

Age groups A and B are grouped as Sub Age Group 1
 Age groups C, D and E are grouped as Sub Age Group 2
 Age groups F and G are Sub Age Group 3

NASA 2024 County Championships - Swimmer's Guide

Key to Age Groups for qualification and finals		
Age Group	Age at 31/12/24	Sub Age Group
A	10 and 11 yrs	1
B	12 yrs	
C	13 yrs	2
D	14 yrs	
E	15 yrs	3
F	16 yrs	
G	17 yrs and over	

RELAYS	Age at 31/12/23
12yrs & under	12 years and under
15yrs & under	15 years and under
Open	Any age

All swimmers' ages are based on age at 31st Dec 2024
 Minimum age to compete is 10 (at 31/12/24)
 There are no exceptions to this rule
 There will be no time trials during the County Championships

OPEN/MALE - Event Numbers			Individual Events	FEMALE - Event Numbers		
Sub Age Groups				Sub Age Groups		
1	2	3		1	2	3
613	230	615	50m Freestyle	532	213	631
309	511	532	100m Freestyle	610	310	512
224	607	228	200m Freestyle	328	506	324
605	204	624	400m Freestyle	504	304	524
101	102	103	800m Freestyle	401	402	403
411	412	413	1500m Freestyle	111	112	113
212	313	515	50m Backstroke	312	514	231
529	611	634	100m Backstroke	209	233	334
628	226	206	200m Backstroke	606	326	508
513	630	214	50m Butterfly	629	330	314
632	210	311	100m Butterfly	510	633	211
208	327	509	200m Butterfly	306	526	608
329	533	331	50m Breaststroke	229	614	534
232	333	234	100m Breaststroke	332	530	612
507	626	609	200m Breaststroke	528	227	308
525	307	527	200m Individual Medley	625	207	627
305	405	325	400m Individual Medley	205	604	225

Dates Events Held					
Date	Day	Session	Events	Type	
20th January 2024	1	1	Evening	101-113	Heats
27th January 2024	2	2	Morning	201-214	Heats
27th January 2024	2	3	Afternoon	221-234	Heats
27th January 2024	2	4	Evening	251-290	Finals
28th January 2024	3	5	Morning	301-314	Heats
28th January 2024	3	6	Afternoon	321-334	Heats
28th January 2024	3	7	Evening	351-390	Finals
3rd February 2024	4	8	Evening	401-413	Heats
10th February 2024	5	9	Morning	501-515	Heats
10th February 2024	5	10	Afternoon	521-534	Heats
10th February 2024	5	11	Evening	551-590	Finals
11th February 2024	6	12	Morning	601-615	Heats
11th February 2024	6	13	Afternoon	621-635	Heats
11th February 2024	6	14	Evening	651-690	Finals

OPEN/MALE - Event Numbers			Relay Events	FEMALE - Event Numbers		
12 & U	15 & U	Open		12&U	15 & U	Open
503	303	521	4 x 50m Freestyle	203	622	502
523	202	321	4 x 50m Medley	302	522	221
		501	4 x 100m Freestyle			201
		602	4 x 100m Medley			601
322	222	621	4 x 100m Freestyle – Mixed	322	222	621
223	323		4 x 100m Medley – Mixed	223	323	
	603		Challenge 48 - Mixed		603	
	623		Challenge 68 - Mixed		623	
	635		Skins style Relay - Mixed		635	
		301	4 x 200m Freestyle - Mixed			301

1. Identify your Sub Age Group for heats.

2. Select an individual event and under your sub age group (male or female) you will find your Event Number

3. Use the event number to look up the event date