



Nottinghamshire A.S.A.
Presents

Festive Frenzy Gala 2019



(Under Swim England Regulations and Technical Rules of Swimming)
(Licensed Level 3 - 3EM192893)

Upper Limit Times are 'NOT FASTER THAN'

Male Upper Limit Times

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/Over
100m Free	1.01.5	1.01.5	1.01.5	1.01.5	57.9	55.7	53.4
200m Free	2.13.5	2.13.5	2.13.5	2.13.5	2.06.0	1.59.9	1.55.7
400m Free	4.40.3	4.40.3	4.40.3	4.40.3	4.26.7	4.14.4	4.08.7
100m Back	1.08.7	1.08.7	1.08.7	1.08.7	1.04.9	1.01.5	1.00.2
200m Back	2.28.1	2.28.1	2.28.1	2.28.1	2.19.4	2.12.3	2.10.8
100m Breast	1.19.0	1.19.0	1.19.0	1.19.0	1.14.4	1.10.5	1.08.4
200m Breast	2.50.4	2.50.4	2.50.4	2.50.4	2.40.2	2.31.9	2.28.9
100m Fly	1.08.1	1.08.1	1.08.1	1.08.1	1.04.5	1.01.6	57.8
200m Fly	2.32.1	2.32.1	2.32.1	2.32.1	2.23.7	2.15.6	2.10.8
200m I.M.	2.32.0	2.32.0	2.32.0	2.32.0	2.22.6	2.17.3	2.13.0
400m I.M.		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
100m Free	1.02.0	1.02.0	1.02.0	1.02.0	1.00.2	59.2	58.3
200m Free	2.13.1	2.13.1	2.13.1	2.13.1	2.09.4	2.07.4	2.06.2
400m Free	4.42.7	4.42.7	4.42.7	4.42.7	4.33.4	4.26.4	4.27.1
100m Back	1.10.3	1.10.3	1.10.3	1.10.3	1.06.8	1.04.9	1.05.1
200m Back	2.28.8	2.28.8	2.28.8	2.28.8	2.23.5	2.19.3	2.20.1
100m Breast	1.19.3	1.19.3	1.19.3	1.19.3	1.16.0	1.15.4	1.14.8
200m Breast	2.52.0	2.52.0	2.52.0	2.52.0	2.43.0	2.41.4	2.41.1
100m Fly	1.09.7	1.09.7	1.09.7	1.09.7	1.06.6	1.05.5	1.04.2
200m Fly	2.35.2	2.35.2	2.35.2	2.35.2	2.26.9	2.24.6	2.22.3
200m I.M.	2.32.5	2.32.5	2.32.5	2.32.5	2.26.1	2.24.0	2.23.9
400m I.M.		5.23.2	5.23.2	5.23.2	5.08.4	5.03.0	5.02.1

Age as at 1st December 2019

Closing date for entries is Wednesday 13th November 2019

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

Converted times are allowed.