

**NOTTINGHAMSHIRE ASA**  
**COMBINED COUNTY CHAMPIONSHIPS & AGE GROUPS 2010**

BOYS	9YRS	10 YRS	11YRS	12 YRS	13YRS	14 YRS	15YRS	16/Over
50 FREE	43.6	41.5	37.4	34.5	32.1	31.7	30.2	30.2
100 FREE				1:16.1	1:10.3	1:06.1	1:03.6	1:03.6
200 FREE	3:40.7	3:11.1	2:56.4	2:44.7	2:35.2	2:26.6	2:17.0	2:17.0
400 FREE		6:21.8	6:01.0	5:41.4	5:20.1	4:57.5	4:55.0	4:55.0
800 FREE				12:06.4	11:23.5	10:49.4	10:23.8	10:23.8
1500 FREE				22:48.6	21:33.8	20:30.4	19:43.9	19:43.3
50 BREAST	57.2	53.6	48.8	44.8	41.9	39.8	38.0	38.0
100 BREAST				1:36.0	1:30.1	1:25.1	1:20.9	1:20.9
200 BREAST	4:28.1	4:04.3	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:55.8
50 FLY	53.3	48.5	44.4	40.7	37.5	34.8	32.23	32.23
100 FLY				1:25.2	1:19.0	1:10.5	1:10.0	1:10.0
200 FLY	4:21.4	3:51.2	3:31.0	3:17.4	3:04.0	2:52.1	2:41.8	2:41.8
50 BACK	50.56	46.00	43.3	40.8	37.9	35.3	34.3	34.3
100 BACK				1:24.0	1:19.7	1:15.0	1:11.3	1:11.3
200 BACK	3:48.3	3:26.7	3:13.3	3:02.6	2:51.1	2:37.9	2:34.3	2:34.3
100 IM	1:50.1	1:43.3	1:33.9	1:28.7	1:23.1	1:16.1	1:13.7	1:13.7
200 IM	3:58.5	3:32.2	3:14.1	3:02.8	2:48.8	2:41.2	2:33.2	2:33.2
400 IM		7:35.6	6:59.7	6:34.3	6:12.0	5:50.3	5:34.6	5:34.6

GIRLS	9YRS	10 YRS	11YRS	12 YRS	13YRS	14 YRS	15YRS	16/Over
50 FREE	45.4	42.00	36.5	35.1	33.3	32.9	32.9	32.9
100 FREE			1:18.1	1:16.6	1:12.8	1:08.9	1:08.9	1:08.9
200 FREE	3:40.8	3:12.2	2:51.7	2:46.0	2:38.8	2:30.2	2:30.2	2:30.2
400 FREE		6:35.7	6:04.9	5:43.7	5:29.8	5:13.8	5:13.8	5:13.8
800 FREE			12:34.3	11:50.8	11:17.3	10:57.8	10:46.5	10:46.5
1500 FREE			24:15.5	22:51.6	21:46.9	21:23.8	20:52.5	20:52.5
50 BREAST	58.3	52.9	47.9	45.3	42.8	40.4	40.4	40.4
100 BREAST			1:42.5	1:37.3	1:31.9	1:27.1	1:27.1	1:27.1
200 BREAST	4:30.0	4:05.8	3:41.1	3:25.9	3:19.2	3:07.9	3:07.9	3:07.9
50 FLY	54.3	47.0	42.1	39.5	37.3	36.5	36.5	36.5
100 FLY			1:35.7	1:28.1	1:23.2	1:19.9	1:19.9	1:19.9
200 FLY	4:23.8	3:52.9	3:39.0	3:16.1	3:05.6	2:58.2	2:53.5	2:53.5
50 BACK	51.7	45.5	41.6	39.4	37.9	36.9	36.9	36.9
100 BACK			1:30.1	1:23.0	1:20.4	1:17.1	1:17.1	1:17.1
200 BACK	4:02.8	3:34.8	3:09.9	3:01.7	2:54.3	2:44.8	2:44.8	2:44.8
100 IM	1:54.9	1:42.6	1:33.4	1:28.2	1:24.9	1:19.3	1:19.3	1:19.3
200 IM	3:54.9	3:29.4	3:15.3	3:06.3	2:58.8	2:49.5	2:49.5	2:49.5
400 IM		7:20.0	6:40.0	6:14.0	5:58.1	5:38.8	5:38.8	5:38.8

Qualifying Standards V2.0 Issued 29<sup>th</sup> November 2010  
(Corrected Boys 12yrs 100m Back and Girls 9yrs 200 Free)