



SUFFOLK ASA COUNTY CHAMPIONSHIPS 2010 - (Age as at March 21st 2009)



License Nos: TBA - Individual Events - March 6th, 7th, 13th, 14th, & 21st 2010 & License Nos: TBA (800M & 1500M - February 13th & 20th)
CROWN POOLS, IPSWICH AND 800 & 1500 EVENTS AT UEA NORWICH (50M POOL)

FEMALE QUALIFYING TIMES							EVENT	MALE QUALIFYING TIMES							
9	10	11	12	13	14 / 15	16+		9	10	11	12	13	14	15 / 16	17+
43.5	39.7	35.4	33.3	31.2	30.9	30.5	50 free	43.5	42.0	35.1	33.0	30.1	29.7	28.7	27.9
	Need the 200 qt	1.20.7	1.17.2	1.14.5	1.12.7	1.11.2	100 free			Need the 200 qt	1.15.9	1.12.5	1.08.7	1.06.2	1.03.4
3.32.0	3.11.0	2.51.5	2.40.2	2.35.0	2.29.5	2.29.8	200 free	3.34.0	3.23.0	2.52.5	2.40.4	2.27.9	2.23.7	2.18.4	2.15.5
7.18.0	6.50.0	6.09.6	5.43.3	5.35.8	5.20.7	5.18.6	400 free	7.20.0	7.10.0	6.12.6	5.39.8	5.28.55	4.58.7	4.45.00	4.42.6
	13.50.0	11.55.0	11.20.0	10.55.0	10.45.0	10.25.0	800 free			11.55.0	11.15.0	10.50.0	10.30.0	10.05.0	10.00.0
	24.30.0	21.40.0	20.30.0	20.10.0	20.00.0	20.00.0	1500 free			22.15.0	20.30.0	19.50.0	19.20.0	18.55.0	18.30.0
48.5	46.0	41.7	38.1	35.9	35.4	35.0	50 back	48.7	45.4	40.7	37.3	35.2	34.1	33.0	33.5
	Need the 200 qt	1.31.0	1.26.2	1.22.8	1.21.5	1.16.8	100 back			Need the 200 qt	1.23.6	1.19.4	1.16.3	1.13.9	1.13.5
3.40.0	3.28.0	3.10.0	2.59.0	2.51.7	2.43.0	2.33.6	200 back	3.43.0	3.35.5	3.28.5	2.56.0	2.45.2	2.39.2	2.32.6	2.29.3
57.0	54.0	45.4	43.1	42.0	39.8	39.7	50 breast	57.0	55.5	46.2	43.2	40.0	38.7	38.5	37.2
	Need the 200 qt	1.41.7	1.39.2	1.35.2	1.32.5	1.28.8	100 breast			Need the 200 qt	1.38.5	1.31.5	1.27.6	1.26.4	1.22.2
4.10.0	4.02.0	3.38.7	3.28.8	3.18.0	3.11.7	3.05.00	200 breast	4.11.0	4.01.0	3.40.2	3.26.2	3.12.5	2.58.7	2.52.1	2.50.7
53.0	51.5	43.4	39.4	37.8	35.8	34.8	50 fly	53.0	51.5	43.8	39.5	36.8	34.8	34.4	32.8
	Need the 200 qt	1.34.5	1.29.9	1.24.6	1.22.2	1.21.1	100 fly			Need the 200 qt	1.30.9	1.24.5	1.20.9	1.17.9	1.14.2
4.05.0	4.01.0	3.50.5	3.35.5	3.15.5	3.07.8	3.01.5	200 fly	4.08.0	4.01.0	3.37.5	3.24.0	3.01.6	3.00.3	2.55.8	2.49.6
1.48.5	1.46.5	1.35.0					100 im	1.50.0	1.47.0	1.33.0					
3.45.0	3.37.0	3.15.7	2.57.5	2.50.8	2.44.9	2.40.8	200 im	3.45.0	3.40.0	3.13.7	2.59.7	2.49.6	2.42.7	2.41.5	2.36.4
7.45.0	7.30.0	7.00.0	6.45.0	6.35.0	6.30.0	6.20.5	400 im	7.50.0	7.35.0	6.45.0	6.40.0	6.30.0	6.15.0	6.00.0	5.45.0

Any female swimmer aged 10 or male swimmer aged 11 on March 21st 2010 and 11 (female) or 12 (male) before midnight on June 13th 2010 (East Region BAGCAT Championships), will be permitted.

The above times are to be achieved in a 25m pool or converted using the ASA Equivalent Performance Tables. ALL TIMES TO BE ACHIEVED FROM 1ST JUNE 2009. Entry will be based on the above qualifying times and dependent on the number of entries, the slowest competitors may be rejected at the discretion of the promoter.