

Northumberland & Durham Swimming  
Association

NESS Swimwear

Swimming Championships 2010

[under asa Laws & Technical rules]

ness  
swimwear  
[www.nessswimwear.co.uk](http://www.nessswimwear.co.uk)



**Competing Age as on 14 March 2010**

**Warm up 13:30 in main pool and thereafter in diving pit.  
Pre-seeded start lists with heat timings from 14:00 will be  
published at least 7 days before event**

800m Championships, Sunderland Aquatic Centre  
Saturday 16 January 2010

1500m Championships, Sunderland Aquatic Centre  
Sunday 31 January 2010

**Closing date for entries: Thursday 24 December 2009**

NDSPA