



**Nottinghamshire ASA  
Presents**



# The Winter Gala 2015

(Under ASA Laws and ASA Technical Rules of Swimming)  
(Licensed Level 3 - 3EM15129)

Based on the 2014 National Qualifying Times as the Upper Limit  
Times are 'NOT FASTER THAN'

### Male Upper Limit Times

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	Open
50m Free	27.6	27.6	27.6	27.6	26.8	26.4	24.5	24.5
100m Free			1.01.5	1.01.5	57.9	55.7	53.4	53.4
200m Free	2.13.5	2.13.5	2.13.5	2.13.5	2.06.0	1.59.9	1.55.7	1.55.7
400m Free	4.40.3	4.40.3	4.40.3	4.40.3	4.26.7	4.14.4	4.08.7	4.08.7
50m Back	34.1	34.1	34.1	34.1	31.7	29.5	28.0	28.0
100m Back			1.08.7	1.08.7	1.04.9	1.01.5	1.00.2	1.00.2
200m Back	2.28.1	2.28.1	2.28.1	2.28.1	2.19.4	2.12.3	2.10.8	2.10.8
50m Breast	37.5	37.5	37.5	37.5	35.0	33.3	28.6	28.6
100m Breast			1.19.0	1.19.0	1.14.4	1.10.5	1.08.4	1.08.4
200m Breast	2.50.4	2.50.4	2.50.4	2.50.4	2.40.2	2.31.9	2.28.9	2.28.9
50m Fly	34.0	34.0	34.0	34.0	30.7	29.1	25.2	25.2
100m Fly			1.08.1	1.08.1	1.04.5	1.01.6	57.8	57.8
200m Fly	2.32.1	2.32.1	2.32.1	2.32.1	2.23.7	2.15.6	2.10.8	2.10.8
200m I.M.	2.32.0	2.32.0	2.32.0	2.32.0	2.22.6	2.17.3	2.13.0	2.13.0
400m I.M.	5.19.2	5.19.2	5.19.2	5.19.2	4.58.8	4.48.4	4.45.5	4.45.5

### Female Upper Limit Times

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	Open
50m Free	28.5	28.5	28.5	28.5	28.2	28.0	27.3	27.3
100m Free		1.02.0	1.02.0	1.02.0	1.00.2	59.2	58.3	58.3
200m Free	2.13.1	2.13.1	2.13.1	2.13.1	2.09.4	2.07.4	2.06.2	2.06.2
400m Free	4.42.7	4.42.7	4.42.7	4.42.7	4.33.4	4.26.4	4.27.1	4.27.1
50m Back	32.3	32.3	32.3	32.3	31.7	31.5	31.3	31.3
100m Back		1.10.3	1.10.3	1.10.3	1.06.8	1.04.9	1.05.1	1.05.1
200m Back	2.28.8	2.28.8	2.28.8	2.28.8	2.23.5	2.19.3	2.20.1	2.20.1
50m Breast	36.9	36.9	36.9	36.9	35.8	35.4	35.0	35.0
100m Breast		1.19.3	1.19.3	1.19.3	1.16.0	1.15.4	1.14.8	1.14.8
200m Breast	2.52.0	2.52.0	2.52.0	2.52.0	2.43.0	2.41.4	2.41.1	2.41.1
50m Fly	32.9	32.9	32.9	32.9	31.2	30.5	28.9	28.9
100m Fly		1.09.7	1.09.7	1.09.7	1.06.6	1.05.5	1.04.2	1.04.2
200m Fly	2.35.2	2.35.2	2.35.2	2.35.2	2.26.9	2.24.6	2.22.3	2.22.3
200m I.M.	2.32.5	2.32.5	2.32.5	2.32.5	2.26.1	2.24.0	2.23.9	2.23.9
400m I.M.	5.23.2	5.23.2	5.23.2	5.23.2	5.08.4	5.03.0	5.02.1	5.02.1

Age as at date of gala, 18<sup>th</sup> January 2015

Closing date for entries is Sunday 21<sup>st</sup> December 2014