



Northumberland & Durham Swimming  
Association  
2016 County Relays

## Conditions

Sunderland Aquatic Centre is a 10 lane 25m pool with a full electronic timing system. A Warm up / swim-down pool will be in operation.

Swimmers can compete for only one team during the meet. Clubs can enter more than one team.

Age at 31st December 2016

Entries must be submitted on the official entry file (the entry file can be obtained from [ndswimmingentry@hotmail.co.uk](mailto:ndswimmingentry@hotmail.co.uk)) and returned to [ndswimmingentry@hotmail.co.uk](mailto:ndswimmingentry@hotmail.co.uk) by the closing date of Wednesday 17<sup>th</sup> February 2016 at 12 noon.

Team Entry Fee is £10.00 for Entries received by 17 February 2016 at 12 noon

Team Entry Fee for Entries received during the period 18 February – 1<sup>st</sup> March is £15:00

Team Declaration forms to be submitted by Monday 1<sup>st</sup> March 2016. Only name changes will be allowed after this date.

Where there are more than 13 teams entered into an event then there will be an "A" and "B" Final. Only one team per club can go through to the "A" Final.

Medals will be presented to teams coming 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the "A Final" or "Final"

The meet manager for this meet is Kath Smith who can be contacted at

[ndswimmingentry@hotmail.co.uk](mailto:ndswimmingentry@hotmail.co.uk)

The lead referee for this meet is Anne Reah who can be contacted at [anne.reah@btinternet.com](mailto:anne.reah@btinternet.com)

Payment details will be as the club summary that will be sent out with the entry files.

Clubs who have obtained coaches/team manager passes for the Championships can use these passes at the Team Event

EVENT NAME	EXPLANATION	COMMENTS
Male 11/12/13/14 200 Freestyle	Swims in age order	
Female Open 400 Medley	Any age	
Male open 400 Freestyle	Any age	
Female 9/10yrs 200 Medley	Any 4 swimmers aged 9 or 10	
Male 9/10yrs 200 Freestyle	Any 4 swimmers aged 9 or 10	
Female Junior 16yrs/under 200 Medley	Any 4 swimmers aged 16yrs/under	
Male Junior 16yrs/under 200 Freestyle	Any 4 swimmers aged 16yrs/under	
Female 11/12yrs 200 Medley	Any 4 swimmers aged 11 or 12	
Male 11/12yrs 200 Freestyle	Any 4 swimmers aged 11 or 12	
Female 13/14 200 Medley	Any 4 swimmers aged 13 or 14	
Male 13/14yrs 200 Freestyle	Any 4 swimmers aged 13 or 14	
Mixed 2 Male 2 Female 9/10/11/12 200 Medley	Swims as BK/BR/Fly/ Free	Swim any gender combination in any stroke but must stay in age sequence (9 Boy BK, 10 Boy BR, 11 Girl Fly, 12 Girl Free or 9 Girl BK, 10 Boy BR, 11 Girl Fly & 12 Boy Free)
Mixed 4 Male 4 Female 400 Freestyle	Any combination	Swim any gender combination but must be 4 female, 4 male
Female 11/12/13/14 200 Freestyle	Swims in age order	
Male Open 400 Medley	Any age	
Female open 400 Freestyle	Any age	
Male 9/10yrs 200 Medley	Any 4 swimmers aged 9 or 10	
Female 9/10yrs 200 Free	Any 4 swimmers aged 9 or 10	
Male Junior 16yrs/under 200 Medley	Any 4 swimmers aged 16yrs/under	
Female Junior 16yrs/under 200 Freestyle	Any 4 swimmers aged 16yrs/under	
Male 11/12yrs 200 Medley	Any 4 swimmers aged 11 or 12	
Female 11/12yrs 200 Free	Any 4 swimmers aged 11 or 12	
Male 13/14 200 Medley	Any 4 swimmers aged 13 or 14	
Female 13/14yrs 200 Freestyle	Any 4 swimmers aged 13 or 14	
<b>Mixed 2 Male 2 Female 9/10/11/12 200 Free</b>	<b>Swims as 2male 2 female in any combination. Swims in age order</b>	
Female Open 300 Freestyle	Any age	
Male Open 300 freestyle	Any age	

