British Gas ASA National Championships 2013
Ponds Forge International Sports Centre, Sheffield
Age: 24th – 28th July (age as at 28th July 2013); Youth/Senior/Open: 30th July – 4th August (age as at 4th August 2013)
Long & Short Course Qualifying Times (Youth/Senior/Open & all 800/1500m Long Course qualifying only)

Boys							Girls					
11/12 yrs 50m	11/12 yrs 25m	**13 years 50m**	13 years 25m	**14years 50m**	14 years 25m	**Event**	**11/12 yrs 50m**	11/12 yrs 25m	**13 years 50m**	13 years 25m	**14 yrs 50m**	14 yrs 25m
1.02.52	1.00.42	**58.98**	57.14	**56.79**	55.23	**100m Freestyle**	**1.03.96**	1.02.37	**1.02.03**	1.00.44	**1.01.04**	59.39
2.15.52	2.11.25	**2.08.38**	2.04.35	**2.03.36**	1.59.91	**200m Freestyle**	**2.17.96**	2.14.06	**2.13.41**	2.09.89	**2.11.22**	2.07.62
4.45.52	4.36.07	**4.31.55**	4.22.24	**4.21.74**	4.13.51	**400m Freestyle**	**4.48.81**	4.40.68	**4.39.73**	4.32.49	**4.35.59**	4.27.16
						800m Freestyle	**9.55.45**		**9.36.87**		**9.28.00**	
19.02.50		**18.00.50**		**17.22.17**		**1500m Freestyle**						
1.11.99	1.08.70	**1.07.80**	1.04.57	**1.04.85**	1.01.86	**100m Backstroke**	**1.12.80**	1.09.74	**1.10.26**	1.07.36	**1.08.89**	1.05.95
2.33.90	2.26.84	**2.25.38**	2.18.48	**2.19.35**	2.13.52	**200m Backstroke**	**2.35.36**	2.28.83	**2.29.97**	2.23.90	**2.27.19**	2.21.39
1.21.85	1.18.14	**1.16.52**	1.12.98	**1.13.18**	1.10.50	**100m Breaststroke**	**1.22.51**	1.19.48	**1.19.96**	1.16.78	**1.18.24**	1.15.33
2.56.72	2.49.15	**2.45.80**	2.39.00	**2.39.30**	2.32.68	**200m Breaststroke**	**2.57.22**	2.49.83	**2.51.77**	2.45.02	**2.48.70**	2.42.11
1.10.80	1.08.77	**1.05.96**	1.03.97	**1.02.76**	1.01.24	**100m Butterfly**	**1.11.82**	1.09.92	**1.08.98**	1.07.43	**1.07.40**	1.05.82
2.39.14	2.32.48	**2.28.02**	2.22.50	**2.20.12**	2.15.72	**200m Butterfly**	**2.39.69**	2.34.59	**2.32.08**	2.27.67	**2.28.66**	2.24.45
2.34.38	2.29.63	**2.26.30**	2.21.33	**2.20.34**	2.16.27	**200m Ind. Medley**	**2.36.54**	2.31.77	**2.31.59**	2.27.24	**2.29.13**	2.24.58
5.29.94	5.16.69	**5.11.72**	4.59.60	**4.59.12**	4.49.45	**400m Ind. Medley**	**5.31.51**	5.20.10	**5.20.04**	5.09.95	**5.15.24**	5.04.31

15/16 yrs 50m	**17/18 yrs 50m**	**19 & over 50m**	**Open**	**Event**	**15/16 yrs 50m**	**17/18 yrs 50m**	**19 & over 50m**	**Open**
25.18	**24.70**	**24.46**		**50m Freestyle**	**27.97**	**27.97**	**27.69**	
54.49	**53.45**	**52.99**		**100m Freestyle**	**59.84**	**59.84**	**59.29**	
1.58.66	**1.56.61**	**1.56.25**		**200m Freestyle**	**2.08.74**	**2.08.74**	**2.07.71**	
4.12.86	**4.08.94**	**4.08.30**		**400m Freestyle**	**4.31.31**	**4.31.31**	**4.28.89**	
				800m Freestyle	**9.21.30**	**9.21.30**	**9.15.32**	
16.53.48	**16.58.23**	**16.41.08**		**1500m Freestyle**				
			28.07	**50m Backstroke**				**31.18**
1.02.23	**1.01.81**	**1.00.85**		**100m Backstroke**	**1.07.58**	**1.07.58**	**1.07.01**	
2.14.50	**2.12.92**	**2.12.17**		**200m Backstroke**	**2.25.13**	**2.25.13**	**2.23.57**	
			30.44	**50m Breaststroke**				**34.41**
1.10.19	**1.08.66**	**1.08.02**		**100m Breaststroke**	**1.17.11**	**1.17.11**	**1.16.03**	
2.33.14	**2.30.61**	**2.29.25**		**200m Breaststroke**	**2.46.10**	**2.46.10**	**2.43.74**	
			25.88	**50m Butterfly**				**29.21**
59.77	**58.54**	**58.03**		**100m Butterfly**	**1.06.11**	**1.06.11**	**1.05.36**	
2.13.78	**2.11.43**	**2.10.63**		**200m Butterfly**	**2.26.00**	**2.26.00**	**2.23.78**	
2.15.04	**2.12.55**	**2.12.07**		**200m Ind. Medley**	**2.26.57**	**2.26.57**	**2.25.02**	
4.49.06	**4.45.19**	**4.44.29**		**400m Ind. Medley**	**5.11.52**	**5.11.52**	**5.07.94**	

All competitors must have equalled or bettered the entry time in an event designated or licensed by the ASA, SASA or WASA for entry into National competitions or, for foreign competitors, approved by their Federation. Times must have been achieved since 1st July 2012. **Entries Close: 12noon Monday 1st July 2013.**

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