

**NORTHUMBERLAND AND DURHAM SA
2016 CHAMPIONSHIPS**



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

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	37.00	1.24.00	2.59.50	5.55.00	n/a	43.50	1.36.50	3.20.00	49.00	1.51.00	3.41.00	43.00	1.47.00	3.49.50	3.22.00	n/a
12	34.00	1.15.00	2.41.00	5.30.00	11.00.00	39.00	1.23.50	2.58.00	45.00	1.39.00	3.30.50	38.00	1.26.00	3.25.00	3.03.00	6.27.50
13	32.00	1.10.50	2.31.50	5.14.00	10.35.00	36.50	1.18.50	2.45.50	42.50	1.31.50	3.16.00	35.50	1.21.00	3.07.00	2.49.00	6.10.00
14	31.50	1.08.00	2.28.50	5.09.00	10.00.00	36.00	1.17.50	2.44.00	40.50	1.28.00	3.09.00	34.50	1.19.50	3.05.50	2.46.00	6.04.00
15	30.50	1.06.00	2.23.50	4.58.00	10.00.00	34.50	1.13.00	2.39.00	39.50	1.26.50	3.09.00	34.00	1.14.00	2.57.00	2.40.00	5.54.50
16/0v	30.00	1.05.00	2.20.00	4.55.00	10.00.00	34.50	1.13.00	2.36.50	39.00	1.26.00	3.09.00	33.00	1.13.00	2.56.00	2.38.00	5.50.00

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	36.00	1.23.00	2.54.00	5.55.00	n/a	43.00	1.33.50	3.10.00	50.00	1.49.00	3.44.00	42.50	1.51.50	3.51.50	3.19.00	n/a
12	34.00	1.14.00	2.43.00	5.42.00	21.00.00	40.00	1.25.50	3.00.00	45.50	1.40.00	3.34.00	39.00	1.35.50	3.31.50	3.04.00	6.20.00
13	33.00	1.12.00	2.37.00	5.28.00	20.00.00	39.00	1.23.50	2.58.00	44.50	1.36.00	3.29.00	37.50	1.28.50	3.09.50	3.00.00	6.05.00
14	31.00	1.07.50	2.24.00	5.05.00	19.00.00	35.50	1.17.00	2.43.00	41.00	1.28.00	3.10.50	34.00	1.17.50	2.50.00	2.43.00	5.55.00
15	29.50	1.04.00	2.20.00	4.50.50	19.00.00	35.00	1.11.50	2.36.50	39.50	1.23.00	3.04.00	33.00	1.13.00	2.47.00	2.38.00	5.42.00
16/ov	28.00	1.00.00	2.13.00	4.42.00	19.00.00	34.50	1.11.00	2.33.50	39.00	1.22.00	2.58.00	31.50	1.10.00	2.46.00	2.35.00	5.30.00

Individual Entry Fee is £7.00 for Entries received by 20 January 2016 at 12 noon

Individual Entry Fee for Entries received during the period 21 January – 26 February is £10:00

29/09/2015