



ASA East Region 2009 Youth & BAGCAT Championships

University of East Anglia Pool – Norwich
Youth: May 2nd, 3rd & 4th BAGCAT: June 6th & 7th and June 13th & 14th



QUALIFYING TIMES

Pool Length - 25m

BOYS							EVENT	GIRLS					
BAGCATs					YOUTH			BAGCATs				YOUTH	
10 Years	11 Years	12 Years	13 Years	14 Years	15/16 Years	17/OV		10 Years	11 Years	12 Years	13 Years	14/15 Years	16/OV
-	-	-	-	-	27.9	26.8	50m Freestyle	-	-	-	-	31.0	30.1
Need 200 QT	Need 200 QT	1:08.0	1:04.2	1:01.4	1:00.2	57.9	100m Freestyle	Need 200 QT	1:13.2	1:09.2	1:07.1	1:06.2	1:04.3
2:46.2	2:36.8	2:27.8	2:19.8	2:13.8	2:11.1	2:06.1	200m Freestyle	2:47.2	2:37.5	2:29.0	2:23.9	2:22.4	2:18.4
5:49.8	5:27.8	5:09.9	4:54.7	4:43.1	4:36.9	4:26.0	400m Freestyle	5:54.7	5:27.6	5:10.0	5:00.3	4:57.5	4:50.2
-	10:41.6 [†]	10:41.6	10:08.4	9:39.0	9:40.6	9:17.9	800m Freestyle	11:08.3 [†]	11:08.3	10:33.6	10:09.3	10:10.1	9:57.1
-	20:08.4 [†]	20:08.4	19:02.7	18:17.5	18:21.2	17:39.4	1500m Freestyle	21:29.5 [†]	21:29.5	20:22.6	19:35.7	19:52.5	19:12.1
-	-	-	-	-	31.7	30.3	50m Backstroke	-	-	-	-	34.9	33.9
Need 200 QT	Need 200 QT	1:16.9	1:12.3	1:08.7	1:06.7	1:03.9	100m Backstroke	Need 200 QT	1:22.0	1:17.2	1:14.4	1:13.5	1:11.3
3:05.6	2:54.1	2:44.4	2:34.9	2:27.6	2:23.8	2:18.6	200m Backstroke	3:07.6	2:53.3	2:44.4	2:39.1	2:37.2	2:32.0
-	-	-	-	-	35.2	33.7	50m Breaststroke	-	-	-	-	38.9	37.8
Need 200 QT	Need 200 QT	1:27.3	1:21.6	1:17.8	1:15.6	1:12.3	100m Breaststroke	Need 200 QT	1:33.3	1:28.1	1:24.4	1:22.4	1:20.7
3:35.1	3:20.5	3:08.6	2:56.9	2:48.2	2:44.0	2:36.8	200m Breaststroke	3:35.6	3:20.3	3:09.1	3:00.9	2:58.0	2:54.1
-	-	-	-	-	30.4	29.0	50m Butterfly	-	-	-	-	33.6	32.6
Need 200 QT	Need 200 QT	1:16.4	1:11.7	1:08.0	1:05.9	1:03.1	100m Butterfly	Need 200 QT	1:22.1	1:17.0	1:14.3	1:12.8	1:11.1
3:16.0	2:58.8	2:48.3	2:38.4	2:30.7	2:25.0	2:18.5	200m Butterfly	3:18.4	3:00.7	2:48.9	2:42.2	2:39.0	2:34.4
3:10.3	2:57.7	2:47.8	2:39.1	2:31.0	2:27.4	2:21.8	200m I.M.	3:10.6	2:58.0	2:48.3	2:43.0	2:40.7	2:36.5
6:49.0	6:17.1	5:54.2	5:36.1	5:19.8	5:11.8	5:00.3	400m I.M.	6:48.9	6:15.2	5:54.1	5:41.2	5:37.2	5:27.9

[†] These qualifying standards are only available to 11 year old boys or 10 year old girls who will be 12 and 11 respectively by 26th July for entry into the National BAGCAT Championships. These swims will NOT attract any BAGCAT Championship Points

Entry times for 50m, 100m, 200m and 400m events **must** be eligible for inclusion in the ASA Rankings database, 800m and 1500m times may have been achieved in competition or Time Trials
Entries may be rejected, at the discretion of the Promoter, There will be a maximum of 80 athletes accepted for the 800m freestyle and 48 for the 1500m freestyle

REMEMBER - AGE MEANS AGE AT 14th JUNE 2009 FOR BOTH YOUTH AND BAGCAT AGES. ALL TIMES TO BE ACHIEVED BETWEEN 1st OCTOBER 2008 and the Closing Date