Nottinghamshire ASA
Presents

The Summer Gala 2014

Non-individual national qualifiers only

(Under ASA Laws and ASA Technical Rules of Swimming)

Qualification Times

Male Times

		9	10	11	12	13	14	15/OV
100 Free	**LLT**		01:25.8	01:20.8	01:15.8	01:10.0	01:05.8	01:05.8
	ULT		01:01.5	01:01.5	01:01.5	00:57.9	00:55.7	00:53.4
200 Free	**LLT**	03:40.4	03:13.6	02:58.1	02:45.3	02:36.4	02:29.9	02:29.9
	ULT	02:13.5	02:13.5	02:13.5	02:13.5	02:06.0	01:59.9	01:55.7
400 Free	**LLT**	07:00.0	06:18.0	05:47.0	05:28.1	05:01.0	04:45.0	04:45.0
	ULT	04:40.3	04:40.3	04:40.3	04:40.3	04:26.7	04:12.4	04:08.7
100 Breast	**LLT**		01:45.7	01:40.7	01:35.7	01:29.8	01:24.8	01:24.8
	ULT		01:19.0	01:19.0	01:19.0	01:14.4	01:10.5	01:08.4
200 Breast	**LLT**	04:32.7	04:08.9	03:46.6	03:29.4	03:15.4	03:05.3	03:05.3
	ULT	02:50.4	02:50.4	02:50.4	02:50.4	02:40.2	02:31.9	02:28.9
100 Fly	**LLT**		01:37.0	01:31.0	01:24.9	01:18.7	01:10.2	01:10.2
	ULT		01:08.1	01:08.1	01:08.1	01:04.5	01:01.6	00:57.8
200 Fly	**LLT**	05:02.0	04:10.8	03:35.5	03:17.9	03:02.4	02:50.8	02:50.8
	ULT	02:32.1	02:32.1	02:32.1	02:32.1	02:23.7	02:15.6	02:10.8
100 Back	**LLT**		01:31.8	01:27.8	01:23.7	01:19.4	01:14.7	01:14.7
	ULT		01:08.7	01:08.7	01:08.7	01:04.9	01:01.5	01:00.2
200 Back	**LLT**	03:56.7	03:33.1	03:16.4	03:01.8	02:52.2	02:44.4	02:44.4
	ULT	02:28.1	02:28.1	02:28.1	02:28.1	02:19.4	02:12.3	02:10.8
200 IM	**LLT**	04:04.4	03:35.0	03:18.1	03:05.6	02:51.4	02:45.9	02:45.9
	ULT	02:31.9	02:31.9	02:31.9	02:31.9	02:22.6	02:17.3	02:13.0

Based on the 2014 National times the Upper Limit Times (ULT) are 'NOT FASTER THAN'
Lower Limit Times (LLT) are based on the 2014 County Championship Qualifying Times.

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Presents

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Qualification Times

Female Times

		9	10	11	12	13	14	15/OV
100 Free	**LLT**		01:20.0	01:17.8	01:16.3	01:12.5	01:08.6	01:08.6
	ULT		01:02.0	01:02.0	01:02.0	01:00.2	00:59.2	00:58.3
200 Free	**LLT**	03:44.1	03:14.2	02:53.6	02:46.2	02:39.4	02:32.0	02:29.7
	ULT	02:13.1	02:13.1	02:13.1	02:13.1	02:09.4	02:07.4	02:06.2
400 Free	**LLT**	07:10.0	06:40.8	05:40.0	05:20.1	05:05.0	05:01.0	05:01.0
	ULT	04:42.7	04:42.7	04:42.7	04:42.7	04:33.4	04:26.3	04:27.1
100 Breast	**LLT**		01:47.0	01:42.2	01:37.0	01:31.6	01:26.8	01:26.8
	ULT		01:19.3	01:19.3	01:19.3	01:16.0	01:15.4	01:14.8
200 Breast	**LLT**	04:29.5	04:05.3	03:40.6	03:25.4	03:18.7	03:07.4	03:07.4
	ULT	02:52.0	02:52.0	02:52.0	02:52.0	02:43.0	02:41.4	02:43.7
100 Fly	**LLT**		01:42.0	01:35.3	01:27.7	01:22.8	01:18.3	01:18.3
	ULT		01:09.7	01:09.7	01:09.7	01:06.6	01:05.5	01:04.2
200 Fly	**LLT**	05:02.0	04:20.0	03:41.3	03:15.2	03:04.6	02:51.0	02:51.0
	ULT	02:35.2	02:35.2	02:35.2	02:35.2	02:26.9	02:24.6	02:22.3
100 Back	**LLT**		01:34.5	01:29.8	01:22.7	01:20.1	01:16.8	01:16.8
	ULT		01:10.3	01:10.3	01:10.3	01:06.8	01:04.9	01:05.1
200 Back	**LLT**	04:06.4	03:36.5	03:10.4	03:02.9	02:55.5	02:44.3	02:44.3
	ULT	02:25.8	02:28.8	02:28.8	02:28.8	02:23.5	02:19.3	02:20.1
200 IM	**LLT**	04:04.0	03:30.5	03:16.8	03:07.8	03:01.6	02:49.0	02:49.0
	ULT	02:32.5	02:32.5	02:32.5	02:32.5	02:26.1	02:24.0	02:23.9

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