

Sussex County Relay Championships

Saturday 31st January 2026

Entry fees are £13 per team and close Midday Wednesday 21st January

The entry file should be emailed to galaentries@sussexswimming.org

Morning session.
Warm up 8.30 - 9.30

Afternoon session.
Warm up 1.30 -2.30

Team changes & withdrawals close at 8.45am

Team Changes & withdrawals close at 1.45

Session starts at 9.35am

Session starts at 2.35 pm

HEATS

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100 Mixed 4 x 100m Open Medley relay HDW

109 Mixed 4 x 50m Junior Medley relay HDW

101 Female 12/13 4 x 50 Free relay

110 Female 10/11 4 x 50 Free relay

102 Male 12/13 4 x 50 Free relay

111 Male 10/11 4 x 50 Free relay

103 Female open championship 4 x 100 Free relay

112 Female Junior championship 4 x 50 Free relay

104 Male open championship 4 x 100 Free relay

113 Male Junior championship 4 x 50 Free relay

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