

THE NATIONAL ARENA SWIMMING LEAGUE - EAST MIDLANDS

NASL EM League Round 1 Draw - 14th October 2024

** Gala points adjusted to 8 team gala.

Gala 1				Gala 2			
1	Co Norwich A	352		1	Nottingham Leander A	365	335 **
2	Norwich Swan A	324		2	Northampton A	326	299 **
3	West Norfolk SC	296		3	Sherwood Colliery	296	271 **
4	Co Norwich B	252		4	Louth	274	251 **
5	Norwich Swan B	193		5	Nottingham Leander B	226	207 **
6	Team Waveney	144		6	Northampton B	181	166 **
7	Co Norwich C	143					
8	Dereham	111					
Gala 3 **							
1	Co Peterborough A	364	334 **				
2	Co Cambridge A	355	325 **				
3	Co Milton Keynes	251	230 **				
4	Co Peterborough B	240	220 **				
5	Co Cambridge B	224	205 **				
6	Biggleswade	223	204 **				

Gala 1	Co Norwich SC	Sportspark, UEA, Norwich - Level 2 license
Gala 2	Nottingham Leander	Hucknall Leisure Centre, Linby Road, Hucknall, Nottingham, NG15 7TX - Level 3 license
Gala 3	Co Peterborough	Manor Leisure Centre, Station Road, Whittlesey, Peterborough, PE7 1UA - Level 3 License

LEAGUE TABLE AFTER R1 2024

Position	Name	League Points				Gala Points				
		Rd1	Rd2	Bonus	Rd3	Total	Rd1	Rd2	Rd3	Total
1	City of Norwich A	8				8	352			352
2	Nottingham Leander A	8				8	335			335
3	Co Peterborough A	8				8	334			334
4	City of Cambridge A	7				7	325			325
5	Norwich Swan A	7				7	324			324
6	Northampton A	7				7	299			299
7	West Norfolk	6				6	296			296
8	Sherwood Colliery	6				6	271			271
9	Co Milton Keynes	6				6	230			230
10	City of Norwich B	5				5	252			252
11	Louth	5				5	251			251
12	Co Peterborough B	5				5	220			220
13	Nottingham Leander B	4				4	207			207
14	Co Cambridge B	4				4	205			205
15	Norwich Swan B	4				4	193			193
16	Biggleswade	3				3	204			204
17	Northampton B	3				3	166			166
18	Team Waveney	3				3	144			144
19	City of Norwich C	2				2	143			143
20	Dereham Otters	2				2	111			111