



Northumberland & Durham Swimming Association 2020 Championships (under Swim England Laws & Technical Rules)

MEET INFORMATION

EVENT VENUE DETAILS:

Dates: 1st & 2nd February and 14th, 15th & 16th February 2020
Venue: Sunderland Aquatic Centre
Pool: 10 lane x 50 metre (full electronic timing)
Separate 6 x 25m warm-up and swim-down facility

Meet Promoters: Northumberland & Durham Swimming Association

Session Times:

| | | | |
|--|-----------|----------|-------|
| Saturday 1st February | Session 1 | Warm Up: | 08:00 |
| | | Start: | 09:00 |
| | Session 2 | Warm Up: | 13:00 |
| | | Start: | 14:00 |
| Sunday 2nd February | Session 3 | Warm Up: | 08:00 |
| | | Start: | 09:00 |
| | Session 4 | Warm Up: | 13:00 |
| | | Start: | 14:00 |
| Friday 14th February | Session 5 | Warm Up: | 17:00 |
| | | Start: | 18:00 |
| Saturday 15th February | Session 6 | Warm Up: | 08:00 |
| | | Start: | 09:00 |
| | Session 7 | Warm Up: | 13:00 |
| | | Start: | 14:00 |
| Sunday 16th February | Session 8 | Warm Up: | 08:00 |
| | | Start: | 09:00 |
| | Session 9 | Warm Up: | 13:00 |
| | | Start: | 14:00 |

NB. Session times will be finalised once all entries have been received and processed.
Any new session times will be notified with confirmation of entries.

PROGRAMME OF EVENTS:

Individual

50m Butterfly, Backstroke, Breaststroke & Freestyle

100m Butterfly, Backstroke, Breaststroke & Freestyle

200m Butterfly, Backstroke, Breaststroke, Freestyle & Individual Medley

400m Freestyle & Individual Medley

800m Freestyle

1500m Freestyle

Swimmers in the 10/11yrs age group are not eligible to enter the 400m Individual Medley or 800m/1500m Freestyle

Age Groups

10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/Over

For all events, age is as at 31st December 2020

Finals

All 50m and 100m events for all age groups will have heats and finals

All 200m events for 12, 13, 14, 15 and 16/Over age groups will have heats and finals

All 200m events for 10/11 age group will be heat declared winners (HDW)

All 400m, 800m and 1500m events will be heat declared winners (HDW)

SCHEDULE OF EVENTS – WEEKEND ONE

| Saturday 1st February 2020 | Sunday 2nd February 2020 |
|--|--|
| Session 1 | Session 3 |
| Warm Up 08:00; Start 09:00 | Warm Up 08:00; Start 09:00 |
| Girls 200m Backstroke | Boys 200m Backstroke |
| Boys 50m Breaststroke | Girls 50m Breaststroke |
| Girls 100m Freestyle | Boys 100m Freestyle |
| Boys 400m Freestyle HDW | Girls 400m Freestyle HDW |
| FINALS | FINALS |
| Girls 12 200m Backstroke FINAL | Boys 12 200m Backstroke FINAL |
| Girls 13 200m Backstroke FINAL | Boys 13 200m Backstroke FINAL |
| Girls 14 200m Backstroke FINAL | Boys 14 200m Backstroke FINAL |
| Girls 15 200m Backstroke FINAL | Boys 15 200m Backstroke FINAL |
| Girls 16/Over 200m Backstroke FINAL | Boys 16/Over 200m Backstroke FINAL |
| Boys 10/11 50m Breaststroke FINAL | Girls 10/11 50m Breaststroke FINAL |
| Boys 12 50m Breaststroke FINAL | Girls 12 50m Breaststroke FINAL |
| Boys 13 50m Breaststroke FINAL | Girls 13 50m Breaststroke FINAL |
| Boys 14 50m Breaststroke FINAL | Girls 14 50m Breaststroke FINAL |
| Boys 15 50m Breaststroke FINAL | Girls 15 50m Breaststroke FINAL |
| Boys 16/Over 50m Breaststroke FINAL | Girls 16/Over 50m Breaststroke FINAL |
| Girls 10/11 100m Freestyle FINAL | Boys 10/11 100m Freestyle FINAL |
| Girls 12 100m Freestyle FINAL | Boys 12 100m Freestyle FINAL |
| Girls 13 100m Freestyle FINAL | Boys 13 100m Freestyle FINAL |
| Girls 14 100m Freestyle FINAL | Boys 14 100m Freestyle FINAL |
| Girls 15 100m Freestyle FINAL | Boys 15 100m Freestyle FINAL |
| Girls 16/Over 100m Freestyle FINAL | Boys 16/Over 100m Freestyle FINAL |
| | |
| Session 2 | Session 4 |
| Warm Up 13:00; Start 14:00 | Warm Up 13:00; Start 14:00 |
| Boys 200m Individual Medley (I.M.) | Girls 200m Individual Medley (I.M.) |
| Girls 100m Butterfly | Boys 100m Butterfly |
| Boys 50m Butterfly | Girls 50m Butterfly |
| Girls 200m Breaststroke | Boys 200m Breaststroke |
| FINALS | FINALS |
| Boys 12 200m I.M. FINAL | Girls 12 200m I.M. FINAL |
| Boys 13 200m I.M. FINAL | Girls 13 200m I.M. FINAL |
| Boys 14 200m I.M. FINAL | Girls 14 200m I.M. FINAL |
| Boys 15 200m I.M. FINAL | Girls 15 200m I.M. FINAL |
| Boys 16/Over 200m I.M. FINAL | Girls 16/Over 200m I.M. FINAL |
| Girls 10/11 100m Butterfly FINAL | Boys 10/11 100m Butterfly FINAL |
| Girls 12 100m Butterfly FINAL | Boys 12 100m Butterfly FINAL |
| Girls 13 100m Butterfly FINAL | Boys 13 100m Butterfly FINAL |
| Girls 14 100m Butterfly FINAL | Boys 14 100m Butterfly FINAL |
| Girls 15 100m Butterfly FINAL | Boys 15 100m Butterfly FINAL |
| Girls 16/Over 100m Butterfly FINAL | Boys 16/Over 100m Butterfly FINAL |
| Boys 10/11 50m Butterfly FINAL | Girls 10/11 50m Butterfly FINAL |
| Boys 12 50m Butterfly FINAL | Girls 12 50m Butterfly FINAL |
| Boys 13 50m Butterfly FINAL | Girls 13 50m Butterfly FINAL |
| Boys 14 50m Butterfly FINAL | Girls 14 50m Butterfly FINAL |
| Boys 15 50m Butterfly FINAL | Girls 15 50m Butterfly FINAL |
| Boys 16/Over 50m Butterfly FINAL | Girls 16/Over 50m Butterfly FINAL |
| Girls 12 200m Breaststroke FINAL | Boys 12 200m Breaststroke FINAL |
| Girls 13 200m Breaststroke FINAL | Boys 13 200m Breaststroke FINAL |
| Girls 14 200m Breaststroke FINAL | Boys 14 200m Breaststroke FINAL |
| Girls 15 200m Breaststroke FINAL | Boys 15 200m Breaststroke FINAL |
| Girls 16/Over 200m Breaststroke FINAL | Boys 16/Over 200m Breaststroke FINAL |

SCHEDULE OF EVENTS – WEEKEND TWO

| Friday 14th February 2020 | Saturday 15th February 2020 | Sunday 16th February 2020 |
|---|---|---|
| Session 5 | Session 6 | Session 8 |
| Warm Up 17:00; Start 18:00 | Warm Up 08:00; Start 09:00 | Warm Up 08:00; Start 09:00 |
| Girls 800m Freestyle | Girls 200m Freestyle | Boys 200m Freestyle |
| Boys 1500m Freestyle | Boys 100m Breaststroke | Girls 100m Breaststroke |
| | Girls 50m Backstroke | Boys 50m Backstroke |
| | FINALS | FINALS |
| | Girls 12 200m Freestyle FINAL | Boys 12 200m Freestyle FINAL |
| | Girls 13 200m Freestyle FINAL | Boys 13 200m Freestyle FINAL |
| | Girls 14 200m Freestyle FINAL | Boys 14 200m Freestyle FINAL |
| | Girls 15 200m Freestyle FINAL | Boys 15 200m Freestyle FINAL |
| | Girls 16/Over 200m Freestyle FINAL | Boys 16/Over 200m Freestyle FINAL |
| | Boys 10/11 100m Breaststroke FINAL | Girls 10/11 100m Breaststroke FINAL |
| | Boys 12 100m Breaststroke FINAL | Girls 12 100m Breaststroke FINAL |
| | Boys 13 100m Breaststroke FINAL | Girls 13 100m Breaststroke FINAL |
| | Boys 14 100m Breaststroke FINAL | Girls 14 100m Breaststroke FINAL |
| | Boys 15 100m Breaststroke FINAL | Girls 15 100m Breaststroke FINAL |
| | Boys 16/Ov 100m Breaststroke FINAL | Girls 16/Ov 100m Breaststroke FINAL |
| | Girls 10/11 50m Backstroke FINAL | Boys 10/11 50m Backstroke FINAL |
| | Girls 12 50m Backstroke FINAL | Boys 12 50m Backstroke FINAL |
| | Girls 13 50m Backstroke FINAL | Boys 13 50m Backstroke FINAL |
| | Girls 14 50m Backstroke FINAL | Boys 14 50m Backstroke FINAL |
| | Girls 15 50m Backstroke FINAL | Boys 15 50m Backstroke FINAL |
| | Girls 16/Over 50m Backstroke FINAL | Boys 16/Over 50m Backstroke FINAL |
| | | |
| | Session 7 | Session 9 |
| | Warm Up 13:00; Start 14:00 | Warm Up 13:00; Start 14:00 |
| | Boys 200m Butterfly | Girls 200m Butterfly |
| | Girls 100m Backstroke | Boys 100m Backstroke |
| | Boys 50m Freestyle | Girls 50m Freestyle |
| | Girls 400m Individual Medley HDW | Boys 400m Individual Medley HDW |
| | FINALS | FINALS |
| | Boys 12 200m Butterfly FINAL | Girls 12 200m Butterfly FINAL |
| | Boys 13 200m Butterfly FINAL | Girls 13 200m Butterfly FINAL |
| | Boys 14 200m Butterfly FINAL | Girls 14 200m Butterfly FINAL |
| | Boys 15 200m Butterfly FINAL | Girls 15 200m Butterfly FINAL |
| | Boys 16/Over 200m Butterfly FINAL | Girls 16/Over 200m Butterfly FINAL |
| | Girls 10/11 100m Backstroke FINAL | Boys 10/11 100m Backstroke FINAL |
| | Girls 12 100m Backstroke FINAL | Boys 12 100m Backstroke FINAL |
| | Girls 13 100m Backstroke FINAL | Boys 13 100m Backstroke FINAL |
| | Girls 14 100m Backstroke FINAL | Boys 14 100m Backstroke FINAL |
| | Girls 15 100m Backstroke FINAL | Boys 15 100m Backstroke FINAL |
| | Girls 16/Over 100m Backstroke FINAL | Boys 16/Over 100m Backstroke FINAL |
| | Boys 10/11 50m Freestyle FINAL | Girls 10/11 50m Freestyle FINAL |
| | Boys 12 50m Freestyle FINAL | Girls 12 50m Freestyle FINAL |
| | Boys 13 50m Freestyle FINAL | Girls 13 50m Freestyle FINAL |
| | Boys 14 50m Freestyle FINAL | Girls 14 50m Freestyle FINAL |
| | Boys 15 50m Freestyle FINAL | Girls 15 50m Freestyle FINAL |
| | Boys 16/Over 50m Freestyle FINAL | Girls 16/Over 50m Freestyle FINAL |

ELIGIBILITY TO COMPETE

- All competitors must be bona fide members of Clubs affiliated to NDSA and hold a valid Swim England Swimmer Registration.
- A swimmer may only represent one Club throughout the Championships.
- No individual may compete in more than one Swim England County Championships in any one calendar year.
- Entries will be accepted from swimmers with a valid Disability Classification at the discretion of the Championships Manager with such relevant events to be treated as Multi-Classification Events.

QUALIFYING TIMES

- Competitors must have achieved an entry time equal to or faster than the Long Course Qualifying Times as set out below, downloaded from the British Swimming Rankings and which has been achieved no earlier than 1 January 2019.
- Entries slower than the Qualifying Times will be rejected.
- The Promoters reserve the right to reject entries in order to comply with licensing rules relating to session length.

ENTRIES

- The closing date for entries is Noon, Wednesday 15 January 2020. Entries may be accepted following this closing date but only in circumstances where the Championships are not full and at the discretion of the Championships Manager.
- The individual entry fee is **£8.00** for entries received by Noon, Wednesday 15 January 2020.
- The individual entry fee is **£16.00** for entries received and accepted after Noon, Wednesday 15 January 2020.
- No entries will be accepted without the correct fee.
- Entry fees will not be refunded for any times submitted out with the Qualifying Times. No refunds will be given.

Making Entries

Entries will be made by a relevant Club official using the Online Sportsystems Entry System which will be made available and together with the Entry Fees must reach the Championships Manager by the closing date. Entry payment is by Paypal and must be made at the time of entry.

POOLSIDE PASSES

- Poolside passes are available to purchase at a cost of £25.00 each.
- Passes will be valid for the entirety of the Championships and will also be valid for the 2020 Teams Day.
- Passes can only be purchased through competing Clubs and can only be used by individuals who have attended a Team Manager Training Course and who agree to comply with the relevant Swim England Child Protection Procedures.
- A pass is required for any coach/chaperone/team manager wishing to be poolside or in swimmer only areas. Within the venue, all coaches, chaperones and team managers must wear the appropriate accreditation pass and have it visible at all times.

WITHDRAWALS

Heats

Any withdrawals or amendments prior to the first day of the Championships should be notified to the Championships Manager by e-mail providing full details (Name, Event and Event Number) or a completed withdrawal form.

Withdrawals for each session will close at 4pm the day before the relevant session to allow start sheets to be prepared.

Clubs failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable for a £10.00 fine for each inappropriate withdrawal.

Finals

Any swimmer wishing to withdraw from a Final must inform the Recorders, in writing on the appropriate form, within 15 minutes of the announcement of the finalists. A maximum of 2 reserves will be nominated for Finals. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane – there will be no re-seeding. Clubs whose swimmers fail to appear for Finals (including reserves) will be liable for a £15.00 fine for each inappropriate withdrawal.

AWARDS & PRESENTATIONS

- Medals shall be awarded to the top 3 swimmers in each event and in each age group.
- Medal presentations will take place during the Finals (time permitting) or following the announcement of the results in HDW events. Swimmers must wear appropriate clothing for the presentations. It is responsibility of Clubs to ensure the medallists, or a deputy, are available for presentation. Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.
- Medals will be awarded in Multi-Classification Events however such results will not be used towards the Championships trophies.
- The following trophies will be presented at the conclusion of the Championships:

Tom Randall Memorial Trophy - will be awarded to the Club scoring the highest points total in the age categories 10/11, 12, 13 and 14 yrs. Individual points shall be awarded 10 to 1 for competitors placed 1 to 10 for the Events that have finals or from the heats of a heat declared winner event.

Guy North Trophy - will be awarded to the Club winning the most gold medals across the Championship events. In the event of a tie the trophy will be awarded to the club winning the most gold and silver.

Mark Latimer Memorial Trophy - will be awarded to the Club scoring the highest points total in the age categories of 15yrs and 16/Over yrs. Individual points will be awarded 10 to 1 for competitors placed 1 to 10 from the heats of all heat declared winner events.

OFFICIALS

The Championships cannot run without a full team of licensed officials. Clubs must provide at least one licensed poolside official for each day of the Championships during which they have a swimmer, or swimmers, completing. Failure to provide a minimum of one poolside official will result in a fine of £50 for each day where a Club has a swimmer but no official.

The Lead Referee for the 2020 Championships is Mrs Christine Johnston who can be contacted on ndofficials@gmail.com

GENERAL INFORMATION/EVENT REGULATIONS

- The organisation of these Championships shall be in the hands of the NDSA Management Board with powers delegated to the Championships Manager. The Championships shall be held under the relevant FINA/Swim England Technical and Judicial Rules/Laws.
- It is the responsibility of Clubs, via their coaches and team managers, to ensure that their swimmers are aware of the details of these conditions and regulations.
- The Promoters will not be responsible for any unaccompanied swimmers on poolside. Clubs are responsible for ensuring appropriate supervision is arranged for their own swimmers.
- A draft entry list and/or programme will be distributed to competing Clubs prior to the Championships.
- The maximum number of lanes available will be used for both heats and finals.
- A secondary strobe will not be available during the Championships.
- The changing facility at the venue is a mixed changing village and may at times be open to the general public.
- Warm up and swim down facilities will be available at the Championships and will be supervised by venue staff. Swimmers using such facilities must adhere to any instructions issued by such supervisors. Clubs, via their coaches/team managers will be held responsible for the behaviour and actions of their swimmers using the facilities.
- Submitted entry times will be used for seeding and rejection purposes where necessary. The Championships Manager has the authority to adjust the number of entries accepted to ensure the smooth running of the Championships.
- No person may, for commercial purposes, take photographs or use any video recording equipment at the event without the express written permission of the Promoters. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with Swim England guidelines and the rules and standard operating procedures of the venue.
- Any person wishing to use photographic equipment (including still, video, digital and mobile phone cameras) at this event will be required to comply with the applicable Swim England's Wavepower guidelines.
- No flash photograph is permitted at any time within the competition pool hall.
- In order to control digital photographs, mobile phones may not be used in the changing village.
- For health & safety reasons, no chairs are permitted to be brought into the spectator area.
- Notification of the time when the spectator area will open each day will be published prior to the Championships.
- The NDSA Board has the power to vary the Championship conditions prior to the event closing date.
- Any queries should be directed to the Championships Manager: ndswimmingentry@hotmail.co.uk

Supported by: NESS Swimwear & Smart Office Systems



BOYS QUALIFYING TIMES (LONG COURSE)

| Event | 10/11 years | 12 years | 13 years | 14 years | 15 years | 16+ years |
|------------------------|--------------------|-----------------|-----------------|-----------------|-----------------|------------------|
| 50m Freestyle | 35.00 | 33.00 | 31.50 | 30.00 | 29.00 | 27.00 |
| 100m Freestyle | 1.18.00 | 1.13.50 | 1.09.00 | 1.05.00 | 1.02.50 | 58.50 |
| 200m Freestyle | 2.49.00 | 2.38.00 | 2.32.00 | 2.21.00 | 2.18.00 | 2.10.00 |
| 400m Freestyle | 5.55.00 | 5.35.00 | 5.20.00 | 5.00.00 | 4.50.00 | 4.37.00 |
| 800m Freestyle | N/A | 11.30.00 | 11.00.00 | 10.30.00 | 10.30.00 | 10.30.00 |
| 1500m Freestyle | N/A | 21.00.00 | 20.00.00 | 19.00.00 | 19.00.00 | 19.00.00 |
| 50m Backstroke | 41.00 | 39.00 | 37.50 | 35.00 | 34.50 | 32.00 |
| 100m Backstroke | 1.29.50 | 1.25.50 | 1.21.00 | 1.15.50 | 1.11.50 | 1.09.00 |
| 200m Backstroke | 3.08.00 | 2.59.00 | 2.50.00 | 2.41.50 | 2.36.50 | 2.29.50 |
| 50m Breaststroke | 47.50 | 44.00 | 42.00 | 40.00 | 38.00 | 35.50 |
| 100m Breaststroke | 1.44.50 | 1.39.00 | 1.32.50 | 1.27.00 | 1.23.00 | 1.18.00 |
| 200m Breaststroke | 3.42.00 | 3.31.00 | 3.16.00 | 3.08.00 | 3.01.00 | 2.50.00 |
| 50m Butterfly | 40.50 | 37.00 | 35.50 | 33.00 | 32.00 | 30.00 |
| 100m Butterfly | 1.40.00 | 1.28.50 | 1.20.50 | 1.14.00 | 1.13.00 | 1.06.50 |
| 200m Butterfly | 3.51.00 | 3.31.00 | 3.09.00 | 2.50.00 | 2.47.00 | 2.38.00 |
| 200m Individual Medley | 3.15.00 | 3.02.00 | 2.50.00 | 2.41.00 | 2.37.00 | 2.26.00 |
| 400m Individual Medley | N/A | 6.20.00 | 6.05.00 | 5.50.00 | 5.42.00 | 5.23.00 |

GIRLS QUALIFYING TIMES (LONG COURSE)

| Event | 10/11 years | 12 years | 13 years | 14 years | 15 years | 16+ years |
|------------------------|--------------------|-----------------|-----------------|-----------------|-----------------|------------------|
| 50m Freestyle | 35.00 | 33.00 | 31.50 | 31.00 | 30.50 | 30.00 |
| 100m Freestyle | 1.17.00 | 1.11.50 | 1.08.50 | 1.07.00 | 1.06.00 | 1.05.00 |
| 200m Freestyle | 2.47.00 | 2.35.00 | 2.29.00 | 2.26.50 | 2.22.50 | 2.20.00 |
| 400m Freestyle | 5.50.00 | 5.26.00 | 5.13.00 | 5.07.00 | 4.58.00 | 4.52.00 |
| 800m Freestyle | N/A | 12.00.00 | 11.30.00 | 11.00.00 | 11.00.00 | 11.00.00 |
| 1500m Freestyle | N/A | 22.30.00 | 21.30.00 | 20.30.00 | 20.30.00 | 20.30.00 |
| 50m Backstroke | 41.00 | 38.00 | 36.50 | 35.50 | 34.50 | 34.50 |
| 100m Backstroke | 1.28.00 | 1.22.00 | 1.18.50 | 1.17.00 | 1.13.00 | 1.13.00 |
| 200m Backstroke | 3.06.00 | 2.55.50 | 2.45.50 | 2.43.00 | 2.39.00 | 2.36.50 |
| 50m Breaststroke | 47.00 | 44.00 | 42.00 | 40.00 | 39.50 | 39.00 |
| 100m Breaststroke | 1.43.00 | 1.36.50 | 1.30.00 | 1.28.00 | 1.26.50 | 1.25.50 |
| 200m Breaststroke | 3.37.00 | 3.25.00 | 3.14.00 | 3.09.00 | 3.09.00 | 3.07.00 |
| 50m Butterfly | 39.00 | 36.50 | 34.00 | 33.50 | 33.00 | 32.00 |
| 100m Butterfly | 1.35.00 | 1.25.00 | 1.19.50 | 1.17.00 | 1.14.00 | 1.13.00 |
| 200m Butterfly | 3.49.00 | 3.20.00 | 3.06.00 | 3.00.00 | 2.57.00 | 2.56.00 |
| 200m Individual Medley | 3.10.00 | 2.56.00 | 2.47.50 | 2.43.00 | 2.40.00 | 2.38.00 |
| 400m Individual Medley | N/A | 6.27.50 | 6.10.00 | 5.58.00 | 5.54.50 | 5.50.00 |