



**SUFFOLK ASA COUNTY CHAMPIONSHIPS 2009 - (Age as at March 22nd 2009)**

License Nos: CC9001, CC9002, CC9003 - Individual Events - March 7th, 8th, 14th 15th & 22nd 2009  
& License Nos: TBA (800m & 1500M) February 7th & 14th 2009



**CROWN POOLS, IPSWICH AND 800 & 1500 EVENTS AT UEA NORWICH (50M POOL)**

FEMALE QUALIFYING TIMES							EVENT	MALE QUALIFYING TIMES							
9	10	11	12	13	14 / 15	16+		9	10	11	12	13	14	15 / 16	17+
43.5	42.0	35.4	33.3	31.2	30.9	30.5	50 free	43.5	42.0	35.1	33.0	30.1	29.7	28.7	27.9
	Need the 200 qt	1.20.7	1.17.2	1.14.5	1.12.7	1.11.2	100 free			Need the 200 qt	1.16.9	1.12.5	1.08.7	1.06.2	1.03.4
3.32.0	3.21.0	2.51.5	2.40.2	2.35.0	2.29.5	2.29.8	200 free	3.34.0	3.23.0	2.52.5	2.40.4	2.27.9	2.23.7	2.18.4	2.15.5
7.18.0	7.08.0	6.09.6	5.43.3	5.35.8	5.20.7	5.18.6	400 free	7.20.0	7.10.0	6.12.6	5.39.8	5.28.55	4.58.7	4.45.00	4.42.6
	13.50.0	11.55.0	11.20.0	10.55.0	10.45.0	10.25.0	800 free			11.55.0	11.15.0	10.50.0	10.30.0	10.05.0	10.00.0
	24.30.0	21.40.0	20.30.0	20.10.0	20.00.0	20.00.0	1500 free			22.15.0	20.30.0	19.50.0	19.20.0	18.55.0	18.30.0
48.5	46.0	41.7	38.1	35.9	35.4	35.0	50 back	48.7	45.4	40.7	37.3	35.2	34.1	33.0	33.5
	Need the 200 qt	1.31.0	1.26.2	1.22.8	1.21.5	1.16.8	100 back			Need the 200 qt	1.23.6	1.19.4	1.16.3	1.13.9	1.13.5
3.40.0	3.31.0	3.16.5	3.03.5	2.51.7	2.45.0	2.33.6	200 back	3.43.0	3.35.5	3.28.5	2.56.0	2.45.2	2.39.2	2.32.6	2.29.3
55.5	54.0	45.4	43.1	42.0	39.8	39.7	50 breast	55.5	54.0	45.3	42.6	39.8	38.7	38.5	37.2
	Need the 200 qt	1.41.7	1.39.2	1.35.2	1.32.5	1.28.8	100 breast			Need the 200 qt	1.38.5	1.31.5	1.27.6	1.26.4	1.22.2
4.10.0	4.01.0	3.38.7	3.28.8	3.18.0	3.11.7	3.05.00	200 breast	4.11.0	4.01.0	3.40.2	3.26.2	3.12.5	2.58.7	2.52.1	2.50.7
53.0	51.5	43.4	39.4	37.8	35.8	34.8	50 fly	53.0	51.5	43.8	39.5	36.8	34.8	34.4	32.8
	Need the 200 qt	1.32.2	1.28.9	1.24.6	1.22.2	1.21.1	100 fly			Need the 200 qt	1.30.9	1.24.5	1.20.9	1.17.9	1.14.2
4.05.0	3.59.0	3.50.5	3.35.5	3.15.5	3.07.8	3.01.5	200 fly	4.08.0	4.01.0	3.35.9	3.24.0	3.01.6	3.00.3	2.55.8	2.49.6
1.48.5	1.46.5	1.35.0					100 im	1.50.0	1.47.0	1.33.0					
3.43.0	3.37.0	3.15.7	2.57.5	2.50.8	2.44.9	2.40.8	200 im	3.45.0	3.40.0	3.13.7	2.59.7	2.49.6	2.42.7	2.41.5	2.36.4
7.45.0	7.30.0	7.00.0	6.45.0	6.35.0	6.30.0	6.20.5	400 im	7.50.0	7.35.0	6.45.0	6.40.0	6.30.0	6.15.0	6.00.0	5.45.0

Any female swimmer aged 10 or male swimmer aged 11 on March 22nd 2009 and 11 (female) or 12 (male) before midnight on June 14th 2009 (East Region BAGCAT Championships), will be permitted to enter 100 metre events provided they have achieved the 200 metre County Qualifying Time for that stroke. The 200 metre time will be used as the entry time. Similarly, the qualifying standards for the 800m & 1500m Freestyle events for 10 year old girls and 11 year old boys are only applicable to those swimmers who will be 11 and 12 respectively on June 14th 2009. Times achieved WILL NOT be considered for inclusion in Finals, if applicable, and BAGCAT points WILL NOT be considered for BAGCAT awards.

*The above times are to be achieved in a 25m pool or converted using the ASA Equivalent Performance Tables. ALL TIMES TO BE ACHIEVED FROM 1ST JUNE 2008. Entry will be based on the above qualifying times and dependent on the number of entries, the slowest competitors may be rejected at the discretion of the promoter.*