/11,12,13,14,15 & 16/Over 50m Breaststroke	Girls	10/11,12,13,14,15 & 16/Over 100m Butterfly
Boys	10/11,12,13,14,15 & 16/Over 100m Freestyle	Boys	10/11,12,13,14,15 & 16/Over 50m Butterfly
		Girls	10/11,12,13,14,15,& 16/Over 200m Breaststroke

	Session 7 Sunday 28th February 2016 @09:00hrs		Session 8 Saturday 28th February 2016 @ TBC
Girls	200M Backstroke	Girls	200m I.M.
Boys	50m Breaststroke	Boys	100m Butterfly
Girls	100m Freestyle	Girls	50m Butterfly
Boys	400m Freestyle HDW	Boys	200m Breaststroke
	15 minute break presentation of 400m		15 minute break
	FINALS		FINALS
Girls	10/11,12,13,14,15 & 16/Over 200m Backstroke	Girls	10/11,12,13,14,15 & 16/Over 200m I.M.
Boys	10/11,12,13,14,15 & 16/Over 50m Breaststroke	Boys	10/11,12,13,14,15 & 16/Over 100m Butterfly
Girls	10/11,12,13,14,15 & 16/Over 100m Freestyle	Girls	10/11,12,13,14,15 & 16/Over 50m Butterfly
		Boys	10/11,12,13,14,15 & 16/Over 200m Breaststroke

**Individual Entry Fee is £7.00 for Entries received by 20 January at 12 noon
Individual Entry Fee or Entries received during the period 21 January- 26 February is
£10.00**

Supported by: NESS Swimwear

