East Swimming 2016 Long Course Championships (50m)

Qualifying Standards

(25m Times*)

ALL AGES AS AT 31 DECEMBER 2016

	GIRLS						BOYS					
EVENT	**11/12**	**13**	**14**	**15**	**16**	**17/ov**	**11/12**	**13**	**14**	**15**	**16**	**17/ov**
50 Freestyle	31.53	30.77	29.42	29.12	28.70	28.16	31.62	29.89	28.45	27.01	26.08	25.07
100 Freestyle	1:08.39	1:06.12	1:03.55	1:02.61	1:01.93	1:00.51	1:09.42	1:05.73	1:02.09	58.45	57.25	54.83
200 Freestyle	2:27.58	2:22.35	2:17.85	2:15.98	2:13.40	2:11.92	2:29.60	2:22.78	2:15.20	2:07.63	2:04.66	1:59.70
400 Freestyle	5:07.22	4:57.47	4:51.51	4:43.43	4:40.82	4:36.70	5:12.64	5:00.67	4:46.74	4:32.81	4:25.16	4:15.03
800 Freestyle	10:39.20	9:50.90	9:45.20	9:37.10	9:25.60	9:21.90						
1500 Freestyle							20:09.20	19:39.30	18:18.00	17:32.30	17:06.00	17:04.00
50 Breaststoke	41.37	39.28	38.82	38.35	38.16	37.08	42.15	39.54	37.40	35.25	34.50	33.04
100 Breaststroke	1:29.76	1:24.26	1:23.83	1:22.46	1:21.65	1:20.61	1:32.57	1:26.17	1:21.50	1:16.82	1:14.90	1:11.02
200 Breaststroke	3:10.96	3:02.86	2:58.94	2:57.45	2:55.27	2:54.25	3:15.27	3:08.45	2:57.13	2:45.81	2:41.43	2:37.30
50 Butterfly	35.54	33.93	32.45	32.26	31.57	30.91	36.07	33.67	31.87	30.07	28.82	27.67
100 Butterfly	1:21.02	1:16.99	1:13.69	1:11.92	1:11.87	1:08.05	1:23.70	1:16.83	1:11.76	1:06.70	1:04.67	1:01.27
200 Butterfly	3:06.94	3:03.60	2:49.62	2:45.42	2:43.24	2:38.88	3:10.74	3:01.33	2:46.91	2:32.49	2:28.11	2:20.30
50 Backstroke	36.10	34.84	33.96	33.41	32.44	32.21	36.42	34.77	33.04	31.31	30.52	29.10
100 Backstroke	1:17.06	1:13.93	1:11.77	1:10.83	1:09.76	1:08.23	1:18.84	1:14.72	1:11.09	1:07.46	1:05.36	1:02.40
200 Backstroke	2:43.17	2:39.18	2:36.48	2:33.08	2:30.87	2:28.73	2:45.21	2:39.91	2:32.04	2:24.17	2:20.09	2:15.41
200 Individual Medley	2:46.42	2:43.11	2:36.51	2:34.31	2:32.16	2:29.78	2:51.53	2:41.97	2:34.00	2:26.03	2:21.85	2:16.47
400 Individual Medley	5:56.70	5:46.67	5:36.68	5:34.50	5:32.23	5:29.05	6:03.04	5:46.39	5:29.63	5:12.87	5:07.68	4:51.96

*Entry times for all events must be drawn from the ASA Rankings database and achieved between 1st September 2015 and the Closing Date
See also Championship Conditions for full entry requirements

Version 1.0
26/10/2015