



Nottinghamshire ASA  
Presents

# Festive Frenzy Gala 2015



(Under ASA Laws and ASA Technical Rules of Swimming)  
(Licensed Level 3 - 3EM152187)

Upper Limit Times are 'NOT FASTER THAN'

## Male Upper Limit Times

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/Over
<b>100m Free</b>	1.01.5	1.01.5	1.01.5	1.01.5	57.9	55.7	53.4
<b>200m Free</b>	2.13.5	2.13.5	2.13.5	2.13.5	2.06.0	1.59.9	1.55.7
<b>400m Free</b>	4.40.3	4.40.3	4.40.3	4.40.3	4.26.7	4.14.4	4.08.7
<b>100m Back</b>	1.08.7	1.08.7	1.08.7	1.08.7	1.04.9	1.01.5	1.00.2
<b>200m Back</b>	2.28.1	2.28.1	2.28.1	2.28.1	2.19.4	2.12.3	2.10.8
<b>100m Breast</b>	1.19.0	1.19.0	1.19.0	1.19.0	1.14.4	1.10.5	1.08.4
<b>200m Breast</b>	2.50.4	2.50.4	2.50.4	2.50.4	2.40.2	2.31.9	2.28.9
<b>100m Fly</b>	1.08.1	1.08.1	1.08.1	1.08.1	1.04.5	1.01.6	57.8
<b>200m Fly</b>	2.32.1	2.32.1	2.32.1	2.32.1	2.23.7	2.15.6	2.10.8
<b>200m I.M.</b>	2.32.0	2.32.0	2.32.0	2.32.0	2.22.6	2.17.3	2.13.0
<b>400m I.M.</b>		5.19.2	5.19.2	5.19.2	4.58.8	4.48.4	4.45.5

## Female Upper Limit Times

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/Over
<b>100m Free</b>	1.02.0	1.02.0	1.02.0	1.02.0	1.00.2	59.2	58.3
<b>200m Free</b>	2.13.1	2.13.1	2.13.1	2.13.1	2.09.4	2.07.4	2.06.2
<b>400m Free</b>	4.42.7	4.42.7	4.42.7	4.42.7	4.33.4	4.26.4	4.27.1
<b>100m Back</b>	1.10.3	1.10.3	1.10.3	1.10.3	1.06.8	1.04.9	1.05.1
<b>200m Back</b>	2.28.8	2.28.8	2.28.8	2.28.8	2.23.5	2.19.3	2.20.1
<b>100m Breast</b>	1.19.3	1.19.3	1.19.3	1.19.3	1.16.0	1.15.4	1.14.8
<b>200m Breast</b>	2.52.0	2.52.0	2.52.0	2.52.0	2.43.0	2.41.4	2.41.1
<b>100m Fly</b>	1.09.7	1.09.7	1.09.7	1.09.7	1.06.6	1.05.5	1.04.2
<b>200m Fly</b>	2.35.2	2.35.2	2.35.2	2.35.2	2.26.9	2.24.6	2.22.3
<b>200m I.M.</b>	2.32.5	2.32.5	2.32.5	2.32.5	2.26.1	2.24.0	2.23.9
<b>400m I.M.</b>		5.23.2	5.23.2	5.23.2	5.08.4	5.03.0	5.02.1

Age as at 20<sup>th</sup> December 2015

Closing date for entries is Wednesday 2<sup>nd</sup> December 2015

All entry times are based on 25m (Short Course) times.