



# ASA East Region Long Course Championships 2015

## Qualifying Standards

(25m Times)

ALL AGES AS AT 31 DECEMBER 2015

EVENT	GIRLS						BOYS					
	11/12	13	14	15	16	17/ov	11/12	13	14	15	16	17/ov
50 Freestyle	31.53	30.77	29.42	29.12	28.70	28.16	31.62	29.89	28.45	27.01	26.08	25.07
100 Freestyle	1:08.39	1:06.12	1:03.55	1:02.61	1:01.93	1:00.51	1:09.42	1:05.73	1:02.09	58.45	57.25	54.83
200 Freestyle	2:27.58	2:22.35	2:17.85	2:15.98	2:13.40	2:11.92	2:29.60	2:22.78	2:15.20	2:07.63	2:04.66	1:59.70
400 Freestyle	5:07.22	4:57.47	4:51.51	4:43.43	4:40.82	4:36.70	5:12.64	5:00.67	4:46.74	4:32.81	4:25.16	4:15.03
800 Freestyle	10:54.50	10:29.20	9:49.80	9:32.60	9:25.60	9:21.90						
1500 Freestyle							21:30.50	20:28.30	19:08.35	17:48.40	17:29.10	16:49.00
50 Breaststroke	41.37	39.28	38.82	38.35	38.16	37.08	42.15	39.54	37.40	35.25	34.50	33.04
100 Breaststroke	1:29.76	1:24.26	1:23.83	1:22.46	1:21.65	1:20.61	1:32.57	1:26.17	1:21.50	1:16.82	1:14.90	1:11.02
200 Breaststroke	3:10.96	3:02.86	2:58.94	2:57.45	2:55.27	2:54.25	3:15.27	3:08.45	2:57.13	2:45.81	2:41.43	2:37.30
50 Butterfly	35.54	33.93	32.45	32.26	31.57	30.91	36.07	33.67	31.87	30.07	28.82	27.67
100 Butterfly	1:21.02	1:16.99	1:13.69	1:11.92	1:11.87	1:08.05	1:23.70	1:16.83	1:11.76	1:06.70	1:04.67	1:01.27
200 Butterfly	3:06.94	3:03.60	2:49.62	2:45.42	2:43.24	2:38.88	3:10.74	3:01.33	2:46.91	2:32.49	2:28.11	2:20.30
50 Backstroke	36.10	34.84	33.96	33.41	32.44	32.21	36.42	34.77	33.04	31.31	30.52	29.10
100 Backstroke	1:17.06	1:13.93	1:11.77	1:10.83	1:09.76	1:08.23	1:18.84	1:14.72	1:11.09	1:07.46	1:05.36	1:02.40
200 Backstroke	2:43.17	2:39.18	2:36.48	2:33.08	2:30.87	2:28.73	2:45.21	2:39.91	2:32.04	2:24.17	2:20.09	2:15.41
200 Individual Medley	2:46.42	2:43.11	2:36.51	2:34.31	2:32.16	2:29.78	2:51.53	2:41.97	2:34.00	2:26.03	2:21.85	2:16.47
400 Individual Medley	5:56.70	5:46.67	5:36.68	5:34.50	5:32.23	5:29.05	6:03.04	5:46.39	5:29.63	5:12.87	5:07.68	4:51.96

- Please note:**
- i) Entry times for all events must be drawn from the ASA Rankings database and achieved between 1st October 2014 and the closing date, at a competition licensed at level 1, 2 or 3.
  - ii) The closing date for weekend one (age 15, 16, 17 and over) is midnight 3<sup>rd</sup> April 2015 and the closing date for weekend two (11/12, 13 and 14 years) is midnight 24<sup>th</sup> April 2015.
  - iii) Full entry conditions will be published as part of the entry pack.