



Nottinghamshire ASA
Presents
The Summer Gala 2026
(Under Swim England Regulations and Technical Rules)
Licensed Level 3



Saturday 18th & Sunday 19th July 2026
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 SportSystems Time Converter.

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

