



Nottinghamshire ASA
Presents

The Summer Gala 2013



Non-individual national qualifiers only
(Under ASA Laws and ASA Technical Rules of Swimming)

Qualification Times

Male Times

		9	10	11	12	13	14	15/OV
100m Free	ULT		1.00.4	1.00.4	1.00.4	57.1	55.2	52.9
	LLT		1.25.8	1.20.8	1.15.8	1.10.0	1.05.8	1.05.8
200m Free	ULT	2.11.2	2.11.2	2.11.2	2.11.2	2.04.3	1.59.9	1.55.7
	LLT	3.40.4	3.13.6	2.58.0	2.45.3	2.36.4	2.29.9	2.29.9
100m Breast	ULT		1.18.1	1.18.1	1.18.1	1.12.9	1.10.5	1.08.4
	LLT		1.45.7	1.40.7	1.35.7	1.29.8	1.24.8	1.24.8
200m Breast	ULT	2.49.1	2.49.1	2.49.1	2.49.1	2.39.0	2.32.6	2.29.7
	LLT	4.32.7	4.08.9	3.46.6	3.29.4	3.15.4	3.05.3	3.05.3
100m Fly	ULT		1.08.7	1.08.7	1.08.7	1.03.9	1.01.2	58.5
	LLT		1.37.0	1.31.0	1.24.9	1.18.7	1.10.2	1.10.2
200m Fly	ULT	2.32.4	2.32.4	2.32.4	2.32.4	2.22.5	2.15.7	2.11.4
	LLT	5.02.0	4.10.8	3.35.5	3.17.9	3.02.4	2.50.8	2.50.8
100m Back	ULT		1.08.7	1.08.7	1.08.7	1.04.5	1.01.8	1.00.9
	LLT		1.31.8	1.27.8	1.23.7	1.19.4	1.14.7	1.14.7
200m Back	ULT	2.26.8	2.26.8	2.26.8	2.26.8	2.18.4	2.13.5	2.12.0
	LLT	3.56.7	3.33.1	3.16.4	3.01.8	2.52.2	2.44.4	2.44.4
200m IM	ULT	2.29.6	2.29.6	2.29.6	2.29.6	2.20.0	2.16.2	2.12.1
	LLT	4.04.4	3.35.0	3.18.1	3.05.6	2.51.4	2.45.9	2.45.9

Based on the 2013 National times the Upper Limit Times (ULT) are 'NOT FASTER THAN'
Lower Limit Times (LLT) are based on the 2013 County Championship Qualifying Times.



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Qualification Times

Female Times

		9	10	11	12	13	14	15/OV
100m Free	ULT		1.02.3	1.02.3	1.02.3	1.00.4	59.3	58.4
	LLT		1.20.0	1.17.8	1.16.3	1.12.5	1.08.6	1.08.6
200m Free	ULT	2.14.0	2.14.0	2.14.0	2.14.0	2.09.8	2.07.6	2.06.0
	LLT	3.44.1	3.14.2	2.53.6	2.46.2	2.39.4	2.29.7	2.29.7
100m Breast	ULT		1.19.4	1.19.4	1.19.4	1.16.7	1.15.3	1.15.0
	LLT		1.47.0	1.42.2	1.37.0	1.31.6	1.26.8	1.26.8
200m Breast	ULT	2.49.8	2.49.8	2.49.8	2.49.8	2.45.0	2.42.1	2.42.0
	LLT	4.29.5	4.05.3	3.40.6	3.25.4	3.18.7	3.07.4	3.07.4
100m Fly	ULT		1.09.9	1.09.9	1.09.9	1.07.4	1.05.8	1.05.0
	LLT		1.42.0	1.35.3	1.27.7	1.22.8	1.18.3	1.18.3
200m Fly	ULT	2.34.5	2.34.5	2.34.5	2.34.5	2.27.6	2.24.4	2.23.8
	LLT	5.02.0	4.20.0	3.41.3	3.15.2	3.04.6	2.51.0	2.51.0
100m Back	ULT		1.09.7	1.09.7	1.09.7	1.07.3	1.05.9	1.05.8
	LLT		1.34.5	1.29.8	1.22.7	1.20.1	1.16.8	1.16.8
200m Back	ULT	2.28.8	2.28.8	2.28.8	2.28.8	2.23.9	2.21.3	2.21.0
	LLT	4.06.4	3.36.5	3.10.4	3.02.9	2.55.5	2.44.3	2.44.3
200m IM	ULT	2.31.7	2.31.7	2.31.7	2.31.7	2.27.4	2.24.5	2.33.9
	LLT	4.04.0	3.30.5	3.16.8	3.07.8	3.01.6	2.49.0	2.49.0

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