



# Northumberland & Durham Swimming Association 2025 Championships (under Swim England Laws & Technical Rules)

## MEET INFORMATION

### EVENT VENUE DETAILS:

**Dates:** 31<sup>st</sup> January; 1<sup>st</sup> & 2<sup>nd</sup> February and 15<sup>th</sup> & 16<sup>th</sup> February 2025  
**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:

<b>Friday 31<sup>st</sup> January</b>	Session 1	Warm Up:	17:00
		Start:	18:00
<b>Saturday 1<sup>st</sup> February</b>	Session 2	Warm Up:	08:00
		Start:	09:00
	Session 3	Warm Up:	13:00
		Start:	14:00
<b>Sunday 2<sup>nd</sup> February</b>	Session 4	Warm Up:	08:00
		Start:	09:00
	Session 5	Warm Up:	13:00
		Start:	14:00
<b>Saturday 15<sup>th</sup> February</b>	Session 6	Warm Up:	08:00
		Start:	09:00
	Session 7	Warm Up:	13:00
		Start:	14:00
<b>Sunday 16<sup>th</sup> February</b>	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 31<sup>st</sup> December 2025

### **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**

<b>Friday 31<sup>st</sup> January 2025</b>	<b>Saturday 1<sup>st</sup> February 2025</b>	<b>Sunday 2<sup>nd</sup> February 2025</b>
<b>Session 1</b> <b>Warm Up 17:00; Start 18:00</b>	<b>Session 2</b> <b>Warm Up 08:00; Start 09:00</b>	<b>Session 4</b> <b>Warm Up 08:00; Start 09:00</b>
Female 800m Freestyle HDW	Open/Male 200m Individual Medley (I.M)	Female 200m Individual Medley (I.M)
Open/Male 1500m Freestyle HDW	Female 200m Backstroke	Open/Male 200m Backstroke
	Open/Male 50m Breaststroke	Female 50m Breaststroke
	Female 100m Freestyle	Open/Male 100m Freestyle
	<b>FINALS</b>	<b>FINALS</b>
	Open/Male 12 200m I.M. FINAL	Female 12 200m I.M. FINAL
	Open/Male 13 200m I.M. FINAL	Female 13 200m I.M. FINAL
	Open/Male 14 200m I.M. FINAL	Female 14 200m I.M. FINAL
	Open/Male 15 200m I.M. FINAL	Female 15 200m I.M. FINAL
	Open/Male 16/Over 200m I.M. FINAL	Female 16/Over 200m I.M. FINAL
	Female 12 200m Backstroke FINAL	Open/Male 12 200m Backstroke FINAL
	Female 13 200m Backstroke FINAL	Open/Male 13 200m Backstroke FINAL
	Female 14 200m Backstroke FINAL	Open/Male 14 200m Backstroke FINAL
	Female 15 200m Backstroke FINAL	Open/Male 15 200m Backstroke FINAL
	Female 16/Over 200m Backstroke FINAL	Open/Male 16/Over 200m Backstroke FINAL
	Open/Male 10/11 50m Breaststroke FINAL	Female 10/11 50m Breaststroke FINAL
	Open/Male 12 50m Breaststroke FINAL	Female 12 50m Breaststroke FINAL
	Open/Male 13 50m Breaststroke FINAL	Female 13 50m Breaststroke FINAL
	Open/Male 14 50m Breaststroke FINAL	Female 14 50m Breaststroke FINAL
	Open/Male 15 50m Breaststroke FINAL	Female 15 50m Breaststroke FINAL
	Open/Male 16/Over 50m Breaststroke FINAL	Female 16/Over 50m Breaststroke FINAL
	Female 10/11 100m Freestyle FINAL	Open/Male 10/11 100m Freestyle FINAL
	Female 12 100m Freestyle FINAL	Open/Male 12 100m Freestyle FINAL
	Female 13 100m Freestyle FINAL	Open/Male 13 100m Freestyle FINAL
	Female 14 100m Freestyle FINAL	Open/Male 14 100m Freestyle FINAL
	Female 15 100m Freestyle FINAL	Open/Male 15 100m Freestyle FINAL
	Female 16/Over 100m Freestyle FINAL	Open/Male 16/Over 100m Freestyle FINAL
	<b>Session 3</b> <b>Warm Up 13:00; Start 14:00</b>	<b>Session 5</b> <b>Warm Up 13:00; Start 14:00</b>
	Female 200m Breaststroke	Open/Male 200m Breaststroke
	Open/Male 50m Butterfly	Female 50m Butterfly
	Female 100m Butterfly	Open/Male 100m Butterfly
	Open/Male 400m Freestyle HDW	Female 400m Freestyle HDW
	<b>FINALS</b>	<b>FINALS</b>
	Female 12 200m Breaststroke FINAL	Open/Male 12 200m Breaststroke FINAL
	Female 13 200m Breaststroke FINAL	Open/Male 13 200m Breaststroke FINAL
	Female 14 200m Breaststroke FINAL	Open/Male 14 200m Breaststroke FINAL
	Female 15 200m Breaststroke FINAL	Open/Male 15 200m Breaststroke FINAL
	Female 16/Over 200m Breaststroke FINAL	Open/Male 16/Over 200m Breaststroke FINAL
	Open/Male 10/11 50m Butterfly FINAL	Female 10/11 50m Butterfly FINAL
	Open/Male 12 50m Butterfly FINAL	Female 12 50m Butterfly FINAL
	Open/Male 13 50m Butterfly FINAL	Female 13 50m Butterfly FINAL
	Open/Male 14 50m Butterfly FINAL	Female 14 50m Butterfly FINAL
	Open/Male 15 50m Butterfly FINAL	Female 15 50m Butterfly FINAL
	Open/Male 16/Over 50m Butterfly FINAL	Female 16/Over 50m Butterfly FINAL
	Female 10/11 100m Butterfly FINAL	Open/Male 10/11 100m Butterfly FINAL
	Female 12 100m Butterfly FINAL	Open/Male 12 100m Butterfly FINAL
	Female 13 100m Butterfly FINAL	Open/Male 13 100m Butterfly FINAL
	Female 14 100m Butterfly FINAL	Open/Male 14 100m Butterfly FINAL
	Female 15 100m Butterfly FINAL	Open/Male 15 100m Butterfly FINAL
	Female 16/Over 100m Butterfly FINAL	Open/Male 16/Over 100m Butterfly FINAL

**SCHEDULE OF EVENTS – WEEKEND TWO**

<b>Saturday 15<sup>th</sup> February 2025</b>	<b>Sunday 16<sup>th</sup> February 2025</b>
<b>Session 6</b> <b>Warm Up 08:00; Start 09:00</b>	<b>Session 8</b> <b>Warm Up 08:00; Start 09:00</b>
Female 200m Freestyle	Open/Male 200m Freestyle
Open/Male 100m Breaststroke	Female 100m Breaststroke
Female 50m Backstroke	Open/Male 50m Backstroke
Open/Male 800m Freestyle HDW	Female 1500m Freestyle HDW
<b>FINALS</b>	<b>FINALS</b>
Female 12 200m Freestyle FINAL	Open/Male 12 200m Freestyle FINAL
Female 13 200m Freestyle FINAL	Open/Male 13 200m Freestyle FINAL
Female 14 200m Freestyle FINAL	Open/Male 14 200m Freestyle FINAL
Female 15 200m Freestyle FINAL	Open/Male 15 200m Freestyle FINAL
Female 16/Over 200m Freestyle FINAL	Open/Male 16/Over 200m Freestyle FINAL
Open/Male 10/11 100m Breaststroke FINAL	Female 10/11 100m Breaststroke FINAL
Open/Male 12 100m Breaststroke FINAL	Female 12 100m Breaststroke FINAL
Open/Male 13 100m Breaststroke FINAL	Female 13 100m Breaststroke FINAL
Open/Male 14 100m Breaststroke FINAL	Female 14 100m Breaststroke FINAL
Open/Male 15 100m Breaststroke FINAL	Female 15 100m Breaststroke FINAL
Open/Male 16/Ov 100m Breaststroke FINAL	Female 16/Ov 100m Breaststroke FINAL
Female 10/11 50m Backstroke FINAL	Open/Male 10/11 50m Backstroke FINAL
Female 12 50m Backstroke FINAL	Open/Male 12 50m Backstroke FINAL
Female 13 50m Backstroke FINAL	Open/Male 13 50m Backstroke FINAL
Female 14 50m Backstroke FINAL	Open/Male 14 50m Backstroke FINAL
Female 15 50m Backstroke FINAL	Open/Male 15 50m Backstroke FINAL
Female 16/Over 50m Backstroke FINAL	Open/Male 16/Over 50m Backstroke FINAL
<b>Session 7</b> <b>Warm Up 13:00; Start 14:00</b>	<b>Session 9</b> <b>Warm Up 13:00; Start 14:00</b>
Open/Male 200m Butterfly	Female 200m Butterfly
Female 100m Backstroke	Open/Male 100m Backstroke
Open/Male 50m Freestyle	Female 50m Freestyle
Female 400m Individual Medley HDW	Open/Male 400m Individual Medley HDW
<b>FINALS</b>	<b>FINALS</b>
Open/Male 12 200m Butterfly FINAL	Female 12 200m Butterfly FINAL
Open/Male 13 200m Butterfly FINAL	Female 13 200m Butterfly FINAL
Open/Male 14 200m Butterfly FINAL	Female 14 200m Butterfly FINAL
Open/Male 15 200m Butterfly FINAL	Female 15 200m Butterfly FINAL
Open/Male 16/Over 200m Butterfly FINAL	Female 16/Over 200m Butterfly FINAL
Female 10/11 100m Backstroke FINAL	Open/Male 10/11 100m Backstroke FINAL
Female 12 100m Backstroke FINAL	Open/Male 12 100m Backstroke FINAL
Female 13 100m Backstroke FINAL	Open/Male 13 100m Backstroke FINAL
Female 14 100m Backstroke FINAL	Open/Male 14 100m Backstroke FINAL
Female 15 100m Backstroke FINAL	Open/Male 15 100m Backstroke FINAL
Female 16/Over 100m Backstroke FINAL	Open/Male 16/Over 100m Backstroke FINAL
Open/Male 10/11 50m Freestyle FINAL	Female 10/11 50m Freestyle FINAL
Open/Male 12 50m Freestyle FINAL	Female 12 50m Freestyle FINAL
Open/Male 13 50m Freestyle FINAL	Female 13 50m Freestyle FINAL
Open/Male 14 50m Freestyle FINAL	Female 14 50m Freestyle FINAL
Open/Male 15 50m Freestyle FINAL	Female 15 50m Freestyle FINAL
Open/Male 16/Over 50m Freestyle FINAL	Female 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.
- The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
- Entries will be accepted from swimmers with a valid Disability Classification in line with prevailing British Swimming categories at the discretion of the Championships Manager with such relevant events to be treated as Multi-Classification Events.

## **CONSIDERATION TIMES**

- Competitors must have achieved the consideration time equal to or faster than the Long Course Times as set out below, downloaded from the British Swimming Rankings and which have been achieved no earlier than **1 January 2024**. Converted times will be accepted.
- Entries slower than the Consideration Times will not be accepted.
- The Championship Manager reserves the right to revise the Consideration Times prior to the closing date, if necessary, in order to ensure sufficient entries into the Championships, or to comply with licensing rules relating to session length. As well as any capacity limit imposed by the facility operator to ensure the smooth running of the Championships.
- Submitted entry times shall be used for seeding and rejection purposes where necessary.

## **ENTRIES**

Entries will be made by a relevant Club official using the Online Entry System which will be made available and together with the Entry Fees, must reach the Championships Entries Manager by the closing date - **Noon, Wednesday 22 January 2025**.

- The individual entry fee is £9.00 for entries received by Noon, Wednesday 22 January 2025.
- 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 for entries received and accepted after Noon, Wednesday 22 January 2025 is £18.00.
- Entry payment is by PayPal and must be made at the time of entry.
- No entries will be accepted without the correct fee.
- Entries will be confirmed by Friday 24<sup>th</sup> January 2025.

Entries from swimmers with a valid Disability Classification should be emailed to the Championships Manager direct on [ndchampionshipmanager@outlook.com](mailto:ndchampionshipmanager@outlook.com)

Entry fees will only be refunded if the swimmer is unable to compete on medical grounds, in which case appropriate medical evidence must be provided. Should a swimmer withdraw from an event on medical ground they will be removed from all other events to be held that day of the competition. All refunds will be at the discretion of the N & D Championships Manager.

## **POOLSIDE PASSES**

- Competing Clubs must always have at least one member on poolside, in possession of a Poolside Pass.
- Passes will be valid for the entirety of the Championships and will also be valid for the 2025 Teams Day.
- Poolside Passes are available to purchase at a cost of £15.00 each via the Online Poolside Pass System.
- To obtain a Poolside Pass the member must have either a Coaching Qualification or completed a Team Manager Course, have obtained a Safeguarding Certificate and been subject to a DBS check. **These MUST be showing on their Swim England Membership record.**
- A pass is required for any adult wishing to be poolside or in swimmer only areas. Within the venue, all coaches and team managers must wear the appropriate accreditation pass and have it visible at all times. **As part of Swim England, and the NDSA's commitment to safeguarding and welfare, from 1 January 2025 all Club staff whose DBS and/or Safeguarding expire will not be allowed poolside unsupervised.**

## **WITHDRAWALS**

### **Heats**

Any withdrawals prior to the first day of the Championships should be notified to [ndchampionshipentries@outlook.com](mailto:ndchampionshipentries@outlook.com) providing full details (Name, Event and Event Number)

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) may be liable for a £10.00 penalty fee 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 reserved 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.

Any swimmer who having qualified for the final fails to swim without having been withdrawn from the final in the official format, may incur a penalty fee of £15.00 per Final. The responsibility for payment of the fee shall rest with the club under whose name the entry was made.

## **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.

**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 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.

## **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 may result in a fine of £50 for each day where a Club has a swimmer but no official.

A Copy of the meet expenses policy is available on request and will be distributed to all officials at the point of invitation to allow an informed decision to be made on whether to volunteer.

The Lead Referee for the 2025 Championships is Mrs Christine Johnston who can be contacted on [ndofficials@gmail.com](mailto: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 levels are 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 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. Pool staff/event staff/officials will carry out spot checks of the changing area during the event. ANY observed or reported incidents of misconduct will be dealt with accordingly, in line with Swim England guidelines and may be disqualified from any further involvement in the Championships.
- 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.
- 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.
- The use of any **mobile phones** in the **changing areas** during any Swim England regulated event **is prohibited**. This includes - making/receiving calls, emails, messages, accessing the internet, listening to music or podcasts as well as use for photography/videography. When in the changing areas, phones should remain out of sight in bags or pockets. This applies to everyone involved in the activity - swimmers, coaches/team staff, officials, meet management, and volunteers.
- 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, and as such may be subject to change at short notice.

**Any queries should be directed to the Championships Manager:**

[ndchampionshipmanager@outlook.com](mailto:ndchampionshipmanager@outlook.com)

**Supported by: NESS Swimwear & Smart Office Systems**







Northumberland and Durham Swimming Association  
2025 Championships  
**50m Consideration Times**



OPEN/MALE							FEMALE					
10/11	12	13	14	15	16/OV		10/11	12	13	14	15	16/OV
00:38.70	00:36.00	00:33.50	00:30.90	00:29.50	00:26.70	<b>50m Freestyle</b>	00:39.00	00:36.20	00:32.90	00:31.50	00:30.80	00:29.80
01:23.70	01:17.00	01:13.00	01:05.80	01:01.90	00:56.70	<b>100m Freestyle</b>	01:25.10	01:17.00	01:10.20	01:08.00	01:06.00	01:03.50
03:08.50	02:45.80	02:37.40	02:22.60	02:16.50	02:04.70	<b>200m Freestyle</b>	03:11.50	02:47.50	02:32.00	02:26.50	02:22.00	02:18.40
06:24.00	05:51.00	05:27.00	04:57.00	04:46.00	04:24.00	<b>400m Freestyle</b>	06:50.00	06:08.00	05:16.00	05:02.00	04:58.00	04:42.50
	12:25.00	11:14.00	10:14.00	10:10.00	09:08.40	<b>800m Freestyle</b>		12:35.00	11:04.00	10:32.00	10:13.00	09:48.80
	23:35.00	22:00.00	19:22.40	18:45.00	17:30.00	<b>1500m Freestyle</b>		23:00.00	21:30.00	20:30.00	20:11.00	19:00.00
00:45.80	00:41.00	00:39.60	00:35.90	00:33.80	00:31.10	<b>50m Backstroke</b>	00:46.10	00:43.20	00:38.50	00:36.60	00:36.20	00:34.50
01:37.70	01:27.50	01:23.00	01:15.80	01:12.30	01:07.60	<b>100m Backstroke</b>	01:36.00	01:28.00	01:20.00	01:17.00	01:14.00	01:13.00
03:30.00	03:09.00	02:56.00	02:40.30	02:34.00	02:21.10	<b>200m Backstroke</b>	03:31.00	03:08.00	02:48.50	02:42.00	02:38.00	02:32.80
00:53.10	00:47.90	00:45.20	00:40.70	00:38.40	00:34.50	<b>50m Breaststroke</b>	00:52.00	00:48.20	00:44.40	00:41.90	00:40.20	00:38.60
01:55.00	01:44.00	01:37.60	01:27.20	01:23.00	01:16.90	<b>100m Breaststroke</b>	01:51.50	01:42.50	01:33.00	01:28.60	01:27.00	01:23.90
04:10.00	03:39.20	03:25.00	03:06.50	02:59.40	02:42.60	<b>200m Breaststroke</b>	04:01.00	03:39.50	03:20.00	03:09.00	03:04.00	02:59.50
00:46.70	00:40.30	00:38.80	00:33.90	00:32.90	00:28.50	<b>50m Butterfly</b>	00:44.90	00:41.30	00:37.00	00:35.50	00:34.20	00:31.90
01:51.00	01:41.10	01:26.60	01:14.10	01:11.50	01:03.40	<b>100m Butterfly</b>	01:48.20	01:35.00	01:25.00	01:17.50	01:14.40	01:10.20
04:20.00	03:40.00	03:31.90	02:53.00	02:47.50	02:26.80	<b>200m Butterfly</b>	04:00.00	03:55.00	03:11.00	03:02.60	02:57.00	02:46.00
03:32.50	03:06.90	02:57.50	02:42.50	02:34.10	02:19.50	<b>200m Individual Medley</b>	03:32.00	03:10.20	02:50.30	02:44.00	02:40.00	02:32.50
	06:50.00	06:18.00	05:50.70	05:31.00	04:58.90	<b>400m Individual Medley</b>		07:00.00	06:11.00	05:58.00	05:49.80	05:33.00

The closing date for entries is **Noon, Wednesday 22 January 2025**