



Girls 4x100m Free			Girls 4x200m Free			Girls 4x100m Medley			Boys 4x100m Free			Boys 4x200m Free			Boys 4x100m Medley		
Plymouth Leander A	South West	3.46.94	Plymouth Leander A	South West	8.22.43	Plymouth Leander A	South West	4.10.55	<b>Carnegie</b>	<b>Scotland</b>	<b>3.28.67</b>	<b>Carnegie</b>	<b>Scotland</b>	<b>7.38.74</b>	<b>Carnegie</b>	<b>Scotland</b>	<b>3.51.53</b>
<b>Carnegie</b>	<b>Scotland</b>	<b>3.51.68</b>	<b>East Lothian</b>	<b>Scotland</b>	<b>8.26.67</b>	<b>Carnegie</b>	<b>Scotland</b>	<b>4.16.06</b>	City of Birmingham	Midlands	3.31.70	Plymouth Leander A	South West	7.46.45	Plymouth Leander A	South West	3.53.19
City of Leeds	North East	3.53.80	City of Sheffield	North East	8.26.98	Plymouth Leander B	South West	4.17.77	Hatfield A	East	3.33.44	Derventio Excel	Midlands	7.49.18	City of Salford A	North West	3.56.70
<b>East Lothian</b>	<b>Scotland</b>	<b>3.54.77</b>	Swim Swansea	Wales	8.30.64	<b>East Lothian</b>	<b>Scotland</b>	<b>4.18.25</b>	Plymouth Leander A	South West	3.33.56	Millfield School	South West	7.50.71	City of Birmingham	Midlands	3.58.00
Plymouth Leander B	South West	3.55.28	City of Derby A	Midlands	8.30.73	City of Leeds	North East	4.18.70	Derventio Excel A	Midlands	3.33.82	<b>Dumfries</b>	<b>Scotland</b>	<b>7.52.00</b>	Hatfield A	East	3.58.48
City of Derby	Midlands	3.55.62	Royal Wolverhampton A	Midlands	8.30.80	Hatfield	East	4.19.35	Team Ipswich A	East	3.34.78	City of Birmingham	Midlands	7.52.02	Cockermouth	North West	3.58.79
Hatfield A	East	3.56.86	<b>Carnegie</b>	<b>Scotland</b>	<b>8.32.30</b>	City of Leicester	Midlands	4.20.63	City of Salford	North West	3.34.88	Hatfield A	East	7.52.61	Derventio Excel A	Midlands	3.59.09
City of Leicester	Midlands	3.57.60	City of Leeds	North East	8.32.81	City of Sheffield	North East	4.21.32	Guildford City A	South East	3.35.59	<b>Warrender A</b>	<b>Scotland</b>	<b>7.54.29</b>	Beckenham	London	3.59.78
City of Cardiff	Wales	3.58.75	Plymouth Leander B	South West	8.33.39	City of Milton Keynes	South East	4.21.66	Derwentside	North East	3.36.07	City of Salford	North West	7.56.29	Harrogate District A	North East	4.00.22
Woking A	South East	3.58.76	City of Birmingham	Midlands	8.35.32	Plymouth Leander C	South West	4.22.38	Ealing	London	3.36.47	Rushmoor Royals	South East	7.57.21	Team Ipswich A	East	4.00.53
Derventio Excel	Midlands	3.58.89	City of Manchester A	North West	8.36.52	City of Birmingham	Midlands	4.22.92	<b>Warrender</b>	<b>Scotland</b>	<b>3.36.62</b>	Newcastle Swim Team	North East	7.57.55	Taunton Deane A	South West	4.00.59
City of Sheffield	North East	3.59.01	Hatfield A	East	8.37.58	City of Cardiff	Wales	4.23.18	Windsor	South East	3.36.76	Ealing	London	7.58.08	Guildford City A	South East	4.00.62
Guildford City A	South East	3.59.22	Chelsea & Westminster	London	8.38.01	Derventio Excel A	Midlands	4.23.43	City of Newport	Wales	3.37.11	Borough of Kirklees	North East	7.58.30	Hillingdon	London	4.01.00
Taunton Deane A	South West	3.59.24	Hillingdon	London	8.38.76	Kelly College	South West	4.24.69	Rushmoor Royals A	South East	3.37.16	Havant & Waterlooville	South East	7.58.80	Portsmouth Northsea A	South East	4.01.18
City of Manchester A	North West	3.59.69	<b>Warrender</b>	<b>Scotland</b>	<b>8.39.79</b>	City of Liverpool	North West	4.25.57	Plymouth Leander B	South West	3.37.51	City of Sunderland	North East	7.59.11	Rushmoor Royals A	South East	4.01.26
Swim Swansea A	Wales	3.59.95	Guildford City	South East	8.41.00	Plymouth Leander D	South West	4.25.92	Harrogate District	North East	3.38.17	Guildford City	South East	7.59.68	Borough of Kirklees	North East	4.01.29
City of Milton Keynes	South East	4.00.01	City of Manchester B	North West	8.41.15	City of Salford A	North West	4.26.07	Hillingdon	London	3.38.26	Derwentside	North East	7.59.70	Plymouth Leander B	South West	4.01.29
City of Birmingham	Midlands	4.00.27	City of Cardiff	Wales	8.41.84	Guildford City A	South East	4.26.52	Beckenham	London	3.38.38	Nova Centurion	Midlands	8.01.11	Derwentside	North East	4.01.73
City of Oxford A	South East	4.00.70	Windsor	South East	8.42.18	City of Sunderland	North East	4.27.20	Basingstoke Bluefins	South East	3.38.42	Camden Swiss Cottage	London	8.02.01	Millfield School	South West	4.02.22
City of Salford	North West	4.01.20	Northampton	Midlands	8.43.10	Taunton Deane	South West	4.27.23	Millfield School	South West	3.38.49	Kelly College	South West	8.02.97	<b>Warrender</b>	<b>Scotland</b>	<b>4.02.47</b>
Ealing A	London	4.01.25	City of Oxford	South East	8.43.72	<b>Warrender</b>	<b>Scotland</b>	<b>4.27.63</b>	City of Manchester	North West	3.38.58	Hatfield B	East	8.03.83	Hatfield B	East	4.02.98
Windsor	South East	4.01.43	Derwentside	North East	8.44.02	City of Manchester A	North West	4.28.02	Borough of Kirklees	North East	3.38.72	Basingstoke Bluefins	South East	8.04.02	Plymouth Leander C	South West	4.03.27
City of Sunderland	North East	4.01.50	Derventio Excel	Midlands	8.44.84	Ealing	London	4.28.08	Portsmouth Northsea	South East	3.38.97	Portsmouth Northsea A	South East	8.04.06	<b>West Lothian</b>	<b>Scotland</b>	<b>4.03.70</b>
Chelsea & Westminster	London	4.01.92	Kingston upon Hull	North East	8.46.16	Pembrokeshire County	Wales	4.28.78	<b>City of Aberdeen</b>	<b>Scotland</b>	<b>3.39.14</b>	City of Sheffield	North East	8.05.42	Woking A	South East	4.03.85
<b>Warrender</b>	<b>Scotland</b>	<b>4.02.04</b>	City of Peterborough	East	8.47.37	City of Oxford	South East	4.29.38	City of Sunderland	North East	3.39.49	City of Manchester	North West	8.05.83	Nova Centurion A	Midlands	4.04.42
Enfield	London	4.02.12	Plymouth Leander C	South West	8.47.41	Newcastle Swim Team	North East	4.29.74	<b>South Lanark</b>	<b>Scotland</b>	<b>3.39.76</b>	Windsor	South East	8.05.87	Basingstoke Bluefins	South East	4.04.61
Beckenham	London	4.02.13	Newcastle Swim Team	North East	8.47.53	Rushmoor Royals A	South East	4.29.90	City of Liverpool	North West	3.39.85	City of Derby	Midlands	8.07.03	City of Cardiff	Wales	4.04.88
<b>City of Aberdeen</b>	<b>Scotland</b>	<b>4.02.14</b>	City of Sunderland	North East	8.47.82	City of Derby	Midlands	4.29.93	Newcastle Swim Team	North East	3.39.86	Gloucester City	South West	8.07.76	<b>City of Aberdeen</b>	<b>Scotland</b>	<b>4.04.93</b>
City of Peterborough	East	4.02.18	<b>City of Aberdeen</b>	<b>Scotland</b>	<b>8.48.92</b>	Derwentside	North East	4.29.96	<b>Dumfries</b>	<b>Scotland</b>	<b>3.40.19</b>	<b>South Lanark</b>	<b>Scotland</b>	<b>8.08.00</b>	Pembrokeshire County	Wales	4.05.08
Plymouth Leander C	South West	4.02.50	Portsmouth Nortsea	South East	8.49.02	Woking	South East	4.29.99	Hatfield B	East	3.40.20	Pembrokeshire County	Wales	8.08.32	City of Salford B	North West	4.05.08
Northampton	Midlands	4.02.94	Ealing	London	8.49.10	Poole	South West	4.30.05	Sevenoaks	South East	3.40.53	City of Coventry	East	8.08.53	City of Newport	Wales	4.05.27
Royal Wolverhampton	Midlands	4.02.97	Taunton Deane	South West	8.49.34	Chelsea & Westminster	London	4.30.18	Kelly College A	South West	3.40.64	City of Peterborough A	East	8.08.56	Doncaster DARTES	North East	4.05.71
City of Manchester B	North West	4.03.08	Nova Centurion	Midlands	8.49.36	Bridgend County	Wales	4.30.33	Derventio Excel B	Midlands	3.40.96	Winsford	North West	8.09.08	City of Liverpool	North West	4.05.82
Kelly College	South West	4.03.59	City of Salford	North West	8.51.37	Portsmouth Northsea	South East	4.30.72	City of Derby A	Midlands	3.41.05	City of Liverpool	North West	8.09.52	City of Milton Keynes	South East	4.05.83
Hillingdon	London	4.04.12	Royal Wolverhampton B	Midlands	8.51.73	Plymouth Leander E	South West	4.30.73	Maxwell	South East	3.41.11	Wycombe District	South East	8.10.15	Wycombe District	South East	4.06.01
Tigers (Jersey)	South East	4.04.29	Wirral Metro	North West	8.52.36	Thanet	South East	4.31.09	City of Sheffield	North East	3.41.16	Stockport Metro	North West	8.10.26	Ealing A	London	4.06.01
Team Ipswich	East	4.04.38	Ellesmere College	Midlands	8.52.70	Soundwell	South West	4.31.29	City of Milton Keynes	South East	3.41.24	<b>Heart of Midlothian</b>	<b>Scotland</b>	<b>8.11.72</b>	Kelly College	South West	4.06.22
Derwentside	North East	4.04.39	<b>South Ayrshire</b>	<b>Scotland</b>	<b>8.52.95</b>	Beckenham	London	4.31.38	Woking	South East	3.41.35	Northampton	East	8.11.98	City of Manchester	North West	4.06.37
Burnley BOBCATS	North West	4.04.39	Hatfield B	East	8.53.37	City of Peterborough	East	4.31.48	Nova Centurion A	Midlands	3.41.51	Richmond Dales	North East	8.12.65	Newcastle Swim Team	North East	4.06.49
Wirral Metro	North West	4.04.44	Woking	South East	8.53.41	Windsor	South East	4.31.54	Plymouth Leander C	South West	3.41.93	Sevenoaks	South East	8.12.79	Soundwell	South West	4.06.60
RESERVES			RESERVES			RESERVES			RESERVES			RESERVES			RESERVES		
Poole	South West	4.04.92	Sevenoaks	South East	8.53.70	<b>South Ayrshire</b>	<b>Scotland</b>	<b>4.32.67</b>	Havant & Waterlooville	South East	3.41.98	<b>Warrender B</b>	<b>Scotland</b>	<b>8.13.33</b>	Poole	South West	4.06.77
Rushmoor Royals	South East	4.05.20	Enfield	London	8.54.16				Camden Swiss Cottage	London	3.42.27	City of Leeds	North East	8.13.77	Guildford City B	South East	4.06.80

All entries should be made online click [HERE](#) to make your entry. If you do not wish to compete please email: [national.entries@swimming.org](mailto:national.entries@swimming.org)