Nottinghamshire ASA
Presents

The Summer Gala 2024

(Under Swim England Regulations and Technical Rules)
(Licensed Level 3 - 3EM240661)

Saturday 13th & Sunday 14th July 2024

Harvey Hadden Sports Village, Nottingham, 25m Pool

Open/Male Upper Limit Times

		09/10/11	12	13	14	15/OV
100 Free	**ULT**	01:04.2	01:00.1	00:56.9	00:54.8	00:53.6
200 Free	**ULT**	02:18.9	02:10.6	02:04.0	01:59.4	01:56.5
400 Free	**ULT**	04:49.8	04:33.7	04:21.1	04:12.7	04:06.4
100 Breast	**ULT**	01:23.3	01:17.8	01:12.7	01:09.8	01:07.5
200 Breast	**ULT**	02:58.9	02:48.0	02:37.9	02:31.1	02:26.7
100 Fly	**ULT**	01:12.8	01:08.0	01:03.8	01:01.0	00:58.8
200 Fly	**ULT**	02:39.5	02:29.9	02:21.3	02:15.2	02:09.4
100 Back	**ULT**	01:12.7	01:08.4	01:04.4	01:01.6	00:59.6
200 Back	**ULT**	02:34.9	02:26.1	02:17.9	02:12.2	02:08.3
200 IM	**ULT**	02:38.0	02:29.0	02:21.6	02:15.3	02:11.6

Female Upper Limit Times

		09/10/11	12	13	14	15/OV
100 Free	**ULT**	01:04.7	01:01.3	00:59.8	00:58.7	00:57.6
200 Free	**ULT**	02:19.3	02:11.9	02:08.2	02:05.3	02:03.6
400 Free	**ULT**	04:49.4	04:34.4	04:27.4	04:23.8	04:20.2
100 Breast	**ULT**	01:23.1	01:18.6	01:15.5	01:13.3	01:12.7
200 Breast	**ULT**	02:58.4	02:48.8	02:42.2	02:38.6	02:37.1
100 Fly	**ULT**	01:13.0	01:08.5	01:06.5	01:04.8	01:04.2
200 Fly	**ULT**	02:41.0	02:30.6	02:25.2	02:21.6	02:19.2
100 Back	**ULT**	01:12.8	01:08.6	01:06.4	01:05.3	01:04.2
200 Back	**ULT**	02:33.7	02:26.1	02:22.3	02:19.9	02:17.3
200 IM	**ULT**	02:37.7	02:29.4	02:25.6	02:22.8	02:21.0

All times above are Short Course Times. Long Course Times can be used but are to be converted using the Sportystems Time Converter.

The Upper Limit Times (ULT) are 'NOT FASTER THAN'