

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 2025 County Championships - Swimmer's Guide

Key to Age Groups for qualification and finals		
Age Group	Age at 31/12/25	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 31/12/25	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 2025
 Minimum age to compete is 10 (at 31/12/25)
 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

Dates Events Held					
Date	Day	Session	Events	Type	
18th January 2025	1	1	Evening	101-113	Heats
25th January 2025	2	2	Morning	201-214	Heats
25th January 2025	2	3	Afternoon	221-234	Heats
25th January 2025	2	4	Evening	251-290	Finals
26th January 2025	3	5	Morning	301-314	Heats
26th January 2025	3	6	Afternoon	321-335	Heats
26th January 2025	3	7	Evening	351-390	Finals
1st February 2025	4	8	Evening	401-413	Heats
8th February 2025	5	9	Morning	501-515	Heats
8th February 2025	5	10	Afternoon	521-534	Heats
8th February 2025	5	11	Evening	551-590	Finals
9th February 2025	6	12	Morning	601-615	Heats
9th February 2025	6	13	Afternoon	621-634	Heats
9th February 2025	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	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	
			Challenge 48 - Mixed			603
			Challenge 68 - Mixed			623
			Skins style Relay - Mixed			335
		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