

NOTTINGHAMSHIRE ASA COMBINED COUNTY CHAMPIONSHIPS AND AGE GROUPS 2008

Note: for the Girls 1500m swimmers must meet the 800m qualifying time, and for the Boys 800m swimmers must meet the 400m time, depending on the entry level the organisers reserve the right to restrict entry. **When submitting entries for the Boys 800m and Girls 1500m please submit a time which will be used to seed the event**, this could be estimated but it is recommended that a club time trial be organised or more simply a timed swim in a training session.

BOYS	9YRS	10 YRS	11YRS	12 YRS	13YRS	14 YRS	15YRS	OPEN
50 FREE	45.2	41.3	38.0	35.2	33.5	32.1	30.3	29.8
100 FREE				1:16.1	1:12.3	1:08.9	1:05.6	1:04.8
200 FREE	3:40.7	3:16.9	3:00.9	2:45.9	2:37.1	2:29.9	2:22.8	2:21.5
400 FREE		6:53.3	6:17.7	5:48.1	5:30.0	5:16.6	5:04.4	4:58.5
800 FREE				* Yes	* Yes	* Yes	* Yes	* Yes
1500 FREE				23:04.3	21:46.2	20:50.6	19:54.1	19:39.3
50 BACK	52.2	47.5	43.7	40.4	38.1	36.4	34.3	33.2
100 BACK				1:25.4	1:21:0	1:16.4	1:13.0	1:11.3
200 BACK	4:05.6	3:41.1	3:20.1	3:01.6	2:53.8	2:44.8	2:37.4	2:34.2
50 BREAST	58.8	53.6	48.8	44.8	41.9	39.8	38.0	36.9
100 BREAST				1:36.0	1:30.8	1:26.2	1:22.3	1:20.9
200 BREAST	4:38.7	4:11.9	3:49.1	3:29.8	3:16.6	3:07.1	2:58.4	2:55.2
50 FLY	57.3	51.2	45.4	40.7	37.5	35.0	33.4	32.3
100 FLY				1:28.9	1:21.3	1:16.5	1:13.3	1:10.6
200 FLY	5:03.5	4:18.8	3:43.3	3:18.9	3:00.8	2:48.4	2:40.8	2:35.9
100 IM	1:55.5	1:45.3	1:36.9	1:29.7	1:24.0	1:19.8	1:15.4	1:14.0
200 IM	4:09.7	3:43.4	3:24.4	3:08.6	2:57.8	2:49.9	2:41.6	2:38.5
400 IM		8:10.6	7:17.6	6:38.9	6:17.4	5:59.2	5:40.7	5:36.6

GIRLS	9YRS	10 YRS	11YRS	12 YRS	13YRS	14 YRS	15YRS	OPEN
50 FREE	46.8	42.0	37.4	36.1	35.0	33.7	32.7	32.3
100 FREE			1:20.8	1:17.6	1:14.9	1:12.4	1:10.4	1:09.8
200 FREE	3:47.1	3:16.9	2:55:7	2:47.9	2:40.7	2:36.3	2:31.6	2:30.2
400 FREE		6:55.8	6:14.6	5:48.6	5:33.4	5:24.0	5:15.4	5:14.6
800 FREE			12:56.4	12:00.2	11:28.5	11:01.9	10:48.4	10:44.9
1500 FREE			*Yes	* Yes	* Yes	* Yes	* Yes	* Yes
50 BACK	54.0	47.5	42.2	40.9	39.2	37.9	36.9	36.6
100 BACK			1:30.5	1:26.3	1:22.3	1:20.0	1:17.4	1:17.4
200 BACK	4:10.9	3:38.8	3:11.8	3:04.3	2:57.1	2:50.7	2:45.5	2:44.9
50 BREAST	1:01.1	54.0	47.9	45.7	43.9	41.8	40.3	40.4
100 BREAST			1:42.8	1:38.2	1:33.8	1:28.9	1:27.0	1:26.8
200 BREAST	4:49.1	4:11.2	3:42.1	3:31.4	3:21.1	3:11.5	3:07.8	3:06.8
50 FLY	55.9	48.1	43.5	40.4	38.1	36.8	36.0	34.9
100 FLY			1:35.7	1:28.1	1:23.2	1:20.3	1:19.7	1:16.8
200 FLY	4:55.9	4:01.2	3:32.2	3:14.5	3:02.8	2:56.1	2:53.3	2:46.8
100 IM	1:59.6	1:45.8	1:34.0	1:30.4	1:27.1	1:23.7	1:19.8	1:19.3
200 IM	4:15.4	3:42.9	3:18.5	3:09.9	3:02.6	2:55:2	2:51.3	2:49.7
400 IM		8:03.0	7:11.4	6:40.8	6:22.6	6:07.2	5:57.2	5:54.5