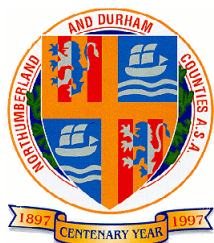


Northumberland & Durham Swimming Association



NESS Swimwear Swimming Championships 2010

[under asa Laws & Technical rules]



Competing Age as on 14 Mar 2010

Withdrawals to be notified 60 minutes before Session Start
Warm up from 08:30

Open Long Course Championships, Sunderland Aquatics Centre, 20 / 21 February 2010
[incorporating the Youth Championships]

Saturday 20 February 2010

Event No	Session 1 Start: 9:30	Event No	Session 2 Start 14:30
1	Mens 400m Ind Medley	19	Final of Mens 400m Ind Medley
2	Womens 200m Backstroke	20	Final of Womens 200m Backstroke
3	Mens 200m Breaststroke	21	Final of Mens 200m Breaststroke
4	Womens 100m Freestyle	22	Final of Womens 100m Freestyle
5	Mens 50m Butterfly	23	Final of Mens 50m Butterfly
6	Womens 100m Breaststroke	24	Final of Womens 100m Breaststroke
7	Mens 50m Breaststroke	25	Final of Mens 50m Breaststroke
8	Womens 100m Butterfly	26	Final of Womens 100m Butterfly
9	Mens 200m Freestyle	27	Final of Mens 200m Freestyle
10	Womens 200m Ind Medley	28	Final of Womens 200m Ind Medley
11	Mens 200m Butterfly	29	Final of Mens 200m Butterfly
12	Womens 50m Backstroke	30	Final of Womens 50m Backstroke
13	Mens 50m Freestyle	31	Final of Mens 50m Freestyle
14	Womens 400m Freestyle	32	Final of Womens 400m Freestyle
15	Mens 100m Backstroke	33	Final of Mens 100m Backstroke
16	Womens 4*100m Medley Teams	34	Final of Womens 4*100m Medley Teams
17	Mens 4*200m Freestyle Teams	35	Final of Mens 4*200m Freestyle Teams
18	Womens 4*100m Freestyle Teams	36	Final of Womens 4*100m Freestyle Teams

Sunday 21 February 2010

Event No	Session 3 Start: 9:30	Event No	Session 4 Start 14:30
37	Womens 400m Ind Medley	55	Final of Womens 400m Ind Medley
38	Mens 200m Backstroke	56	Final of Mens 200m Backstroke
39	Womens 200m Breaststroke	57	Final of Womens 200 Breaststroke
40	Mens 100m Freestyle	58	Final of Mens 100m Freestyle
41	Womens 50m Butterfly	59	Final of Womens 50m Butterfly
42	Mens 100m Breaststroke	60	Final of Mens 100m Breaststroke
43	Womens 50m Breaststroke	61	Final of Womens 50m Breaststroke
44	Mens 100m Butterfly	62	Final of Mens 100m Butterfly
45	Womens 200m Freestyle	63	Final of Womens 200m Freestyle
46	Mens 50m Backstroke	64	Final of Mens 50m Backstroke
47	Womens 200m Butterfly	65	Final of Womens 200m Butterfly
48	Mens 200m Ind Medley	66	Final of Mens 200m Ind Medley
49	Womens 50m Freestyle	67	Final of Womens 50m Freestyle
50	Mens 400m Freestyle	68	Final of Mens 400m Freestyle
51	Womens 100m Backstroke	69	Final of Womens 100m Backstroke
52	Mens 4*100m Medley Teams	70	Final of Mens 4*100m Medley Teams
53	Womens 4*200m Freestyle Teams	71	Final of Womens 4*200m Freestyle Teams
54	Mens 4*100m Freestyle Teams	72	Final of Mens 4*100m Freestyle Teams

Presentations will be made during the finals sessions. All swimmers are expected to attend.

Closing date: Thursday 24 December 2009