



Nottinghamshire ASA  
Presents

# The Summer Gala 2019

(Under Swim England Regulations and Technical Rules)  
(Licensed Level 3 - 3EM191822)



**Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup> July 2019**  
Harvey Hadden Sports Village, Nottingham, 25m Pool

## Boys Qualification Times

		9/10	11	12	13	14	15/OV
100 Free	ULT	01:09.1	01:05.2	01:01.1	00:57.9	00:55.8	00:54.6
200 Free	ULT	02:29.1	02:20.9	02:12.6	02:06.0	02:01.4	01:58.5
400 Free	ULT	05:13.5	04:53.8	04:37.7	04:25.1	04:16.7	04:10.4
100 Breast	ULT	01:31.0	01:24.3	01:18.8	01:13.7	01:10.8	01:08.5
200 Breast	ULT	03:14.1	03:00.9	02:50.0	02:39.9	02:33.1	02:28.7
100 Fly	ULT	01:21.0	01:13.8	01:09.0	01:04.8	01:02.0	00:59.8
200 Fly	ULT	02:57.3	02:41.5	02:31.9	02:23.3	02:17.2	02:11.4
100 Back	ULT	01:19.7	01:13.7	01:09.4	01:05.4	01:02.6	01:00.6
200 Back	ULT	02:47.2	02:36.9	02:28.1	02:19.9	02:14.2	02:10.3
200 IM	ULT	02:51.3	02:40.0	02:31.0	02:23.6	02:17.3	02:13.6

## Girls Qualification Times

		9/10	11	12	13	14	15/OV
100 Free	ULT	01:10.5	01:05.7	01:02.3	01:00.8	00:59.7	00:59.1
200 Free	ULT	02:29.7	02:21.3	02:13.9	02:10.2	02:08.3	02:06.6
400 Free	ULT	05:17.9	04:53.4	04:38.4	04:31.4	04:27.8	04:24.2
100 Breast	ULT	01:31.3	01:24.1	01:19.6	01:16.5	01:14.3	01:13.7
200 Breast	ULT	03:14.1	03:00.4	02:50.8	02:44.2	02:40.6	02:39.1
100 Fly	ULT	01:20.8	01:14.0	01:09.5	01:07.5	01:05.8	01:05.2
200 Fly	ULT	02:59.5	02:43.0	02:32.6	02:27.2	02:23.6	02:21.2
100 Back	ULT	01:19.7	01:13.8	01:09.6	01:07.4	01:06.3	01:05.2
200 Back	ULT	02:48.6	02:35.7	02:28.1	02:24.3	02:21.9	02:19.3
200 IM	ULT	02:50.9	02:39.7	02:31.4	02:27.6	02:24.8	02:23.0

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'

