



**BRITISH GAS ASA EAST REGION
BAGCAT Long Course Championships 2014
Qualifying Times (25m)**



BOYS					GIRLS					
10 Years	11 Years	12 years	13 Years	14 Years		10 Years	11 Years	12 years	13 Years	14 Years
					50m Freestyle					
Need 200m QT	01:06.63	01:05.16	01:01.32	00:59.04	100m Freestyle	Need 200m QT	01:08.51	01:05.73	01:03.82	01:02.76
02:38.34	02:25.62	02:21.49	02:13.53	02:07.06	200m Freestyle	02:38.43	02:26.77	02:21.10	02:17.17	02:15.00
05:18.35	05:07.53	04:57.15	04:42.72	04:29.66	400m Freestyle	05:40.14	05:09.40	04:59.63	04:49.85	04:42.33
					800m Freestyle	*00:10:47.13	10:38.15	10:27.84	10:05.58	09:52.42
*00:20:29.07	20:29.07	20:00.04	18:56.57	18:16.15	1500m Freestyle					
					50m Backstroke					
Need 200m QT	01:15.75	01:12.82	01:08.83	01:07.69	100m Backstroke	Need 200m QT	01:17.40	01:14.51	01:10.80	01:08.75
02:57.97	02:42.03	02:36.94	02:27.77	02:20.27	200m Backstroke	02:59.51	02:44.67	02:37.76	02:32.07	02:27.65
					50m Breaststroke					
Need 200m QT	01:27.83	01:23.75	01:18.86	01:14.73	100m Breaststroke	Need 200m QT	01:26.62	01:24.10	01:20.56	01:19.95
03:24.80	03:07.84	03:00.61	02:49.83	02:41.06	200m Breaststroke	03:26.48	03:07.40	03:02.30	02:52.75	02:51.12
					50m Butterfly					
Need 200m QT	01:13.70	01:12.20	01:08.41	01:05.26	100m Butterfly	Need 200m QT	01:15.48	01:13.83	01:10.62	01:09.46
03:09.07	02:44.69	02:41.20	02:32.34	02:23.76	200m Butterfly	03:06.13	02:47.05	02:44.49	02:35.71	02:33.24
03:01.04	02:44.08	02:41.07	02:31.15	02:25.53	200m I.M.	03:01.74	02:46.90	02:41.63	02:34.86	02:32.64
06:20.64	05:45.66	05:38.39	05:16.77	05:05.75	400m I.M.	06:29.61	05:53.57	05:42.57	05:26.89	05:21.19

* These qualifying standards are only available to 10 year olds who will be 11 by August 3rd 2014 for entry into the National BAGCAT Championships. These swims will NOT attract BAGCAT points.

Entry times for ALL events MUST be eligible for inclusion in the ASA Rankings database.

Entries MAY be rejected at the discretion of the Promoter. There will be a maximum of 80 athletes accepted for the 800m Freestyle event and 48 for the 1500m Freestyle

REMEMBER: Age means age on June 15th 2014. All times to be achieved between June 10th 2013 and the closing date (14th May 2014).

BAGCAT CHAMPIONSHIPS (10-14 Years)

Licence No.: tba

Closing Date : 14th May 2014

June 7th, 8th, 14th & 15th 2014

University of East Anglia - Norwich

Queries to : swimming@eastswimming.org

4/10/2013



BRITISH GAS ASA EAST REGION
YOUTH Long Course Championships 2014
Qualifying Times (25m)



BOYS			GIRLS	
15/16 Years	17+ Years		15/16 Years	17+ Years
00:26.20	00:25.50	50m Freestyle	00:29.20	00:28.87
00:57.19	00:56.40	100m Freestyle	01:02.40	01:02.34
02:03.69	02:02.19	200m Freestyle	02:15.03	02:13.43
04:26.10	04:21.08	400m Freestyle	04:45.80	04:45.66
		800m Freestyle	09:49.25	09:49.25
17:50.43	17:31.81	1500m Freestyle		
00:30.05	00:30.05	50m Backstroke	00:33.56	00:33.56
01:04.52	01:03.08	100m Backstroke	01:09.58	01:09.44
02:20.17	02:16.96	200m Backstroke	02:29.84	02:29.27
00:30.62	00:30.62	50m Breaststroke	00:37.46	00:37.46
01:13.19	01:12.44	100m Breaststroke	01:19.93	01:19.82
02:39.32	02:37.40	200m Breaststroke	02:55.16	02:52.91
00:27.00	00:27.00	50m Butterfly	00:30.47	00:30.47
01:01.82	01:01.78	100m Butterfly	01:08.69	01:08.58
02:19.96	02:18.99	200m Butterfly	02:32.26	02:31.97
02:22.31	02:18.89	200m I.M.	02:33.97	02:33.33
05:05.38	04:58.64	400m I.M.	05:27.53	05:27.21

Entry times for ALL events MUST be eligible for inclusion in the ASA Rankings database.

Entries MAY be rejected at the discretion of the Promoter. There will be a maximum of 80 athletes accepted for the 800m Freestyle event and 48 for the 1500m Freestyle

REMEMBER: Age means age on June 15th 2014. All times to be achieved between May 6th 2013 and the closing date (9th April 2014).

YOUTH CHAMPIONSHIPS
Licence No.: tba
Closing Date : 9th April 2014
May 3rd & 4th 2014
Inspire - Luton Sports Village
Queries to : swimming@eastswimming.org
4/10/2013