



Nottinghamshire ASA
Presents

The Summer Gala 2017

(Under ASA Laws and ASA Technical Rules of Swimming)
(Licensed Level 3 - 3EM170707)



Saturday 15th & Sunday 16th July 2017
Harvey Hadden Sports Village, Nottingham, 25m 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	01:08.9	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	02:33.2	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	05:07.1	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	01:27.8	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	03:11.0	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	01:49.2	01:40.5	01:32.9	01:25.4	01:19.0	01:14.1
	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	03:44.3	03:31.9	03:19.4	03:05.5	02:55.3
	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	01:17.4	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	02:48.6	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	02:51.3	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 'NOT SLOWER THAN'.





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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	01:10.0	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	02:34.8	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	05:14.7	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	01:29.2	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	03:12.1	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	01:30.0	01:25.6	01:21.9	01:19.9
	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	03:25.6	03:22.0	03:06.6	03:01.9
	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	01:19.1	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	02:49.3	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	02:53.7	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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