



Nottinghamshire ASA
Presents

The Summer Gala 2023

(Under Swim England Regulations and Technical Rules)
(Licensed Level 3 - 3EM231104)



Saturday 15th & Sunday 16th July 2023
Harvey Hadden Sports Village, Nottingham, 25m Pool

Boys Upper Limit Times

		9/10	11	12	13	14	15/OV
100 Free	ULT	01:08.1	01:04.2	01:00.1	00:56.9	00:54.8	00:53.6
200 Free	ULT	02:27.1	02:18.9	02:10.6	02:04.0	01:59.4	01:56.5
400 Free	ULT	05:09.5	04:49.8	04:33.7	04:21.1	04:12.7	04:06.4
100 Breast	ULT	01:30.0	01:23.3	01:17.8	01:12.7	01:09.8	01:07.5
200 Breast	ULT	03:12.1	02:58.9	02:48.0	02:37.9	02:31.1	02:26.7
100 Fly	ULT	01:20.0	01:12.8	01:08.0	01:03.8	01:01.0	00:58.8
200 Fly	ULT	02:55.3	02:39.5	02:29.9	02:21.3	02:15.2	02:09.4
100 Back	ULT	01:18.7	01:12.7	01:08.4	01:04.4	01:01.6	00:59.6
200 Back	ULT	02:45.2	02:34.9	02:26.1	02:17.9	02:12.2	02:08.3
200 IM	ULT	02:49.3	02:38.0	02:29.0	02:21.6	02:15.3	02:11.6

Girls Upper Limit Times

		9/10	11	12	13	14	15/OV
100 Free	ULT	01:09.5	01:04.7	01:01.3	00:59.8	00:58.7	00:57.6
200 Free	ULT	02:27.7	02:19.3	02:11.9	02:08.2	02:05.3	02:03.6
400 Free	ULT	05:13.9	04:49.4	04:34.4	04:27.4	04:23.8	04:20.2
100 Breast	ULT	01:30.3	01:23.1	01:18.6	01:15.5	01:13.3	01:12.7
200 Breast	ULT	03:12.1	02:58.4	02:48.8	02:42.2	02:38.6	02:37.1
100 Fly	ULT	01:19.8	01:13.0	01:08.5	01:06.5	01:04.8	01:04.2
200 Fly	ULT	02:57.5	02:41.0	02:30.6	02:25.2	02:21.6	02:19.2
100 Back	ULT	01:18.7	01:12.8	01:08.6	01:06.4	01:05.3	01:04.2
200 Back	ULT	02:46.6	02:33.7	02:26.1	02:22.3	02:19.9	02:17.3
200 IM	ULT	02:48.9	02:37.7	02:29.4	02:25.6	02:22.8	02:21.0

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'

