



# NOTTINGHAMSHIRE ASA COUNTY CHAMPIONSHIPS 2022



Junior Championship 14/under      Senior Championship 15/Over  
County Championship Age Bandings: 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/Ov

<b>BOYS</b> (Age as at 31 <sup>st</sup> December 2022)						
	10 / 11yrs	12 yrs	13yrs	14yrs	15yrs	16/Ov
50 FREE	37.6	35.5	32.8	31.4	30.9	30.9
100 FREE	1:24.1	1:17.6	1:10.1	1:07.5	1:04.4	1:04.4
200 FREE	3:02.8	2:51.1	2:37.1	2:32.0	2:26.9	2:26.9
400 FREE	6:22.8	5:49.7	5:22.5	5:00.8	4:44.5	4:44.5
800 FREE	n/a	11:00.0	10:50.0	10:40.0	10:20.0	10:20.0
1500 FREE	n/a	22:00.0	20:30.0	19:00.0	18:30.0	18:30.0
50 BACK	43.6	41.7	38.8	38.0	35.3	35.3
100 BACK	1:33.0	1:29.4	1:22.6	1:19.3	1:13.5	1:13.5
200 BACK	3:23.3	3:14.0	3:02.9	2:45.2	2:41.1	2:41.1
50 BREAST	51.9	49.7	45.6	42.1	40.6	40.6
100 BREAST	1:54.0	1:45.5	1:39.3	1:28.2	1:26.2	1:26.2
200 BREAST	4:02.6	3:51.2	3:32.8	3:20.1	3:13.0	3:13.0
50 FLY	46.6	41.9	36.8	36.0	34.0	34.0
100 FLY	1:52.7	1:39.5	1:28.2	1:21.2	1:18.4	1:18.4
200 FLY	3:42.0	3:37.0	3:19.9	3:03.6	2:53.5	2:53.5
200 IM	3:35.0	3:10.4	2:56.9	2:47.9	2:41.5	2:41.5
400 IM	n/a	6:47.4	6:05.0	5:43.2	5:28.7	5:28.7

<b>GIRLS</b> (Age as at 31 <sup>st</sup> December 2022)						
	10 / 11yrs	12 yrs	13yrs	14yrs	15yrs	16/Ov
50 FREE	37.7	35.1	33.7	31.9	31.9	31.9
100 FREE	1:23.7	1:15.5	1:11.9	1:08.6	1:06.4	1:06.4
200 FREE	3:12.0	2:44.7	2:34.5	2:31.6	2:28.9	2:28.9
400 FREE	6:25.0	5:44.3	5:21.9	5:08.3	5:00.0	5:00.0
800 FREE	n/a	11:00.0	10:30.0	10:20.0	10:10.0	10:10.0
1500 FREE	n/a	24:00.0	23:00.0	22:00.0	21:00.0	21:00.0
50 BACK	45.2	40.6	38.1	37.1	36.1	36.1
100 BACK	1:40.6	1:27.4	1:19.7	1:17.5	1:15.2	1:15.2
200 BACK	3:33.6	3:05.2	2:56.7	2:49.1	2:42.3	2:42.3
50 BREAST	52.1	46.2	44.6	43.0	43.0	43.0
100 BREAST	1:54.1	1:41.7	1:36.4	1:29.4	1:29.4	1:29.4
200 BREAST	4:00.0	3:37.9	3:28.7	3:14.8	3:14.8	3:14.8
50 FLY	48.4	40.2	38.6	36.2	35.7	35.7
100 FLY	2:03.3	1:37.3	1:29.4	1:20.6	1:19.5	1:19.5
200 FLY	4:00.0	3:57.8	3:40.8	3:14.3	3:14.3	3:14.3
200 IM	3:36.8	3:06.8	2:57.4	2:50.2	2:45.6	2:45.6
400 IM	n/a	7:22.3	6:11.5	5:50.1	5:38.0	5:38.0

Times must be displayed in the National Rankings database from  
1<sup>st</sup> January 2020 from meets licensed at Level 1,2,3 and 4.

Should the championships be oversubscribed then the promoters reserve the right to reject the slowest entries. This will be achieved by applying a percentage reduction in the qualifying times across each age. Taking into account the number of swimmers and the overall length of the session.