East Swimming 2017 Winter Championships (50m)



(Under ASA Laws and Regulations and ASA Technical Rulesof Racing)

3rd to 5th November 2017 at UEA Sportspark, Norwich (1ER170911)

QUALIFYING STANDARDS

Pool Length - 25m

<u>MEN</u>	<u>EVENT</u>	WOMEN
Qualifying Time		Qualifying Time
26.29	50m Freestyle	29.15
57.69	100m Freestyle	1:02.80
2:06.00	200m Freestyle	2:16.56
4:28:08	400m Freestyle	4:40.74
	800m Freestyle	10:00.26
18.10.44	1500m Freestyle	
30.85	50m Backstroke	32.94
1:05.73	100m Backstroke	1:10.88
2:22.79	200m Backstroke	2:32.64
33.20	50m Breaststroke	37.26
1:14.56	100m Breaststroke	1:21.42
2:42.30	200m Breaststroke	2:56.96
28.20	50m Butterfly	31.75
1:02.98	100m Butterfly	1:09.98
2:30.00	200m Butterfly	2:35.11
2:24.97	200m I.M.	2:36.85
5:11.09	400m l.M.	5:28.34

- > All times to be achieved between 1st November 2016 and the closing date
- ➤ Closing Date for Entries: Midday Friday 6th October 2017

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Para-Swimming Championships Qualifying Standards

	Event and			
Male	Category	Female		
5	0m FREESTYL	E		
02:22.93	S1	02:14.58		
01:39.28	S2	02:05.28		
01:12.96	S 3	01:31.14		
01:03.36	S4	01:21.14		
00:55.81	S 5	01:01.65		
00:48.29	S6	00:55.57		
00:45.44	S7	00:53.92		
00:43.70	S8	00:50.64		
00:42.18	S9	00:47.06		
00:37.87	S1 0	00:44.80		
00:42.93	S11	00:50.98		
00:38.86	S12	00:45.26		
00:38.77	S 13	00:45.42		
00:40.64	S14	00:45.66		
100m FREESTYLE				
04:19.14	S1	06:39.41		
03:55.10	S2	05:47.54		
02:42.99	S 3	02:49.78		
02:19.09	S4	02:48.96		
02:02.69	S 5	02:14.42		
01:48.50	S6	02:00.08		
01:41.23	S7	01:56.77		
01:33.57	S8	01:48.74		
01:31.44	S9	01:42.43		
01:25.09	S1 0	01:37.98		
01:35.92	S11	01:54.78		
01:25.23	S12	01:37.81		
01:25.10	S 13	01:37.47		
01:28.86	S14	01:37.60		
2	00m FREESTYL	.E		
12:11.84	S1	10:35.89		
07:02.72	S2	10:14.24		
05:44.30	S3	06:24.38		
04:59.23	S4	06:15.60		
04:23.70	S 5	04:53.74		
03:07.31	S14	03:20.98		
50m BREASTSTROKE				
03:26.32	SB1	03:37.31		
01:36.90	SB2	02:17.62		
01:21.57	SB3	01:41.07		
100m BREASTSTROKE				
02:37.36	SB4	03:13.26		
02:30.93	SB5	03:01.28		
02:12.99	SB6	02:39.41		
02:06.13	SB7	02:36.16		
01:55.74	SB8	02:11.15		
01:50.37	SB9	02:07.25		
01:59.50	SB11	02:28.05		
01:49.57	SB12	02:17.98		
01:49.18	SB13	02:08.72		
01:48.78	SB14	02:04.85		

os Qualifying Standards				
	Event and			
Male	Category	Female		
400m FREESTYLE				
08:18.02	S6	09:13.79		
07:57.76	S7	08:39.95		
07:18.40	S8	08:02.70		
06:59.98	S9	07:43.15		
06:44.85	S 10	07:27.39		
07:36.72	S11	09:01.81		
06:46.05	S12	07:33.60		
06:45.79	\$13	07:28.96		
06:57.44	S14	08:05.07		
	m BACKSTROK			
02:15.84	S1	03:37.46		
01:36.88	\$2	01:47.66		
01:21.84	S3	01:31.39		
01:13.04	S4	01:25.97		
01:03.42	S5	01:12.43		
	Om BACKSTRO			
04:39.12	S1	07:10.90		
03:29.23	S2	04:02.24		
01:59.89	S6	02:20.40		
01:58.35	S7	02:15.84		
01:45.54	S8	02:07.66		
01:44.38	S9	01:53.09		
01:38.53	S 10	01:49.54		
01:51.34	S11	02:16.29		
01:38.18	S12	01:59.15		
01:37.76	S 13	01:56.61		
01:36.67	S14	01:46.80		
5	0m BUTTERFL	Υ		
00:00.00	S1	00:00.00		
03:50.69	S2	03:43.66		
02:18.56	S 3	02:07.49		
01:14.03	S4	02:44.30		
00:58.50	S 5	01:14.70		
00:50.00	S6	01:01.07		
00:48.82	S 7	00:59.17		
1	00m BUTTERFL	Υ		
01:41.06	S8	01:58.72		
01:37.18	S9	01:51.71		
01:32.08	S 10	01:50.94		
01:41.04	S11	02:24.32		
01:33.28	S12	01:49.90		
01:33.46	S 13	01:50.77		
01:36.91	S14	01:51.95		
200m IM				
05:39.42	SM5	05:53.89		
04:18.94	SM6	05:07.71		
04:16.72	SM7	04:59.04		
03:55.02	SM8	04:34.34		
03:46.34	SM9	04:14.26		
03:32.00	SM10	04:03.23		
03.32.00	SM10 SM11	04:03.23		
03:36.62		04:42.86		
03:36.62	SM12 SM13	04:21.30		
03:37.30	SM14	03:53.25		