

**NORTHUMBERLAND AND DURHAM SA  
2015 CHAMPIONSHIPS**



**Sunderland Aquatic Centre  
Saturday 7th / Sunday 8th February 2015  
Saturday 28th February / Sunday 1st March 2015**

**LONG COURSE ENTRY TIMES**

**FEMALE**

Age Group	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
10/11	35.00	1.15.00	2.40.00	5.34.00	n/a	39.00	1.25.00	3.00.00	47.00	1.39.00	3.32.00	39.00	1.30.00	3.31.50	3.04.00	n/a
12	34.50	1.12.00	2.35.00	5.30.00	10.50.00	38.00	1.23.00	2.53.00	44.00	1.34.00	3.19.00	37.00	1.25.00	3.11.70	2.54.00	6.10.00
13	31.50	1.08.00	2.28.00	5.10.00	10.10.00	37.00	1.17.00	2.45.00	43.00	1.30.00	3.17.00	36.00	1.20.00	3.02.00	2.47.00	6.00.00
14	31.00	1.07.00	2.24.00	4.59.00	10.00.00	36.00	1.15.00	2.42.00	42.00	1.29.00	3.12.00	36.00	1.18.00	2.59.00	2.43.00	5.52.00
15	30.50	1.05.00	2.22.00	4.57.00	10.00.00	35.50	1.15.00	2.40.00	41.50	1.28.00	3.10.00	35.00	1.17.00	2.57.00	2.42.00	5.50.00
16/ov	30.00	1.05.00	2.20.00	4.55.00	10.00.00	35.50	1.15.00	2.40.00	41.00	1.27.00	3.10.00	34.00	1.16.00	2.55.50	2.42.00	5.48.00

**MALE**

Age Group	50 Free	100 Free	200 Free	400 Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
10/11	35.00	1.18.00	2.44.00	5.40.00	n/a	41.00	1.29.00	3.09.00	48.00	1.45.00	3.40.00	42.00	1.40.00	3.31.50	3.10.00	n/a
12	32.00	1.11.00	2.33.00	5.15.00	20.20.00	38.00	1.20.00	2.52.00	45.00	1.37.00	3.26.00	37.00	1.25.00	3.10.00	2.55.00	6.10.00
13	31.00	1.07.50	2.27.00	5.00.00	19.00.00	37.00	1.18.00	2.44.00	43.00	1.31.50	3.15.00	35.00	1.21.00	3.02.00	2.45.50	5.55.00
14	29.00	1.03.00	2.19.50	4.52.00	19.00.00	35.00	1.14.00	2.39.00	40.00	1.27.00	3.10.00	33.00	1.14.00	2.55.00	2.40.00	5.42.00
15	28.50	1.01.00	2.14.00	4.42.00	19.00.00	35.00	1.12.00	2.34.00	39.00	1.24.00	3.07.00	32.00	1.10.00	2.51.00	2.33.00	5.30.00
16/ov	28.00	59.000	2.12.00	4.42.00	19.00.00	35.00	1.10.00	2.32.00	39.00	1.21.00	2.52.00	31.00	1.08.00	2.50.00	2.30.00	5.25.00

**Individual Entry Fee is £6.50 for Entries received by 28 January 2015 at 12 noon**

**Individual Entry Fee for Entries received during the period 29 January – 25 February is £10:00**