ASA East Region
2009 Youth \& BAGCAT Championships
University of East Anglia Pool - Norwich
Youth: May $2^{\text {nd }}, 3^{\text {rd }} \& 4^{\text {th }}$ BAGCAT: J une $6^{\text {th }} \& 7^{\text {th }}$ and J une $13^{\text {th }} \& 14^{\text {th }}$

## QUALIFYING TIMES

Pool Length - 25m

| BOYS |  |  |  |  |  |  | E V E NT | GIRLS |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BAGCATs |  |  |  |  | YOUTH |  |  | BAGCATs |  |  |  | YOUTH |  |
| $\begin{gathered} 10 \\ \text { Years } \end{gathered}$ | 11 <br> Years | 12 <br> Years | $\begin{gathered} 13 \\ \text { Years } \end{gathered}$ | $14$ <br> Years | 15/16 <br> Years | 17IOV |  | $\begin{gathered} 10 \\ \text { Years } \end{gathered}$ | 11 <br> Years | 12 <br> Years | 13 <br> Years | 14/15 <br> Years | 16/OV |
| - | - | - | - | - | 27.9 | 26.8 | 50m Freestyle |  | - | - |  | 31.0 | 30.1 |
| $\begin{gathered} \text { Need } \\ 200 \mathrm{QT} \\ \hline \end{gathered}$ | $\begin{aligned} & \text { Need } \\ & 200 \mathrm{QT} \end{aligned}$ | 1:08.0 | 1:04.2 | 1:01.4 | 1:00.2 | 57.9 | 100m Freestyle | $\begin{aligned} & \text { Need } \\ & 200 \mathrm{QT} \end{aligned}$ | 1:13.2 | 1:09.2 | 1:07.1 | 1:06.2 | 1:04.3 |
| 2:46.2 | 2:36.8 | 2:27.8 | 2:19.8 | 2:13.8 | 2:11.1 | 2:06.1 | 200m Freestyle | 2:47.2 | 2:37.5 | 2:29.0 | 2:23.9 | 2:22.4 | 2:18.4 |
| 5:49.8 | 5:27.8 | 5:09.9 | 4:54.7 | 4:43.1 | 4:36.9 | 4:26.0 | 400m Freestyle | 5:54.7 | 5:27.6 | 5:10.0 | 5:00.3 | 4:57.5 | 4:50.2 |
| - | 10:41.6 ${ }^{\dagger}$ | 10:41.6 | 10:08.4 | 9:39.0 | 9:40.6 | 9:17.9 | 800m Freestyle | 11:08.3 ${ }^{\dagger}$ | 11:08.3 | 10:33.6 | 10:09.3 | 10:10.1 | 9:57.1 |
| - | 20:08.4 ${ }^{\dagger}$ | 20:08.4 | 19:02.7 | 18:17.5 | 18:21.2 | 17:39.4 | 1500m Freestyle | 21:29.5 ${ }^{\dagger}$ | 21:29.5 | 20:22.6 | 19:35.7 | 19:52.5 | 19:12.1 |
| - | - | - | - | - | 31.7 | 30.3 | 50m Backstroke | - | - | - | - | 34.9 | 33.9 |
| $\begin{gathered} \text { Need } \\ 200 \mathrm{QT} \\ \hline \end{gathered}$ | $\begin{gathered} \text { Need } \\ 200 \text { QT } \\ \hline \end{gathered}$ | 1:16.9 | 1:12.3 | 1:08.7 | 1:06.7 | 1:03.9 | 100m Backstroke | $\begin{gathered} \text { Need } \\ 200 \text { QT } \\ \hline \end{gathered}$ | 1:22.0 | 1:17.2 | 1:14.4 | 1:13.5 | 1:11.3 |
| 3:05.6 | 2:54.1 | 2:44.4 | 2:34.9 | 2:27.6 | 2:23.8 | 2:18.6 | 200m Backstroke | 3:07.6 | 2:53.3 | 2:44.4 | 2:39.1 | 2:37.2 | 2:32.0 |
| - | - | - | - | - | 35.2 | 33.7 | 50m Breaststroke | - | - | - | - | 38.9 | 37.8 |
| $\begin{aligned} & \hline \text { Need } \\ & 200 \mathrm{QT} \\ & \hline \end{aligned}$ | $\begin{gathered} \text { Need } \\ 200 \text { QT } \\ \hline \end{gathered}$ | 1:27.3 | 1:21.6 | 1:17.8 | 1:15.6 | 1:12.3 | 100m Breaststroke | $\begin{gathered} \text { Need } \\ 200 \text { QT } \\ \hline \end{gathered}$ | 1:33.3 | 1:28.1 | 1:24.4 | 1:22.4 | 1:20.7 |
| 3:35.1 | 3:20.5 | 3:08.6 | 2:56.9 | 2:48.2 | 2:44.0 | 2:36.8 | 200m Breaststroke | 3:35.6 | 3:20.3 | 3:09.1 | 3:00.9 | 2:58.0 | 2:54.1 |
| - | - | - | - | - | 30.4 | 29.0 | 50m Butterfly | - | - | - | - | 33.6 | 32.6 |
| $\begin{gathered} \text { Need } \\ 200 \mathrm{QT} \\ \hline \end{gathered}$ | $\begin{gathered} \text { Need } \\ 200 \text { QT } \\ \hline \end{gathered}$ | 1:16.4 | 1:11.7 | 1:08.0 | 1:05.9 | 1:03.1 | 100m Butterfly | $\begin{gathered} \text { Need } \\ 200 \text { QT } \\ \hline \end{gathered}$ | 1:22.1 | 1:17.0 | 1:14.3 | 1:12.8 | 1:11.1 |
| 3:16.0 | 2:58.8 | 2:48.3 | 2:38.4 | 2:30.7 | 2:25.0 | 2:18.5 | 200m Butterfly | 3:18.4 | 3:00.7 | 2:48.9 | 2:42.2 | 2:39.0 | 2:34.4 |
| 3:10.3 | 2:57.7 | 2:47.8 | 2:39.1 | 2:31.0 | 2:27.4 | 2:21.8 | 200m I.M. | 3:10.6 | 2:58.0 | 2:48.3 | 2:43.0 | 2:40.7 | 2:36.5 |
| 6:49.0 | 6:17.1 | 5:54.2 | 5:36.1 | 5:19.8 | 5:11.8 | 5:00.3 | 400m I.M. | 6:48.9 | 6:15.2 | 5:54.1 | 5:41.2 | 5:37.2 | 5:27.9 |

${ }^{\dagger}$ These qualifying standards are only available to 11 year old boys or 10 year old girls who will be 12 and 11 respectively by $26^{\text {th }}$ July for entry into the National BAGCAT Championships. These swims will NOT attract any BAGCAT Championship Points
Entry times for $50 \mathrm{~m}, 100 \mathrm{~m}, 200 \mathrm{~m}$ and 400 m events must be eligible for inclusion in the ASA Rankings database, 800 m and 1500 m times may have been achieved in competition or Time Trials Entries may be rejected, at the discretion of the Promoter, There will be a maximum of 80 athletes accepted for the 800 m freestyle and 48 for the 1500 m freestyle

REMEMBER - AGE MEANS AGE AT $14^{\text {th }}$ JUNE 2009 FOR BOTH YOUTH AND BAGCAT AGES. ALL TIMES TO BE ACHIEVED BETWEEN 1st OCTOBER 2008 and the Closing Date

