



**Nottinghamshire ASA
Presents**

The Winter Age Group Meet 2014



(Under ASA Laws and ASA Technical Rules of Swimming)
(Licensed Level 3 - 3EM4066)

Based on the 2013 National Qualifying Times as the Upper Limit
Times are 'NOT FASTER THAN'

Male Upper Limit Times

	9-12yrs	13yrs	14yrs
50m Free	27.6	26.8	26.4
100m Free	1.00.4	57.1	55.2
200m Free	2.11.3	2.04.4	1.59.9
400m Free	4.36.0	4.22.2	4.13.5
50m Back	34.1	31.7	29.5
100m Back	1.08.7	1.04.6	1.01.9
200m Back	2.26.8	2.18.5	2.13.5
50m Breast	37.5	35.0	33.3
100m Breast	1.18.1	1.13.0	1.10.5
200m Breast	2.49.2	2.39.0	2.32.7
50m Fly	34.0	30.7	29.1
100m Fly	1.08.8	1.04.0	1.01.2
200m Fly	2.32.5	2.22.5	2.15.7
200m I.M.	2.29.6	2.21.3	2.16.3

	9-12yrs	13yrs	14yrs
50m Free	28.5	28.2	28.0
100m Free	1.02.4	1.00.4	59.4
200m Free	2.14.1	2.09.9	2.07.6
400m Free	4.40.7	4.32.5	4.27.2
50m Back	32.3	31.7	31.2
100m Back	1.09.7	1.07.4	1.06.0
200m Back	2.28.8	2.23.9	2.21.4
50m Breast	36.9	35.8	34.5
100m Breast	1.19.5	1.16.8	1.15.3
200m Breast	2.49.8	2.45.0	2.42.1
50m Fly	32.9	31.2	30.5
100m Fly	1.09.9	1.07.4	1.05.8
200m Fly	2.34.6	2.27.7	2.24.5
200m I.M.	2.31.8	2.27.2	2.24.6

Age as at date of gala, 19th January 2014

Closing date for entries is Sunday 22nd December 2013