



Nottinghamshire A.S.A.
Presents

Festive Frenzy Gala 2024



(Under Swim England Regulations and Technical Rules of Swimming)
(Licensed Level 3 - 3EM242259)

Upper Limit Times are 'NOT FASTER THAN'

Male/Open 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 2024

Closing date for entries is no later than midnight Thursday 14th November 2024

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

Converted times are allowed. The fastest SC or Converted LC time will be used for entry.

Qualification Times from the national rankings database will be taken from 1st January 2023, Estimated Times will be accepted if no time on rankings.