



Nottinghamshire A.S.A.

2015



County Championships Day 6

15th March

Beechdale Baths, Nottingham

Under ASA
Laws &
Technical
Rules of
Swimming

License
Number:

CC150386

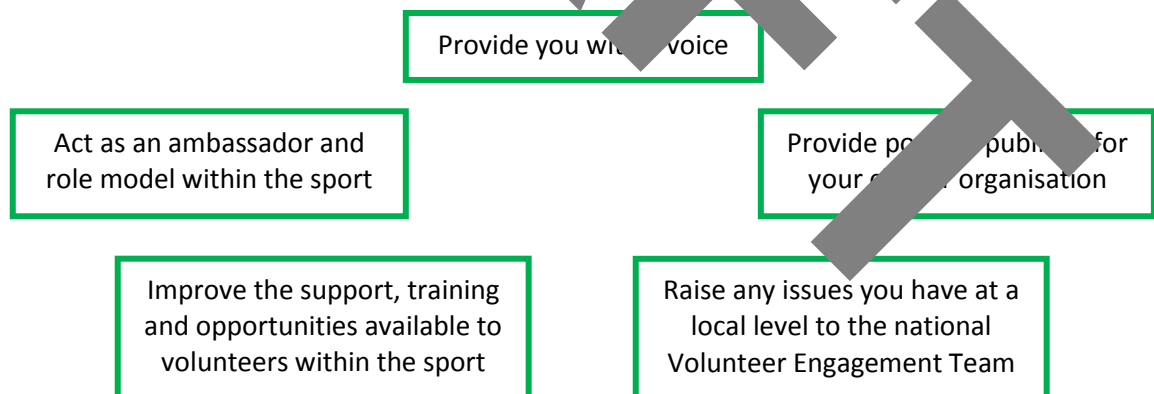
Introducing The ASA National Volunteer Forum!

Who Are We?

- ✓ A group of dynamic aquatic volunteers who meet regularly to discuss all things relating to volunteering and develop new ideas.
- ✓ We are active in our local areas, raising issues so that they can be addressed, and solutions incorporated into the ASA's Volunteer Engagement Team Plan.
- ✓ We aim to drive positive change in the sport and in our clubs, counties, regions and on a national level.



How could we help you?



If you would like to utilise the services of the Volunteer Forum, or if you're interested in joining, get in touch by emailing us at volunteering@swimming.org

"The National Volunteering Forum - here to support you!"

CONTACT YOUR LOCAL VOLUNTEER FORUM MEMBER:

Mr. J. R. Crampton: roycrampton@hotmail.co.uk
<http://www.swimming.org/asa/volunteering/national-volunteer-forum/>

A MESSAGE OF WELCOME AND THANKS FROM THE NOTTINGHAMSHIRE AMATEUR SWIMMING ASSOCIATION

It gives us great pleasure to welcome you to the Nottinghamshire A.S.A. Winter Gala 2015.

On your behalf we would like to thank all of the volunteers who have given their time to organise and deliver this competition. In particular we would like to thank:

Nottinghamshire A.S.A. Swimming Committee

Announcers	Competitor Stewards	Coaches
Front of House Team	Technology Team	Technical Officials
Presentation Team	Promotions Team	Team Managers

Thank You also to the parents and guardians for the efforts and sacrifices you make in encouraging and supporting your swimmers this weekend and throughout the year.

NOTTINGHAMSHIRE AMATEUR SWIMMING ASSOCIATION MANAGEMENT BOARD AND SWIMMING COMMITTEE MEMBERS

PRESIDENT: Mr. C. Freebury
PRESIDENT EMERITUS: Mrs. Elsie Rush

MANAGEMENT BOARD

CHAIRMAN: Mr. R. Roberts **SECRETARY:** Mrs. W. Coles **TREASURER:** Mrs. K. Bull

MEMBERS: Mr. D. Bull, Mr. M. Greenwood, Mr. J. Crampton, Mr. D. Fortescue

REPRESENTATION ON EAST MIDLANDS BOARD: Mrs. W. Coles

SWIMMING COMMITTEE

CHAIRMAN: Mr. R. Roberts **SECRETARY:** Mr. T. Taylor **MINUTE SECRETARY:** M. Barker

MEMBERS: Mr. D. Bull, Mr. J. Crampton, Mr. D. Fortescue, Mr. N. Hilton, Mr. I. Negus, Mr. E. Sladen, Mr. A. Urch, Mrs. E. Rush, Mr. D. Rush, Mrs. M. Shaw, Mr. B Walker, Mr. J. Watson

EXOFFICIO MEMBERS: Mr. R. Roberts, Mrs. W. Coles, Mrs. K. Bull

REPRESENTATION ON EAST MIDLANDS BOARD: Miss D. Nicholas, Mrs. S. Arrowsmith (Masters)

SWIMMING LEAGUES COMMITTEE

CHAIRMAN: Mr. R. Roberts **SECRETARY:** Mrs. M. Shaw

MEMBERS: Mrs. K. Bull, Mrs. W. Coles, Mr. J. Crampton, Mrs. F. Crichlow, Mr. D. Fortescue, Mrs. S. Grayson, Mr. G. Linley, Mr. A. McLaughlan, Mrs. K. Needham, Mr. I. Negus, Mrs. E. Sladen, Mr. A. Urch, Mr. B. Walker

EXOFFICIO MEMBERS: Mr. R. Roberts, Mrs. W. Coles, Mrs. K. Bull

WATER POLO

CHAIRMAN: Mr. R. Roberts **SECRETARY:** Mr. C. Freebury

MEMBERS: Mr. R. Smith, Mr. K. Mellors, Mr. C. Akers, Mr. M. Beeson

EXOFFICIO MEMBERS: Mrs. W. Coles, Mrs. K. Bull



NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2015



Withdrawal Procedure

Withdrawal prior to the day of meet: withdraw@notts-swimming.co.uk

Withdrawal on the day of meet: Final notice of the withdrawal of swimmers must be reported to the recorders no later than one hour prior to the start of the session, **using the forms provided.**

Last minute problems: A **text message** may be sent to 07725 320970

The promoter cannot accept responsibility for an email or text message for whatever reason, is not received. Once the event has been seeded, subsequent withdrawals will only be allowed on genuine medical grounds.

Please note that we will **not** respond to emails or text messages to confirm receipt.

Information that **MUST** be included in withdrawal requests:

- Full Name of Swimmer
- Swimmers Club
- Date of Birth
- Event Number
- Competitor Number

Poolside and Changing Rooms:

Only those accredited personnel showing a valid pass will be allowed to the poolside. Under no circumstances will any person other than gala officials be allowed to enter the changing rooms along with swimmers, unless in an emergency.

We are restricting the use of chairs on poolside to one per coach, with a valid coach poolside pass. No other chairs will be permitted on poolside other than those used by officials and recorders.

Photography:

Those wishing to take photos from the balcony must be registered and be displaying the relevant accreditation. Photography passes will only be granted at venues where photography is allowed.

Live Gala Results:

Live Results will be available throughout the gala (internet connection permitting) and can be accessed via the county pages of the Nottinghamshire ASA Website:

<http://counties.notts-swimming.co.uk/Counties/CountyChampionships2015/>



NOTTINGHAMSHIRE ASA

COUNTY CHAMPIONSHIPS 2015



Session - 13

RELAYS (AM)

Under ASA Laws & Technical Rules of Swimming
 Warm Up: 08:30am Events Start: 09:30am

EVENT 601 Womens 10 Yrs 200m Medley Team

1.	Radford	Radford	3:38.00.....	6.	Sutton Red	Sutton	3:08.28.....
2.	Newark	Newark	3:30.46.....	7.	Calv Bing A	Calv Bing	3:01.00.....
3.	Falcon	Falcon Nttm	3:17.66.....	8.	Retford	Retford	2:51.45.....
4.	Arnold	Arnold	3:13.66.....	9.	Leander B	NottmLeander	2:50.00.....
5.	Mansfield	Mansfield	3:09.50.....	10.	Leander A	NottmLeander	2:44.00.....

EVENT 602 Mens 10 Yrs 200m Freestyle Team

1.	Arnold	Arnold	3:04.55.....	6.	Bramcote A	Bramcote	2:44.01.....
2.	Radford	Radford	2:58.00.....	7.	Mansfield	Mansfield	2:40.97.....
3.	Newark	Newark	2:54.66.....	8.	Leander B	NottmLeander	2:35.00.....
4.	Sutton Red	Sutton	2:53.43.....	9.	Calv Bing A	Calv Bing	2:34.00.....
5.	Hucknall/Linby	Hucknall	2:52.13.....	10.	Leander A	NottmLeander	2:27.00.....

EVENT 603 Womens 12 Yrs 200m Medley Team

1.	Sutton Blue	Sutton	2:57.59.....	11.	Calv Bing A	Calv Bing	2:37.00.....
2.	Falcon	Falcon	2:52.15.....	12.	Kimberley	Kimberley	2:35.62.....
3.	Radford	Radford	2:51.13.....	13.	Bramcote A	Bramcote	2:35.03.....
4.	Newark	Newark	2:50.59.....	14.	Sherwood Black	Sherwood	2:33.00.....
5.	Calv Bing B	Calv Bing	2:50.00.....	15.	Leander B	NottmLeander	2:32.00.....
6.	Bramcote B	Bramcote	2:50.58.....	16.	Sutton	Sutton	2:31.65.....
7.	Portland	Nottportland	2:50.70.....	17.	Worksop	Worksop	2:29.00.....
8.	Arnold	Arnold	2:50.12.....	18.	Leander A	Leander	2:28.00.....
9.	Mansfield	Mansfield	2:49.41.....	19.	Leander A	NottmLeander	2:20.00.....
10.	Retford	Retford	2:39.41.....				

EVENT 604 Mens 12 Yrs 200m Freestyle Team

1.	Bramcote B	Bramcote	2:42.37.....	11.	Calv Bing A	Calv Bing	2:18.00.....
2.	Hucknall/Linby	Hucknall Lin	2:32.21.....	12.	Sutton Red	Sutton	2:17.77.....
3.	Sherwood Gold	Sherwood	2:29.00.....	13.	Bramcote	Bramcote	2:17.15.....
4.	Falcon	Falcon Nttm	2:27.87.....	14.	Worksop	Worksop	2:14.00.....
5.	Arnold	Arnold	2:26.47.....	15.	Leander B	NottmLeander	2:14.00.....
6.	Calv Bing B	Calv Bing	2:26.00.....	16.	Retford	Retford	2:12.77.....
7.	Kimberley B	Kimberley	2:24.99.....	17.	Sherwood Black	Sherwood	2:12.00.....
8.	Mansfield	Mansfield	2:21.15.....	18.	Kimberley A	Kimberley	2:08.65.....
9.	Radford	Radford	2:20.97.....	19.	Leander A	NottmLeander	2:03.00.....
10.	Newark	Newark	2:18.35.....				

EVENT 605 Womens 14 Yrs 200m Medley Team

1.	Arnold	Arnold	2:39.78.....	10.	Sherwood Gold	Sherwood	2:21.00.....
2.	Hucknall/Linby	Hucknall Lin	2:39.47.....	11.	Bramcote A	Bramcote	2:20.78.....
3.	Portland	Nottportland	2:28.90.....	12.	Radford	Radford	2:20.62.....
4.	Newark	Newark	2:28.51.....	13.	Worksop	Worksop	2:16.25.....
5.	Kimberley	Kimberley	2:27.45.....	14.	Mansfield	Mansfield	2:16.04.....
6.	Sutton Red	Sutton	2:27.29.....	15.	Calv Bing A	Calv Bing	2:16.00.....
7.	Retford	Retford	2:26.64.....	16.	Sherwood Black	Sherwood	2:16.00.....
8.	Leander B	NottmLeander	2:25.00.....	17.	Leander A	NottmLeander	2:15.00.....
9.	Falcon	Falcon Nttm	2:24.33.....				



NOTTINGHAMSHIRE ASA

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EVENT 606 Mens 14 Yrs 200m Freestyle Team

1. Bramcote B	Bramcote	2:18.26.....	9. Leander B	NottmLeander	2:02.50.....
2. Falcon	Falcon Nttm	2:16.90.....	10. Calv Bing A	Calv Bing	2:02.00.....
3. Mansfield	Mansfield	2:11.20.....	11. Sherwood Black	Sherwood	2:02.00.....
4. Worksop	Worksop	2:11.00.....	12. Sutton Red	Sutton	2:00.72.....
5. Arnold	Arnold	2:07.54.....	13. Kimberley A	Kimberley	2:00.55.....
6. Newark	Newark	2:06.49.....	14. Bramcote A	Bramcote	1:59.51.....
7. Portland	Nottportland	2:04.48.....	15. Leander A	NottmLeander	1:56.00.....
8. Radford	Radford	2:03.71.....			

EVENT 607 Womens 16 Yrs 200m Medley Team

1. Radford	Radford	2:32.62.....	8. Sherwood Black	Sherwood	2:13.00.....
2. Kimberley	Kimberley	2:23.39.....	9. Worksop	Worksop	2:12.59.....
3. Newark	Newark	2:19.87.....	10. Falcon	Falcon Nttm	2:11.99.....
4. Portland	Nottportland	2:18.90.....	11. Sutton Red	Sutton	2:11.18.....
5. Leander B	NottmLeander	2:17.00.....	12. Mansfield	Mansfield	2:10.49.....
6. Calv Bing A	Calv Bing	2:16.00.....	13. Leander A	NottmLeander	2:06.00.....
7. Arnold	Arnold	2:15.43.....			

EVENT 608 Mens 18 Yrs 200m Freestyle Team

1. Bramcote B	Bramcote	1:58.11.....	8. Newark	Newark	1:52.71.....
2. Northern	NottNorthern	1:53.34.....	9. Sutton Red	Sutton	1:52.26.....
3. Arnold	Arnold	2:02.69.....	10. Leander A	NottmLeander	1:52.00.....
4. Bramcote A	Bramcote	1:58.11.....	11. Sherwood Black	Sherwood	1:51.00.....
5. Retford	Retford	1:58.11.....	12. Calv Bing A	Calv Bing	1:48.00.....
6. Leander B	NottmLeander	1:58.11.....	13. Mansfield	Mansfield	1:47.14.....
7. Falcon	Falcon Nttm	1:58.11.....			

EVENT 609 Womens Open 400m Medley Team

1. Portland	Nottportland	4:37.70.....	5. Sherwood Black	Sherwood	4:39.00.....
2. Northern	NottNorthern	4:58.00.....	6. Sutton Red	Sutton	4:36.61.....
3. Radford	Radford	4:55.00.....	7. Worksop	Worksop	4:35.92.....
4. Calv Bing A	Calv Bing	4:45.00.....	8. Leander A	NottmLeander	4:35.00.....

EVENT 610 Mens Open 400m Freestyle Team

1. Portland	Nottportland	4:20.40.....	7. Arnold	Arnold	3:48.00.....
2. Leander B	NottmLeander	4:06.00.....	8. Sutton Red	Sutton	3:47.80.....
3. Radford	Radford	4:06.00.....	9. Sherwood Black	Sherwood	3:44.00.....
4. Worksop	Worksop	3:50.00.....	10. Mansfield	Mansfield	3:42.43.....
5. Leander A	NottmLeander	3:50.00.....	11. Calv Bing A	Calv Bing	3:40.00.....
6. Falcon	Falcon Nttm	3:48.95.....	12. Bramcote A	Bramcote	3:37.97.....

EVENT 611 FINAL OF EVENT 601 Womens 10 Yrs 200m Medley Team

1.	4.
2.	5.
3.	6.

EVENT 612 FINAL OF EVENT 602 Mens 10 Yrs 200m Freestyle Team

1.	4.
2.	5.
3.	6.

EVENT 613 FINAL OF EVENT 603 Womens 12 Yrs 200m Medley Team

1.	4.
2.	5.
3.	6.

EVENT 614 FINAL OF EVENT 604 Mens 12 Yrs 200m Freestyle Team

1.	4.
2.	5.
3.	6.



NOTTINGHAMSHIRE ASA

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EVENT 615 FINAL OF EVENT 605 Womens 14 Yrs 200m Medley Team

1.	4.
2.	5.
3.	6.

EVENT 616 FINAL OF EVENT 606 Mens 14 Yrs 200m Freestyle Team

1.	4.
2.	5.
3.	6.

EVENT 617 FINAL OF EVENT 607 Womens 16 Yrs 200m Medley Team

1.	4.
2.	5.
3.	6.

EVENT 618 FINAL OF EVENT 608 Mens 16 Yrs 200m Freestyle Team

1.	4.
2.	5.
3.	6.

Presented in Remembrance for AM Relays

Section - 14

RELAYS (PM)

Under ASA Rules & Technical Rules of Swimming
 Warm Up: 12:30pm
 Relays Start: 01:30pm

EVENT 701 Womens 10 Yrs 200m Freestyle Team

1.	Newark	Newark	3:02.52.....	8.	Sutton Red	Sutton	2:42.63.....
2.	Radford	Radford	2:58.00.....	9.	Bramcote A	Bramcote	2:42.09.....
3.	Arnold	Arnold	2:47.34.....	10.	Calv Bing A	Calv Bing	2:41.00.....
4.	Falcon	Falcon Nttm	2:47.10.....	11.	Leander B	NottmLeander	2:40.00.....
5.	Mansfield	Mansfield	2:43.43.....		Leander A	NottmLeander	2:18.80.....
6.	Retford	Retford	2:42.73.....				

EVENT 702 Mens 10 Yrs 200m Medley Team

1.	Radford	Radford	3:47.00.....	6.	Mansfield	Mansfield	3:09.01.....
2.	Sutton Red	Sutton	3:17.07.....	7.	Calv Bing A	Calv Bing	2:58.00.....
3.	Newark	Newark	3:16.71.....	8.	Leander B	NottmLeander	2:56.00.....
4.	Hucknall/Linby	Hucknall Lin	3:16.27.....	9.	Leander A	NottmLeander	2:51.00.....
5.	Arnold	Arnold	3:09.98.....				

EVENT 703 Womens 12 Yrs 200m Freestyle Team

1.	Sutton Blue	Sutton	2:39.82.....	11.	Arnold	Arnold	2:19.58.....
2.	Portland	Nottportland	2:28.63.....	12.	Sherwood Black	Sherwood	2:19.00.....
3.	Falcon	Falcon Nttm	2:28.49.....	13.	Kimberley	Kimberley	2:18.46.....
4.	Radford	Radford	2:25.28.....	14.	Calv Bing A	Calv Bing	2:17.00.....
5.	Calv Bing B	Calv Bing	2:25.00.....	15.	Leander A	NottmLeander	2:16.00.....
6.	Leander B	NottmLeander	2:24.00.....	16.	Sutton Red	Sutton	2:15.11.....
7.	Bramcote B	Bramcote	2:23.54.....	17.	Bramcote A	Bramcote	2:14.40.....
8.	Newark	Newark	2:21.77.....	18.	Mansfield	Mansfield	2:12.32.....
9.	Mansfield	Mansfield	2:21.64.....	19.	Worksop	Worksop	2:12.00.....
10.	Retford	Retford	2:20.72.....				



NOTTINGHAMSHIRE ASA

COUNTY CHAMPIONSHIPS 2015



EVENT 704 Mens 12 Yrs 200m Medley Team

1.	Bramcote B	Bramcote	3:14.11.....	11.	Sutton Red	Sutton	2:39.70.....
2.	Hucknall/Linby	Hucknall Lin	2:52.21.....	12.	Calv Bing A	Calv Bing	2:36.00.....
3.	Sherwood Gold	Sherwood	2:51.00.....	13.	Newark	Newark	2:33.49.....
4.	Falcon	Falcon Nttm	2:48.13.....	14.	Worksop	Worksop	2:32.00.....
5.	Arnold	Arnold	2:47.67.....	15.	Sherwood Black	Sherwood	2:31.00.....
6.	Radford	Radford	2:46.88.....	16.	Retford	Retford	2:29.12.....
7.	Calv Bing B	Calv Bing	2:46.00.....	17.	Leander B	NottmLeander	2:28.00.....
8.	Mansfield	Mansfield	2:44.73.....	18.	Kimberley A	Kimberley	2:25.43.....
9.	Kimberley B	Kimberley	2:43.69.....	19.	Leander A	NottmLeander	2:20.00.....
10.	Bramcote A	Bramcote	2:40.29.....				

EVENT 705 Womens 14 Yrs 200m Freestyle Team

1.	Hucknall/Linby	Hucknall Lin	2:19.10.....	10.	Retford	Retford	2:07.04.....
2.	Portland	Nottportland	2:18.97.....	11.	Falcon	Falcon Nttm	2:06.77.....
3.	Arnold	Arnold	2:14.07.....	12.	Bramcote A	Bramcote	2:05.30.....
4.	Newark	Newark	2:11.66.....	13.	Mansfield	Mansfield	2:05.12.....
5.	Kimberley	Kimberley	2:11.23.....	14.	Calv Bing A	Calv Bing	2:03.00.....
6.	Sutton Red	Sutton	2:10.55.....	15.	Worksop	Worksop	2:03.00.....
7.	Radford	Radford	2:08.30.....	16.	Sherwood Black	Sherwood	2:02.00.....
8.	Sherwood Gold	Sherwood	2:02.00.....	17.	Leander A	NottmLeander	1:59.00.....
9.	Leander B	NottmLeander	1:58.30.....				

EVENT 706 Mens 14 Yrs 200m Medley Team

1.	Bramcote B	Bramcote	2:19.58.....	9.	Newark	Newark	2:19.58.....
2.	Falcon	Falcon Nttm	2:17.21.....	10.	Kimberley A	Kimberley	2:17.21.....
3.	Worksop	Worksop	2:16.00.....	11.	Sherwood Black	Sherwood	2:16.00.....
4.	Mansfield	Mansfield	2:15.77.....	12.	Sutton Red	Sutton	2:15.77.....
5.	Portland	Nottportland	2:15.59.....	13.	Bramcote A	Bramcote	2:15.59.....
6.	Arnold	Arnold	2:14.00.....	14.	Leander B	NottmLeander	2:14.00.....
7.	Radford	Radford	2:14.00.....	15.	Leander A	NottmLeander	2:04.00.....
8.	Calv Bing A	Calv Bing	2:21.00.....				

EVENT 707 Womens 16 Yrs 200m Freestyle Team

1.	Radford	Radford	2:02.00.....	8.	Calv Bing A	Calv Bing	2:02.00.....
2.	Bramcote A	Bramcote	2:00.00.....	9.	Worksop	Worksop	2:00.00.....
3.	Leander B	NottmLeander	1:59.26.....	10.	Mansfield	Mansfield	1:59.26.....
4.	Arnold	Arnold	1:58.77.....	11.	Falcon Nttm	Falcon Nttm	1:58.77.....
5.	Newark	Newark	1:58.00.....	12.	Leander A	NottmLeander	1:58.00.....
6.	Kimberley	Kimberley	1:58.00.....	13.	Sherwood Black	Sherwood	1:58.00.....
7.	Portland	Nottportland	1:57.74.....	14.	Sutton Red	Sutton	1:57.74.....

EVENT 708 Mens 16 Yrs 200m Medley Team

1.	Northern	NottNorthern	2:06.57.....	7.	Sutton Red	Sutton	2:06.57.....
2.	Arnold	Arnold	2:05.00.....	8.	Sherwood Black	Sherwood	2:05.00.....
3.	Bramcote A	Bramcote	2:03.30.....	9.	Newark	Newark	2:03.30.....
4.	Falcon	Falcon Nttm	2:03.00.....	10.	Leander A	NottmLeander	2:03.00.....
5.	Retford	Retford	2:03.00.....	11.	Calv Bing A	Calv Bing	2:03.00.....
6.	Leander B	NottmLeander	2:01.87.....	12.	Mansfield	Mansfield	2:01.87.....

EVENT 709 Womens Open 400m Freestyle Team

1.	Northern	NottNorthern	4:14.00.....	5.	Leander A	NottmLeander	4:14.00.....
2.	Radford	Radford	4:12.00.....	6.	Worksop	Worksop	4:12.00.....
3.	Leander B	NottmLeander	4:10.00.....	7.	Sherwood Black	Sherwood	4:10.00.....
4.	Calv Bing A	Calv Bing	4:08.39.....	8.	Sutton Red	Sutton	4:08.39.....

EVENT 710 Mens Open 400m Medley Team

1.	Portland	Nottportland	4:13.19.....	7.	Sutton Red	Sutton	4:13.19.....
2.	Radford	Radford	4:12.72.....	8.	Mansfield	Mansfield	4:12.72.....
3.	Leander B	NottmLeander	4:12.63.....	9.	Falcon	Falcon Nttm	4:12.63.....
4.	Worksop	Worksop	4:02.00.....	10.	Arnold	Arnold	4:02.00.....
5.	Sherwood Black	Sherwood	4:01.00.....	11.	Leander A	NottmLeander	4:01.00.....
6.	Calv Bing A	Calv Bing	3:56.00.....	12.	Bramcote A	Bramcote	3:56.00.....



NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2015



EVENT 711 FINAL OF EVENT 701 Womens 10 Yrs 200m Freestyle Team

1.	4.
2.	5.
3.	6.

EVENT 712 FINAL OF EVENT 702 Mens 10 Yrs 200m Medley Team

1.	4.
2.	5.
3.	6.

EVENT 713 FINAL OF EVENT 703 Womens 12 Yrs 200m Freestyle Team

1.	4.
2.	5.
3.	6.

EVENT 714 FINAL OF EVENT 704 Mens 12 Yrs 200m Medley Team

1.	4.
2.	5.
3.	6.

EVENT 715 FINAL OF EVENT 705 Womens 14 Yrs 200m Freestyle Team

1.	4.
2.	5.
3.	6.

EVENT 716 FINAL OF EVENT 706 Mens 14 Yrs 200m Medley Team

1.	4.
2.	5.
3.	6.

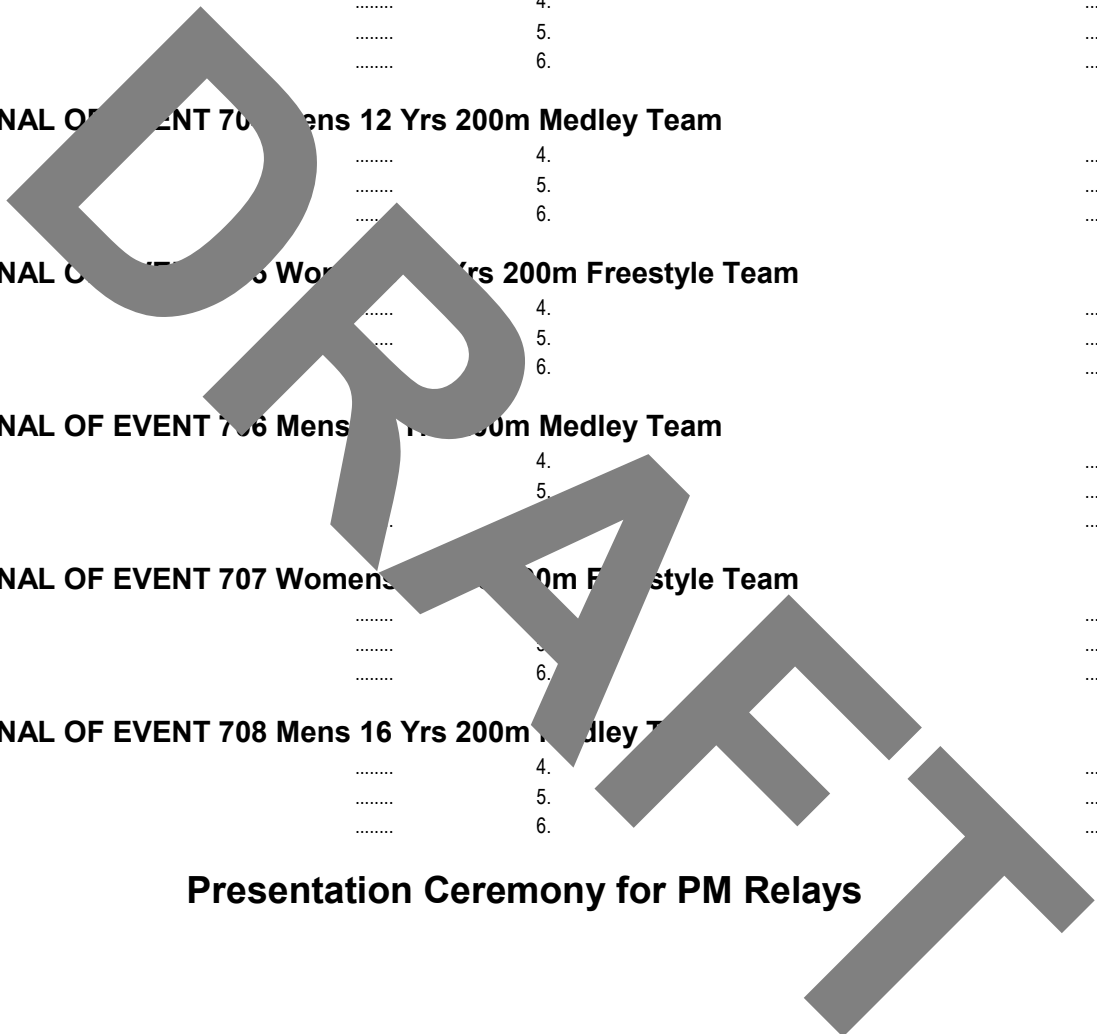
EVENT 717 FINAL OF EVENT 707 Womens 16 Yrs 200m Freestyle Team

1.	4.
2.	5.
3.	6.

EVENT 718 FINAL OF EVENT 708 Mens 16 Yrs 200m Medley Team

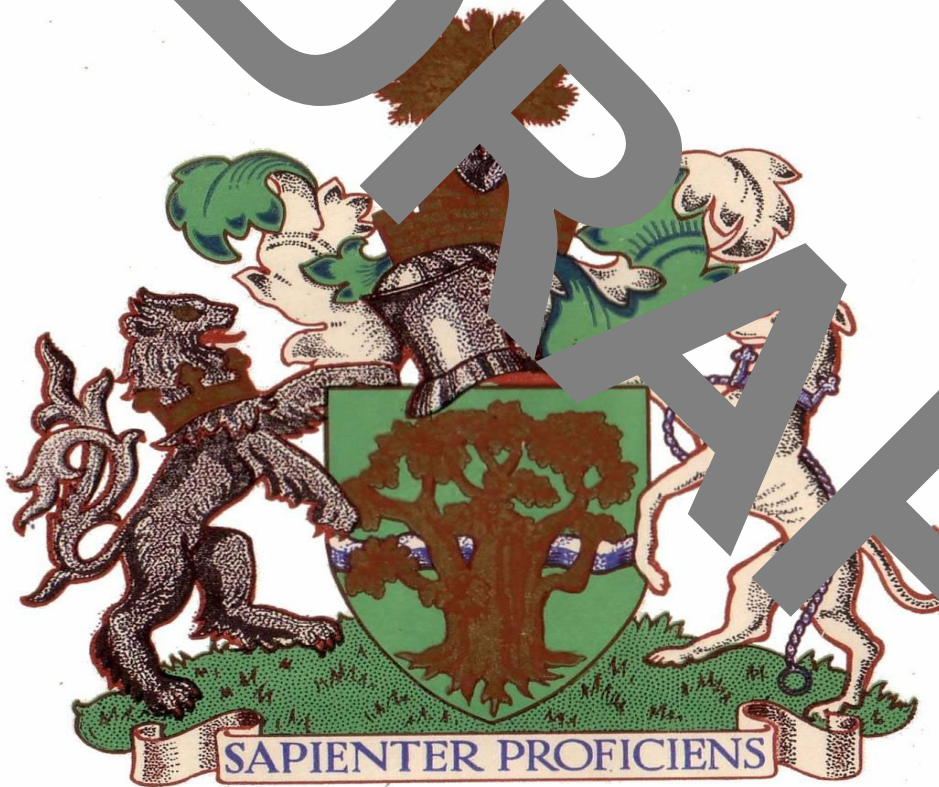
1.	4.
2.	5.
3.	6.

Presentation Ceremony for PM Relays



Thank You for attending the County Championships 2015

Your Hosts:



Nottinghamshire A.S.A.

**Sunday
15th Mar 2015**

Session 13

Warm Up

8:30am

Start

9:30am

Session 14

Warm Up

12:30pm

Start

1:30pm