



ASA East Region 2014 Winter Championships(25m)

(Under ASA Laws & ASA Technical Rules)

Inspire: Luton Sports Village - Luton
Friday 5th to Sunday 7th December 2014



QUALIFYING STANDARDS

Pool Length - 25m

<u>MEN</u>	<u>EVENT</u>	<u>WOMEN</u>
Qualifying Time		Qualifying Time
26.69	50m Freestyle	29.75
58.26	100m Freestyle	1:03.57
2:06.00	200m Freestyle	2:17.56
4:31.07	400m Freestyle	4:51.14
	800m Freestyle	10:00.26
18:10.44	1500m Freestyle	
30.61	50m Backstroke	33.87
1:05.73	100m Backstroke	1:10.88
2:22.79	200m Backstroke	2:32.64
31.20	50m Breaststroke	37.81
1:14.56	100m Breaststroke	1:21.42
2:42.30	200m Breaststroke	2:58.43
27.50	50m Butterfly	30.76
1:02.98	100m Butterfly	1:09.98
2:22.57	200m Butterfly	2:35.11
2:24.97	200m I.M.	2:36.85
5:11.09	400m I.M.	5:33.65

Entry times for all events must be eligible for inclusion in the ASA Rankings database
Entries may be rejected, at the discretion of the Promoter,

ALL TIMES TO BE ACHIEVED BETWEEN 2nd December 2013 and the Closing Date

Closing Date for Entries: midnight FRIDAY 7th November 2014