



## SUFFOLK ASA COUNTY CHAMPIONSHIPS 2012 - (Age as at March 18TH 2012)

License Nos: TBA - March 10th, 11th, 17th & 18th 2012 (800M & 1500M - February 11th & 18th)

### CROWN POOLS, IPSWICH AND 800 & 1500 EVENTS AT UEA NORWICH (50M POOL)

FEMALE QUALIFYING TIMES								EVENT	MALE QUALIFYING TIMES							
9	10	11	12	13	14	15/16	17+		9	10	11	12	13	14	15 / 16	17+
43.50	39.70	36.50	35.10	33.30	32.54	31.77	31.64	<b>50 free</b>	43.50	39.70	35.10	33.00	31.00	30.50	28.34	27.96
	Need 200 qt	1.18.23	1.14.07	1.11.39	1.09.58	1.07.76	1.07.39	<b>100 free</b>			Need 200 qt	1.11.63	1.08.03	1.05.38	1.01.15	1.00.43
3.30.0	3.06.10	2.48.43	2.39.21	2.33.53	2.29.52	2.25.51	2.25.04	<b>200 free</b>	3.23.5	3.05.24	2.50.95	2.35.63	2.28.10	2.21.78	2.13.26	2.11.62
7.10.0	6.35.08	5.51.58	5.33.27	5.21.96	5.13.54	5.05.13	5.04.49	<b>400 free</b>	6.43.0	6.29.79	5.58.07	5.27.30	5.12.09	4.59.79	4.42.19	4.39.42
	12.28.71	12.28.71	11.31.75	11.06.23	10.50.28	10.34.34	10.34.34	<b>800 free</b>			11.21.4	11.21.4	10.35.1	10.09.5	9.50.3	9.34.9
	23.11.5	23.11.5	22.01.4	21.20.4	21.03.18	19.45.9	19.40.6	<b>1500 free</b>			21.58.52	21.58.52	20.54.37	20.04.78	19.03.56	18.51.95
48.50	46.00	41.70	39.50	37.10	36.89	36.68	36.00	<b>50 back</b>	48.50	46.00	40.70	37.30	35.20	34.50	33.58	32.43
	Need 200 qt	1.27.91	1.22.80	1.19.76	1.17.57	1.15.38	1.15.10	<b>100 back</b>			Need 200 qt	1.21.56	1.16.98	1.13.51	1.08.54	1.08.08
3.37.0	3.27.47	3.07.22	2.56.64	2.50.47	2.45.85	2.41.23	2.41.23	<b>200 back</b>	3.40.00	3.27.75	3.11.71	2.54.17	2.45.37	2.38.08	2.28.37	2.27.14
57.00	54.00	46.20	44.30	42.20	41.57	40.94	40.02	<b>50 breast</b>	57.00	55.50	45.40	43.20	40.00	39.10	37.26	36.00
	Need 200 qt	1.40.03	1.34.40	1.30.54	1.28.14	1.25.73	1.25.72	<b>100 breast</b>			Need 200 qt	1.32.45	1.26.82	1.23.37	1.17.48	1.16.42
4.14.0	4.01.20	3.34.40	3.21.56	3.14.44	3.09.57	3.04.70	3.04.70	<b>200 breast</b>	4.11.0	4.01.20	3.54.04	3.20.43	3.09.41	3.00.96	2.48.82	2.47.46
53.00	51.50	44.40	39.00	36.60	36.07	35.54	34.62	<b>50 fly</b>	53.00	51.50	43.80	37.80	35.80	34.80	32.08	31.05
	Need 200 qt	1.28.78	1.22.91	1.19.69	1.17.44	1.15.18	1.14.76	<b>100 fly</b>			Need 200 qt	1.21.42	1.16.26	1.12.62	1.07.49	1.06.48
3.58.0	3.41.2	3.15.97	3.03.07	2.54.37	2.49.25	2.44.12	2.44.12	<b>200 fly</b>	4.01.0	3.40.17	3.20.72	3.00.64	2.49.92	2.40.72	2.29.95	2.27.79
1.48.5	1.46.5	1.35.0	1.24.0	1.21.0	1.19.5	1.18.0	1.16.0	<b>100 im</b>	1.50.0	1.47.0	1.33.0	1.23.0	1.19.0	1.16.0	1.14.0	1.10.0
3.45.0	3.32.67	3.10.54	3.00.13	2.54.01	2.49.69	2.45.37	2.44.50	<b>200 im</b>	3.40.00	3.32.91	3.14.99	2.57.76	2.48.37	2.41.51	2.30.75	2.29.55
7.45.0	7.36.94	6.44.70	6.20.03	6.06.00	5.56.83	5.47.66	5.47.22	<b>400 im</b>	7.35.0	7.37.93	6.57.68	6.16.34	5.56.70	5.42.55	5.20.80	5.20.62

Any female swimmer aged 10 or male swimmer aged 11 on March 25th 2012 and 11 (female) or 12 (male) before midnight on June 10th 2012 (East Region BAGCAT Championships), will be permitted to enter 100 metre events provided they have achieved the 200 metre County Qualifying Time for that stroke. The 200 metre time will be used as the entry time.

Similarly, the qualifying standards for the 800m & 1500m Freestyle events for 10 year old girls and 11 year old boys are only applicable to those swimmers who will be 11 and 12 respectively on June 12th 2012. Times achieved WILL NOT be considered for inclusion in Finals, if applicable, and BAGCAT points WILL NOT be considered for BAGCAT awards.

*The above times are to be achieved in a 25m pool or converted using the ASA Equivalent Performance Tables. ALL TIMES TO BE ACHIEVED FROM 1ST JUNE 2011. Entry will be based on the above qualifying times and dependent on the number of entries, the slowest competitors may be rejected at the discretion of the promoter.*

**FINAL**- BAGCAT events and age groups are under review nationally, female age groups have been adjusted according to ASA proposal, awaiting final details

17-Sep-11

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