

# NASL V.2.5

SEASON 2010  
DESTROY ALL EARLIER  
VERSIONS  
EMAIL THE COMPLETED RESULT  
TO YOUR LEAGUE SECRETARY  
WITHIN 24 HOURS OF THE GALA

DEFAULT POINTS TOTALS	DOS, TIES ETC WILL CHANGE THESE FIGURES
10 LANE 2750 8 LANE 1800 7 LANE 1400 6 LANE 1050 5 LANE 750	OVERALL POINTS TOTAL <b>1796</b>

# THE NATIONAL ARENA SWIMMING LEAGUE

LEAGUE & DIVISION	London, Division 1				ROUND/GALA NUMBER				Round 2, Gala 1			
VENUE	Watford, Woodside								DATE			
LANE 1 Ealing	LANE 2 Camden	LANE 3 Hemel	LANE 4 Romford	LANE 5 Bishops Stortford	LANE 6 Shiverers	LANE 7 Stevenage	LANE 8 GBM	LANE	LANE	LANE	LANE	
PLACE <b>2</b>	PLACE <b>1</b>	PLACE <b>7</b>	PLACE <b>3</b>	PLACE <b>4</b>	PLACE <b>6</b>	PLACE <b>8</b>	PLACE <b>5</b>	PLACE	PLACE	PLACE	PLACE	
POINTS <b>341</b>	POINTS <b>347</b>	POINTS <b>132</b>	POINTS <b>268</b>	POINTS <b>204</b>	POINTS <b>190</b>	POINTS <b>114</b>	POINTS <b>200</b>	POINTS	POINTS	POINTS	POINTS	

EVENTS				TIME	PLACE	POINTS	TIME	PLACE	POINTS	TIME	PLACE	POINTS	TIME	PLACE	POINTS	TIME	PLACE	POINTS	TIME	PLACE	POINTS	TIME	PLACE	POINTS	TIME	PLACE	POINTS	TIME	PLACE	POINTS	TIME	PLACE	POINTS			
1	Ladies	Open	Individual Medley	2:20.67	2	7	2:25.21	3	6	2:56.91	8	1	2:19.26	1	8	2:32.44	5	4	2:34.26	6	3	2:52.88	7	2	2:28.77	4	5									
2	Mens	Open	Individual Medley	2:06.24	2	7	2:12.42	3	6	2:33.26	8	1	2:14.12	4	5	2:15.71	5	4	2:18.73	6	3	2:29.54	7	2	2:05.47	1	8									
3	Girls	11/u	Freestyle Relay	2:08.36	3	6	2:08.27	2	7	2:20.36	5	4	2:07.39	1	8	2:21.49	6	3	2:23.01	7	2	2:17.98	4	5	2:27.43	8	1									
4	Boys	11/u	Freestyle Relay	2:14.02	4	5	2:10.13	1	8	2:16.19	5	4	2:13.86	2	7	2:20.46	7	2	2:16.85	6	3	2:13.92	3	6	0:00.00											
5	Girls	13/u	Medley Relay	2:13.58	3	6	2:10.98	1	8	2:22.84	7	2	2:13.94	4	5	2:17.43	5	4	2:22.18	6	3	2:25.70	8	1	2:12.61	2	7									
6	Boys	13/u	Medley Relay	2:08.53	1	8	2:09.08	2	7	2:22.63	6	3	2:20.05	5	4	2:17.94	3	6	2:19.27	4	5	2:34.87	8	1	2:24.12	7	2									
7	Girls	15/u	Freestyle Relay	1:54.45	2	7	1:52.09	1	8	2:06.45	8	1	1:57.19	4	5	2:00.88	6	3	1:56.62	3	6	2:05.77	7	2	1:57.83	5	4									
8	Boys	15/u	Freestyle Relay	1:45.49	2	7	1:44.39	1	8	1:51.28	7	2	1:49.79	5	4	1:45.88	4	5	1:45.74	3	6	1:55.60	8	1	1:50.75	6	3									
9	Ladies	Open	Medley Relay	1:55.60	1	8	2:03.56	2	7	2:25.25	8	1	2:06.77	3	6	2:19.84	7	2	2:09.43	4	5	2:16.24	6	3	2:11.13	5	4									
10	Mens	Open	Medley Relay	1:45.11	1	8	1:46.38	2	7	2:01.96	7	2	1:53.70	4	5	1:50.59	3	6	1:58.28	5	4	2:00.08	6	3	0:00.00											
11	Girls	11/u	Backstroke	0:36.13	2	7	0:33.69	1	8	0:37.59	3	6	0:37.80	4	5	0:41.87	7	2	0:38.33	5	4	0:38.38	6	3	0:42.07	8	1									
12	Boys	11/u	Backstroke	0:34.36	1	8	0:36.60	2	7	0:39.98	4	5	0:38.39	3	6	0:42.80	7	2	0:40.82	5	4	0:41.81	6	3	0:46.78	8	1									
13	Girls	13/u	Breaststroke	1:25.26	4	5	1:21.73	3	6	1:36.71	8	1	1:20.77	1	8	1:25.62	6	3	1:25.43	5	4	1:31.46	7	2	1:21.54	2	7									
14	Boys	13/u	Breaststroke	1:10.80	1	8	1:17.83	2	7	1:28.17	5	4	1:25.57	3	6	1:28.11	4	5	1:29.99	7	2	1:34.91	8	1	1:29.54	6	3									
15	Girls	15/u	Backstroke	1:06.78	2	7	1:04.64	1	8	1:16.55	7	2	1:09.18	5	4	1:07.72	3	6	1:12.97	6	3	1:20.50	8	1	1:09.10	4	5									
16	Boys	15/u	Backstroke	1:05.52	3	6	1:04.53	2	7	1:11.95	8	1	1:05.59	4	5	1:08.93	5	4	1:02.94	1	8	1:11.38	7	2	1:09.33	6	3									
17	Ladies	Open	Butterfly	1:03.93	2	7	1:03.73	1	8	1:17.59	8	1	1:08.99	4	5	1:11.48	5	4	1:12.39	6	3	1:15.59	7	2	1:07.61	3	6									
18	Mens	Open	Butterfly	0:55.96	2	7	0:55.52	1	8	1:06.60	6	3	1:01.30	5	4	0:57.82	3	6	1:09.14	8	1	1:06.78	7	2	1:00.89	4	5									
19	Girls	11/u	Butterfly	0:31.76	1	8	0:34.56	2	7	0:38.12	4	5	0:34.56	2	7	0:40.79	7	2	0:39.39	6	3	0:38.18	5	4	0:43.65	8	1									

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WITHIN 24 HOURS OF THE GALA

# THE NATIONAL ARENA SWIMMING LEAGUE

LEAGUE & DIVISION		London, Division 1												ROUND/GALA NUMBER				Round 2, Gala 1													
		Watford, Woodside												DATE				13th November 2010													
		VENUE			LANE 2			LANE 3			LANE 4			LANE 5		LANE 6		LANE 7		LANE 8		LANE		LANE							
		Ealing			Camden			Hemel			Romford			Bishops Stortford		Shiverers		Stevenage		GBM											
20	Boys	11/u	Butterfly	0:39.22	8	1	0:36.04	4	5	0:35.81	3	6	0:35.35	2	7	0:34.54	1	8	0:37.58	6	3	0:36.82	5	4	0:37.71	7	2				
21	Girls	13/u	Backstroke	1:10.66	2	7	1:08.67	1	8	1:16.59	6	3	1:13.17	4	5	1:16.36	5	4	1:20.98	8	1	1:17.61	7	2	1:11.48	3	6				
22	Boys	13/u	Backstroke	1:14.35	3	6	1:11.70	1	8	1:14.57	4	5	1:17.81	6	3	1:13.21	2	7	1:15.03	5	4	1:29.04	8	1	1:20.75	7	2				
23	Girls	15/u	Butterfly	1:08.83	3	6	1:08.60	2	7	1:17.12	7	2	1:03.41	1	8	1:13.11	6	3	1:13.05	5	4	0:00.00			1:10.99	4	5				
24	Boys	15/u	Butterfly	1:00.38	1	8	1:02.09	2	7	1:08.68	7	2	1:05.50	6	3	1:02.39	4	5	1:03.93	5	4	1:14.31	8	1	1:02.34	3	6				
25	Ladies	Open	Backstroke	1:00.85	1	8	1:04.41	2	7	1:15.62	8	1	1:10.37	4	5	1:13.33	6	3	1:13.29	5	4	1:13.52	7	2	1:09.92	3	6				
26	Mens	Open	Backstroke	0:57.58	2	7	0:58.65	3	6	1:05.74	8	1	1:00.82	4	5	1:03.72	6	3	1:01.84	5	4	1:04.58	7	2	0:56.97	1	8				
27	Girls	11/u	Breaststroke	0:43.20	4	5	0:42.84	3	6	0:43.68	6	3	0:41.17	1	8	0:45.40	8	1	0:43.85	7	2	0:42.26	2	7	0:43.36	5	4				
28	Boys	11/u	Breaststroke	0:40.68	2	7	0:44.44	4	5	0:39.32	1	8	0:42.98	3	6	0:47.97	7	2	0:45.81	6	3	0:44.68	5	4	0:48.78	8	1				
29	Girls	13/u	Butterfly	1:09.19	2	7	1:09.90	3	6	1:31.48	8	1	1:10.68	4	5	1:12.69	5	4	1:20.41	6	3	1:24.33	7	2	1:07.69	1	8				
30	Boys	13/u	Butterfly	1:11.50	2	7	1:15.07	4	5	1:23.11	6	3	1:12.94	3	6	1:21.62	5	4	1:11.08	1	8	1:25.91	7	2	1:29.71	8	1				
31	Girls	15/u	Freestyle	1:00.06	1	8	1:00.79	3	6	1:07.09	7	2	1:03.38	5	4	1:03.67	6	3	1:01.50	4	5	1:08.33	8	1	1:00.44	2	7				
32	Boys	15/u	Freestyle	0:57.88	5	4	0:56.19	2	7	0:57.81	4	5	0:58.04	6	3	0:55.21	1	8	0:57.76	3	6	1:01.78	8	1	0:58.05	7	2				
33	Ladies	Open	Breaststroke	1:09.51	1	8	1:15.51	2	7	1:27.16	7	2	1:19.83	3	6	1:28.25	8	1	1:21.03	4	5	1:23.02	6	3	1:21.76	5	4				
34	Mens	Open	Breaststroke	1:05.16	1	8	1:05.90	2	7	1:19.04	7	2	1:10.18	4	5	1:09.59	3	6	1:16.62	6	3	1:23.23	8	1	1:16.43	5	4				
35	Girls	11/u	Freestyle	0:30.34	2	7	0:29.74	1	8	0:35.89	7	2	0:31.57	3	6	0:33.34	4	5	0:36.19	8	1	0:34.26	6	3	0:34.18	5	4				
36	Boys	11/u	Freestyle	0:32.20	3	6	0:33.41	6	3	0:33.92	7	2	0:33.22	5	4	0:31.61	1	8	0:32.51	4	5	0:32.10	2	7	0:34.85	8	1				
37	Girls	13/u	Freestyle	1:03.92	4	5	1:03.26	2	7	1:12.88	8	1	1:03.64	3	6	1:09.56	6	3	1:08.23	5	4	1:10.36	7	2	1:03.01	1	8				
38	Boys	13/u	Freestyle	0:57.94	1	8	1:01.40	2	7	1:08.25	7	2	1:05.56	5	4	1:02.44	3	6	1:05.24	4	5	1:13.50	8	1	1:07.88	6	3				

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LEAGUE & DIVISION	London, Division 1								ROUND/GALA NUMBER				Round 2, Gala 1			
VENUE	Watford, Woodside								DATE				13th November 2010			

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE	LANE
Ealing	Camden	Hemel	Romford	Bishops Stortford	Shiverers	Stevenage	GBM		

39	Girls	15/u	Breaststroke	1:20.26	5	4	1:15.57	2	7	1:28.46	7	2	1:14.93	1	8	1:32.14	8	1	1:16.55	3	6	1:26.34	6	3	1:19.49	4	5				
40	Boys	15/u	Breaststroke	1:15.79	4	5	1:10.94	1	8	1:22.36	7	2	1:17.03	5	4	1:14.31	3	6	1:17.13	6	3	1:27.75	8	1	1:12.10	2	7				
41	Ladies	Open	Freestyle	0:57.32	1	8	1:00.29	2	7	1:09.07	8	1	1:00.37	3	6	1:05.75	6	3	1:04.03	5	4	1:08.13	7	2	1:00.70	4	5				
42	Mens	Open	Freestyle	0:51.07	1	8	0:51.31	2	7	0:57.06	7	2	0:55.33	5	4	0:54.88	4	5	0:56.32	6	3	0:57.13	8	1	0:54.07	3	6				
43	Girls	11/u	Medley Relay	2:24.00	1	8	2:25.46	2	7	2:39.30	5	4	2:29.61	3	6	2:46.89	7	2	2:42.90	6	3	2:38.07	4	5	2:52.68	8	1				
44	Boys	11/u	Medley Relay	2:30.93	1	8	2:31.57	2	7	2:36.86	4	5	2:36.56	3	6	2:48.84	7	2	2:43.24	6	3	2:38.32	5	4	0:00.00						
45	Girls	13/u	Freestyle Relay	1:57.52	1	8	1:57.55	2	7	2:10.23	7	2	2:02.17	4	5	2:03.85	5	4	2:03.90	6	3	2:15.71	8	1	2:01.10	3	6				
46	Boys	13/u	Freestyle Relay	1:51.98	1	8	1:54.40	2	7	2:03.54	4	5	2:04.11	5	4	1:59.21	3	6	2:04.72	6	3	2:15.29	8	1	2:08.08	7	2				
47	Girls	15/u	Medley Relay	2:09.09	3	6	2:02.76	1	8	2:22.49	7	2	2:09.81	4	5	2:17.85	6	3	2:10.90	5	4	2:31.26	8	1	2:08.72	2	7				
48	Boys	15/u	Medley Relay	1:57.31	2	7	1:55.45	1	8	2:07.55	7	2	2:07.37	6	3	1:58.21	3	6	2:02.10	5	4	2:15.25	8	1	2:01.88	4	5				
49	Ladies	Open	Freestyle Relay	2:39.66	1	8	2:47.87	2	7	3:09.16	8	1	2:51.25	3	6	2:59.42	6	3	2:57.32	4	5	3:07.57	7	2	2:57.42	5	4				
50	Mens	Open	Freestyle Relay	2:22.79	1	8	2:25.58	2	7	2:41.56	7	2	2:32.33	4	5	2:30.14	3	6	2:39.17	6	3	0:00.00			2:33.90	5	4				

TOTALS OF 1st, 2nd & 3rd PLACES PER CLUB	1ST	20	1ST	14	1ST	1	1ST	6	1ST	3	1ST	2	1ST		1ST	4	1ST		1ST		1ST		1ST		1ST		1ST	
	2ND	15	2ND	25	2ND		2ND	3	2ND	1	2ND		2ND	2	2ND	5	2ND		2ND		2ND		2ND		2ND		2ND	
	3RD	7	3RD	7	3RD	2	3RD	12	3RD	10	3RD	4	3RD	1	3RD	6	3RD		3RD		3RD		3RD		3RD		3RD	

<b>GO TO EVENT 1</b>	Ealing	Camden	Hemel	Romford	Bishops Stortford	Shiverers	Stevenage	GBM		
POINTS AT EVENT 10	69	72	21	57	39	40	26	34		
<b>GO TO EVENT 11</b>	Ealing	Camden	Hemel	Romford	Bishops Stortford	Shiverers	Stevenage	GBM		
POINTS AT EVENT 18	124	131	44	100	71	69	42	65		
<b>GO TO EVENT 19</b>	Ealing	Camden	Hemel	Romford	Bishops Stortford	Shiverers	Stevenage	GBM		
POINTS AT EVENT 26	175	186	69	143	106	96	58	101		
<b>GO TO EVENT 27</b>	Ealing	Camden	Hemel	Romford	Bishops Stortford	Shiverers	Stevenage	GBM		
POINTS AT EVENT 34	229	235	95	186	135	131	79	132		
<b>GO TO EVENT 35</b>	Ealing	Camden	Hemel	Romford	Bishops Stortford	Shiverers	Stevenage	GBM		
POINTS AT EVENT 42	280	289	109	228	172	162	99	171		