

# NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS & AGE GROUPS 2013

Youth & Senior Championship: February 16<sup>th</sup>/17<sup>th</sup> 2013 (15yrs/over Boys & Girls)  
Age Group Championships: March 2<sup>nd</sup> /3<sup>rd</sup> , 9<sup>th</sup> ,16<sup>th</sup> ,23<sup>rd</sup> /24<sup>th</sup> 2013 (9/14yrs Boys & Girls)

## QUALIFYING TIMES

BOYS	Age Groups						Youth
	9yrs	10 yrs	11yrs	12 yrs	13yrs	14yrs	15/Over
50 FREE	43.4	41.3	37.2	34.3	31.9	31.5	31.5
100 FREE				1:15.8	1:10.0	1:05.8	1:05.8
200 FREE	3:40.4	3:13.6	2:58.0	2:45.3	2:36.4	2:29.9	2:29.9
400 FREE	7:00.0	6:18.0	5:47.0	5:28.1	5:01.0	4:45.0	4:45.0
1500 FREE			21:59.0	20:54.0	19:46.0	18:33.4	18:33.4
50 BACK	50.5	45.9	43.1	40.6	37.7	35.1	35.1
100 BACK				1:23.7	1:19.4	1:14.7	1:14.7
200 BACK	3:56.7	3:33.1	3:16.4	3:01.8	2:52.2	2:44.4	2:44.4
50 BREAST	57.0	53.4	48.6	44.6	41.7	39.6	39.6
100 BREAST				1:35.7	1:29.8	1:24.8	1:24.8
200 BREAST	4:32.7	4:08.9	3:46.6	3:29.4	3:15.4	3:05.3	3:05.3
50 FLY	56.0	48.2	44.2	40.5	37.3	34.6	34.6
100 FLY				1:24.9	1:18.7	1:10.2	1:10.2
200 FLY	5:02.0	4:10.8	3:35.5	3:17.9	3:02.4	2:50.8	2:50.8
100 IM	1:49.6	1:42.8	1:33.4	1:28.2	1:22.6	1:15.6	1:15.6
200 IM	4:04.4	3:35.0	3:18.1	3:05.6	2:51.4	2:45.9	2:45.9
400 IM		7:30.0	6:50.0	6:25.0	6:07.6	5:35.5	5:35.5

GIRLS	Age Groups						Youth
	9yrs	10 yrs	11yrs	12 yrs	13yrs	14yrs	15/Over
50 FREE	45.2	41.8	36.3	34.9	33.1	32.7	32.7
100 FREE			1:17.8	1:16.3	1:12.5	1:08.6	1:08.6
200 FREE	3:44.1	3:14.2	2:53.6	2:46.2	2:39.4	2:29.7	2:29.7
400 FREE	7:10.0	6:40.8	5:40.0	5:20.1	5:05.0	5:01.0	5.01.
800 FREE		12:30.0	12:02.0	11:32.0	10:42.0	9:50.8	9.50.8
50 BACK	51.5	45.3	41.4	39.2	37.7	36.7	36.7
100 BACK			1:29.8	1:22.7	1:20.1	1:16.8	1.16.8
200 BACK	4:06.4	3:36.5	3:10.4	3:02.9	2:55.5	2:44.3	2.44.3
50 BREAST	58.1	52.7	47.7	45.1	42.6	40.2	40.2
100 BREAST			1:42.2	1:37.0	1:31.6	1:26.8	1.26.8
200 BREAST	4:29.5	4:05.3	3:40.6	3:25.4	3:18.7	3:07.4	3.07.4
50 FLY	56.0	46.8	41.9	39.2	37.1	36.1	36.1
100 FLY			1:35.3	1:27.7	1:22.8	1:18.3	1.18.3
200 FLY	5:02.0	4:20.0	3:41.3	3:15.2	3:04.6	2:51.0	2.51.0
100 IM	1:54.4	1:42.1	1:33.0	1:27.7	1:24.4	1:18.8	1.18.8
200 IM	4:04.0	3:30.5	3:16.8	3:07.8	3:01.6	2.49.0	2.49.0
400 IM		7:30.0	6:50.0	6:25.0	6:07.6	5:35.5	5.35.5

### Age as at 24th March 2013 For all galas

All times to be achieved in any level of competition or official club time trials

The promoters reserve the right to request evidence of having achieved the qualifying standards

**Nottinghamshire ASA County Qualifying Standards**

NOTTSASA/DLR/01.05.12