



Northumberland & Durham Swimming
Association
2016 County Relays (25m)
[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/FLY/FR swim any gender combination in any stoke but must start and stay in age sequence (eg 9 Boy BK, 10 Boy BR, 11 Girl FLY, 12 Girl FR or 9 Girl BK, 10 Boy BR, 11 Girl FLY, 12 Boy FR)**