



**BRITISH GAS ASA EAST REGION**  
**BAGCAT and YOUTH Long Course Championships 2013**  
**Qualifying Times (25m)**



MALE								FEMALE						
10 Years	11 Years	12 Years	13 Years	14 Years	15/16	17/OV		10 Years	11 Years	12 Years	13 Years	14 Years	15/16	17/OV
					00:27.19	00:26.68	50m Freestyle						00:28.44	00:28.17
Need 200 QT	01:10.30	01:05.86	01:02.28	01:00.20	00:58.85	00:56.11	100m Freestyle	Need 200 QT	01:11.06	01:07.98	01:05.88	01:04.74	01:03.43	01:02.83
02:44.15	02:31.49	02:23.06	02:15.54	02:10.70	02:08.15	02:02.36	200m Freestyle	02:44.92	02:32.99	02:26.13	02:21.58	02:19.11	02:16.46	02:15.18
05:45.42	05:17.31	05:00.92	04:45.84	04:36.33	04:33.09	04:20.03	400m Freestyle	05:50.11	05:19.35	05:05.94	04:57.01	04:51.20	04:47.59	04:44.88
							800m Freestyle	10:50.52*	10:50.52	10:31.18	10:11.48	10:02.08	09:54.98	09:49.37
20:33.20*	20:33.20	19:36.78	18:32.91	18:03.86	17:34.02	17:20.38	1500m Freestyle							
					00:31.17	00:30.34	50m Backstroke						00:32.27	00:31.96
Need 200 QT	01:18.47	01:14.88	01:10.38	01:07.43	01:07.21	01:02.95	100m Backstroke	Need 200 QT	01:19.85	01:16.02	01:13:42	01:11.89	01:11.63	01:10.96
03:04.10	02:49.89	02:40.06	02:30.94	02:25.54	02:25.26	02:16.31	200m Backstroke	03:05.63	02:50.06	02:42.22	02:36.85	02:34.12	02:33.84	02:32.39
					00:34.45	00:33.71	50m Breaststroke						00:37.10	00:36.75
Need 200 QT	01:29.22	01:25.17	01:19.55	01:16.84	01:15.81	01:10.85	100m Breaststroke	Need 200 QT	01:30.86	01:26.63	01:23.69	01:22.11	01:21.74	01:20.97
03:33.75	03:16.77	03:04.37	02:53.31	02:46.42	02:45.39	02:34.70	200m Breaststroke	03:33.75	03:14.75	03:05.11	02:59.87	02:56.70	02:56.07	02:54.40
					00:29.33	00:28.74	50m Butterfly						00:31.85	00:31.55
Need 200 QT	01:17.17	01:14.96	01:09.73	01:06.75	01:04.55	01:01.79	100m Butterfly	Need 200 QT	01:20.64	01:16.21	01:13.50	01:11.74	01:10.08	01:09.42
03:15.11	02:58.00	02:44.81	02:35.32	02:27.93	02:24.48	02:17.20	200m Butterfly	03:17.51	02:58.01	02:48.50	02:40.96	02:37.45	02:34.76	02:33.30
03:08.68	02:52.80	02:43.10	02:34.05	02:28.53	02:25.84	02:19.13	200m I.M.	03:08.46	02:53.07	02:45.43	02:40.49	02:37.59	02:35.36	02:33.90
06:45.81	06:10.14	05:45.19	05:26.56	05:15.50	05:12.18	04:56.13	400m I.M.	06:44.93	06:07.60	05:48.91	05:37.85	05:31.70	05:30.21	05:27.10

\*These qualifying standards are only available to 10 year olds who will be 11 by July 28<sup>th</sup> 2013 for entry into the National BAGCAT Championships. These swims will not attract BAGCAT points.

Entry times for ALL events MUST be eligible for inclusion in the ASA Rankings database

Entries may be rejected at the discretion of the Promotor. There will be a maximum of 80 athletes accepted for the 800m freestyle and 48 for the 1500m freestyle

**REMEMBER: Age means age on June 9th 2013. All times to be achieved between June 16th 2012 and the closing date**

**Youth Championships (15 & Over)**

License number 1ERX312

May 4<sup>th</sup> & 5<sup>th</sup> 2013

Inspire Luton Sports Village

Closing Date : 9<sup>th</sup> April 2013

Queries:bryan.thompson@btinternet.com

**BAGCAT Championships (10-14 years)**

License numbers: ERX313 & 314

June 1<sup>st</sup>, 2<sup>nd</sup>, 8<sup>th</sup> & 9<sup>th</sup> 2013

University of East Anglia - Norwich

Closing Date : 15<sup>th</sup> May 2013

20/03/2013