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 2026 County Championships - Swimmer's Guide

Key to Age Groups for qualification and finals					
Age Group Age at 31/12/26 Sub Age Group					
Α	10 and 11 yrs	1			
В	12 yrs	'			
С	13 yrs				
D	14 yrs	2			
E	15 yrs				
F	16 yrs	3			
G	17 yrs and over	3			

RELAYS	Age at 31/12/26	Sub Age Group	
12yrs & under	12 years and under	1	
15yrs & under	15 years and under	2	
Open	Any age	3	

All swimmers' ages are based on age at 31st Dec 2026

Minimum age to compete is 10 (at 31/12/26)

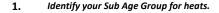
There are no exceptions to this rule

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	531	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	505	325	400m Individual Medley	205	604	225

OPEN/MALE - Event Numbers			Relay Events	FEMALE - Event Numbers		
12 & U	15 & U	Open	Relay Events	12&U	15 & U	Open
503	303	203	4 x 50m Freestyle	523	622	502
621	201	321	4 x 50m Medley	302	522	221
		501	4 x 100m Freestyle			202
		602	4 x 100m Medley			601
322	222	521	4 x 100m Freestyle – Mixed	322	222	521
223	323		4 x 100m Medley – Mixed	223	323	
603			Challenge 48 - Mixed	603		
623			Challenge 68 - Mixed	623		
335		Skins style Relay - Mixed	335			
		301	4 x 200m Freestyle - Mixed			301





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

Dates Events Held

3

8

10

11

12

13

Session

Evening

Morning

Afternoon

Evening

Morning

Afternoon

Evening

Evening

Morning

Afternoon

Evening

Morning

Afternoon

Evening

Events

101-113

201-214

221-234

251-290

301-314

321-335

351-390

401-413

501-515

521-534

551-590

601-615

621-634

651-690

Type

Heats

Heats

Heats

Finals

Heats

Heats

Finals

Heats

Heats

Heats

Finals

Heats

Day

2

2

3

3

3

4

5

5

6

Date

17th January 2026

24th January 2026

24th January 2026

24th January 2026

25th January 2026

25th January 2026

25th January 2026

31st January 2025

7th February 2026

7th February 2026

7th February 2026

8th February 2026

8th February 2026

8th February 2026