



Nottinghamshire ASA
Presents

The Summer Gala 2015

(Under ASA Laws and ASA Technical Rules of Swimming)
(Licensed Level 3 - 3EM150974)



Saturday 18th & Sunday 19th July 2015
Harvey Hadden Sports Complex, Nottingham, 50m Pool

Boys Qualification Times

		9/10	11	12	13	14	15/OV
100 Free	LLT	01:29.0	01:24.0	01:18.2	01:11.6	01:05.8	01:05.8
	ULT	01:09.1	01:05.2	01:01.1	00:57.9	00:55.8	00:54.6
200 Free	LLT	03:24.4	03:06.6	02:50.2	02:36.5	02:29.9	02:29.9
	ULT	02:29.1	02:20.9	02:12.6	02:06.0	02:01.4	01:58.5
400 Free	LLT	06:44.7	06:30.6	05:56.6	05:29.1	04:45.0	04:45.0
	ULT	05:13.5	04:53.8	04:37.7	04:25.1	04:16.7	04:10.4
100 Breast	LLT	01:47.0	01:43.0	01:39.7	01:30.7	01:24.8	01:24.8
	ULT	01:31.0	01:24.3	01:18.8	01:13.7	01:10.8	01:08.5
200 Breast	LLT	04:22.0	03:57.3	03:35.6	03:16.8	03:05.3	03:05.3
	ULT	03:14.1	03:00.9	02:50.0	02:39.9	02:33.1	02:28.7
100 Fly	LLT	01:41.0	01:35.5	01:27.3	01:19.9	01:10.2	01:10.2
	ULT	01:21.0	01:13.8	01:09.0	01:04.8	01:02.0	00:59.8
200 Fly	LLT	03:59.6	03:31.7	03:16.9	03:01.4	02:50.8	02:50.8
	ULT	02:57.3	02:41.5	02:31.9	02:23.3	02:17.2	02:11.4
100 Back	LLT	01:31.0	01:29.8	01:27.9	01:20.5	01:14.7	01:14.7
	ULT	01:19.7	01:13.7	01:09.4	01:05.4	01:02.6	01:00.6
200 Back	LLT	03:47.9	03:26.5	03:08.5	02:52.8	02:44.4	02:44.4
	ULT	02:47.2	02:36.9	02:28.1	02:19.9	02:14.2	02:10.3
200 IM	LLT	03:50.0	03:30.8	03:12.6	02:57.3	02:44.9	02:44.9
	ULT	02:51.3	02:40.0	02:31.0	02:23.6	02:17.3	02:13.6

The Upper Limit Times (ULT) are 'NOT FASTER THAN'
Lower Limit Times (LLT) are based on the 2015 County Championship Qualifying Times.





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Girls Qualification Times

		9/10	11	12	13	14	15/OV
100 Free	LLT	01:29.0	01:23.3	01:17.1	01:13.4	01:08.6	01:08.6
	ULT	01:10.5	01:05.7	01:02.3	01:00.8	00:59.7	00:59.1
200 Free	LLT	03:16.2	02:59.7	02:46.3	02:37.7	02:32.0	02:32.0
	ULT	02:29.7	02:21.3	02:13.9	02:10.2	02:08.3	02:06.6
400 Free	LLT	06:55.3	06:13.9	05:46.0	05:28.5	05:01.0	05:01.0
	ULT	05:17.9	04:53.4	04:38.4	04:31.4	04:27.8	04:24.2
100 Breast	LLT	01:53.0	01:46.0	01:37.9	01:32.1	01:26.8	01:26.8
	ULT	01:31.3	01:24.1	01:19.6	01:16.5	01:14.3	01:13.7
200 Breast	LLT	04:10.5	03:47.0	03:29.9	03:17.2	03:07.4	03:07.4
	ULT	03:14.1	03:00.4	02:50.8	02:44.2	02:40.6	02:39.1
100 Fly	LLT	01:42.0	01:35.3	01:27.7	01:22.8	01:18.3	01:18.3
	ULT	01:20.8	01:14.0	01:09.5	01:07.5	01:05.8	01:05.2
200 Fly	LLT	04:10.0	03:41.3	03:14.2	03:08.2	02:51.0	02:51.0
	ULT	02:59.5	02:43.0	02:32.6	02:27.2	02:23.6	02:21.2
100 Back	LLT	01:39.0	01:33.2	01:26.0	01:21.3	01:16.8	01:16.8
	ULT	01:19.7	01:13.8	01:09.6	01:07.4	01:06.3	01:05.2
200 Back	LLT	03:38.0	03:17.3	03:03.6	02:54.3	02:44.3	02:44.3
	ULT	02:48.6	02:35.7	02:28.1	02:24.3	02:21.9	02:19.3
200 IM	LLT	03:42.9	03:22.3	03:07.5	02:58.3	02:49.0	02:49.0
	ULT	02:50.9	02:39.7	02:31.4	02:27.6	02:24.8	02:23.0

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