



Nottinghamshire ASA
Presents

The Summer Gala 2016

(Under ASA Laws and ASA Technical Rules of Swimming)
(Licensed Level 3 - 3EM161112)



Saturday 16th & Sunday 17th July 2016
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	01:37.0	01:32.8	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

All times above are Short Course Times. Long Course Times can be used but are to be converted using the Sportystems Time Converter.

The Upper Limit Times (ULT) are 'NOT FASTER THAN'
Lower Limit Times (LLT) are based on the
2016 Nottinghamshire ASA 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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