

British Gas ASA National Championships 2014

Ponds Forge International Sports Centre, Sheffield

Age: 30th July – 3rd August (age as at 3rd August 2014); Youth/Senior/Open: 5th - 10th August (age as at 10th August 2014)

Long & Short Course Qualifying Times (Youth/Senior/Open & all 800/1500m Long Course qualifying only)

Boys						Event	Girls					
11/12 yrs 50m	11/12 yrs 25m	13 years 50m	13 years 25m	14 years 50m	14 years 25m		11/12 yrs 50m	11/12 yrs 25m	13 years 50m	13 years 25m	14 yrs 50m	14 years 25m
1.02.86	1.01.47	59.46	57.85	57.18	55.70	100m Freestyle	1.04.63	1.02.01	1.02.09	1.00.21	1.00.92	59.21
2.17.38	2.13.48	2.10.00	2.05.97	2.04.27	1.59.87	200m Freestyle	2.18.46	2.13.11	2.13.82	2.09.41	2.11.36	2.07.36
4.50.12	4.40.33	4.34.71	4.26.72	4.23.78	4.14.40	400m Freestyle	4.51.89	4.42.67	4.41.55	4.33.44	4.37.79	4.26.35
						800m Freestyle	10.02.03		9.41.25		9.29.14	
19.12.11		18.12.24		17.34.43		1500m Freestyle						
1.11.46	1.08.70	1.08.18	1.04.93	1.03.86	1.01.53	100m Backstroke	1.13.02	1.10.29	1.09.80	1.06.79	1.07.87	1.04.86
2.32.86	2.28.06	2.26.02	2.19.41	2.18.89	2.12.33	200m Backstroke	2.35.35	2.28.83	2.28.63	2.23.46	2.25.67	2.19.29
1.22.86	1.19.01	1.17.41	1.14.40	1.13.20	1.10.50	100m Breaststroke	1.21.72	1.19.34	1.18.50	1.16.00	1.17.43	1.15.42
2.57.21	2.50.39	2.45.53	2.40.22	2.38.80	2.31.94	200m Breaststroke	2.56.79	2.51.98	2.48.14	2.42.97	2.47.37	2.41.43
1.09.53	1.08.11	1.06.44	1.04.54	1.03.26	1.01.57	100m Butterfly	1.11.21	1.09.65	1.08.19	1.06.62	1.06.71	1.05.53
2.35.37	2.32.08	2.27.40	2.23.72	2.21.07	2.15.62	200m Butterfly	2.37.59	2.35.18	2.30.53	2.26.90	2.28.39	2.24.57
2.34.79	2.31.95	2.28.13	2.22.59	2.21.46	2.17.29	200m Ind. Medley	2.37.45	2.32.48	2.30.49	2.26.09	2.29.50	2.24.00
5.26.09	5.19.24	5.13.30	4.58.84	5.01.28	4.48.44	400m Ind. Medley	5.33.56	5.23.18	5.18.15	5.08.39	5.14.19	5.03.01

15/16 yrs 50m	17/18 yrs 50m	19 & over 50m	Open	Event	15/16 yrs 50m	17/18 yrs 50m	19 & over 50m	Open
25.29	24.73	24.57		50m Freestyle	28.08	27.78	27.51	
54.95	54.31	52.53		100m Freestyle	59.72	59.66	58.88	
1.58.63	1.57.17	1.55.20		200m Freestyle	2.08.91	2.07.43	2.06.95	
4.14.31	4.09.87	4.09.46		400m Freestyle	4.32.29	4.32.17	4.31.79	
				800m Freestyle	9.21.12	9.21.06	9.20.71	
17.00.79	16.43.36	16.41.08		1500m Freestyle				
			28.78	50m Backstroke				31.96
1.01.55	1.00.35	1.00.24		100m Backstroke	1.06.33	1.06.23	1.06.11	
2.13.36	2.10.37	2.10.25		200m Backstroke	2.22.44	2.21.88	2.21.43	
			29.72	50m Breaststroke				35.91
1.10.22	1.09.50	1.06.40		100m Breaststroke	1.16.42	1.16.33	1.16.23	
2.32.38	2.30.63	2.24.45		200m Breaststroke	2.46.94	2.44.80	2.44.20	
			25.93	50m Butterfly				29.58
59.08	59.04	57.50		100m Butterfly	1.05.37	1.05.32	1.04.74	
2.13.19	2.12.26	2.08.89		200m Butterfly	2.24.47	2.24.23	2.24.06	
2.15.90	2.12.75	2.12.10		200m Ind. Medley	2.26.60	2.26.02	2.23.58	
4.51.45	4.45.25	4.45.05		400m Ind. Medley	5.11.76	5.11.52	5.10.61	

All competitors must have equalled or bettered the entry time in an event designated or licensed by the ASA, SASA or WASA for entry into National competitions or, for foreign competitors, approved by their Federation. Times must have been achieved since 1st July 2013. **Entries Close: 12noon Tuesday 1st July 2014.**