



# **ASA East Region** **2015 Winter Championships(25m)**

*(Under ASA Laws & ASA Technical Rules)*

**Inspire: Luton Sports Village - Luton**  
**Friday 6<sup>th</sup> to Sunday 8<sup>th</sup> November 2015**



## **QUALIFYING STANDARDS**

Pool Length - 25m

<b><u>MEN</u></b>	<b><u>EVENT</u></b>	<b><u>WOMEN</u></b>
<b>Qualifying Time</b>		<b>Qualifying Time</b>
26.69	<b>50m Freestyle</b>	29.75
58.26	<b>100m Freestyle</b>	1:03.57
2:06.00	<b>200m Freestyle</b>	2:17.56
4:31.07	<b>400m Freestyle</b>	4:51.14
	<b>800m Freestyle</b>	10:26.00
18.10.44	<b>1500m Freestyle</b>	
30.61	<b>50m Backstroke</b>	33.87
1:05.73	<b>100m Backstroke</b>	1:10.88
2:22.79	<b>200m Backstroke</b>	2:32.64
33.20	<b>50m Breaststroke</b>	37.81
1:14.56	<b>100m Breaststroke</b>	1:21.42
2:42.30	<b>200m Breaststroke</b>	2:58.43
27.50	<b>50m Butterfly</b>	30.76
1:02.98	<b>100m Butterfly</b>	1:09.98
2:30.00	<b>200m Butterfly</b>	2:35.11
2:24.97	<b>200m I.M.</b>	2:36.85
5:11.09	<b>400m I.M.</b>	5:33.65

**ALL TIMES TO BE ACHIEVED BETWEEN 1<sup>st</sup> January 2015 and the Closing Date**

**Closing Date for Entries: midday FRIDAY 9<sup>th</sup> October 2015**



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## DISABILITY QUALIFYING STANDARDS

MALE	EVENT & CATEGORY	FEMALE
<b>50m Freestyle</b>		
02:33.57	<b>S1</b>	02:12.53
01:44.24	<b>S2</b>	02:13.98
01:13.20	<b>S3</b>	01:37.09
01:02.29	<b>S4</b>	01:24.50
00:53.70	<b>S5</b>	00:59.04
00:49.12	<b>S6</b>	00:59.54
00:46.10	<b>S7</b>	00:54.27
00:43.49	<b>S8</b>	00:51.42
00:40.96	<b>S9</b>	00:47.54
00:39.44	<b>S10</b>	00:46.26
00:42.83	<b>S11</b>	00:51.50
00:39.92	<b>S12</b>	00:45.34
00:39.28	<b>S13</b>	00:44.61
00:42.50	<b>S14</b>	00:48.19
<b>100m Freestyle</b>		
05:29.68	<b>S1</b>	07:34.19
03:49.81	<b>S2</b>	04:41.23
02:41.73	<b>S3</b>	03:33.78
02:17.15	<b>S4</b>	03:04.53
01:59.26	<b>S5</b>	02:08.16
01:49.81	<b>S6</b>	02:06.98
01:41.92	<b>S7</b>	01:56.69
01:34.42	<b>S8</b>	01:49.70
01:30.88	<b>S9</b>	01:42.22
01:26.75	<b>S10</b>	01:39.06
01:36.78	<b>S11</b>	01:53.73
01:26.91	<b>S12</b>	01:39.17
01:26.58	<b>S13</b>	01:36.43
01:34.67	<b>S14</b>	01:47.86
<b>200m Freestyle</b>		
12:22.16	<b>S1</b>	13:43.22
08:09.46	<b>S2</b>	10:40.14
05:32.51	<b>S3</b>	07:41.36
04:55.33	<b>S4</b>	06:20.21
04:21.87	<b>S5</b>	04:35.90
03:07.11	<b>S6</b>	03:54.18
03:02.62	<b>S7</b>	03:22.70
02:56.01	<b>S8</b>	03:22.37
02:48.41	<b>S9</b>	02:50.95
02:32.32	<b>S10</b>	03:05.60

MALE	EVENT & CATEGORY	FEMALE
<b>200m Freestyle (continued)</b>		
02:42.08	<b>S11</b>	03:27.65
02:35.38	<b>S12</b>	03:01.15
02:42.14	<b>S13</b>	02:55.26
02:39.49	<b>S14</b>	02:55.50
<b>400m Freestyle</b>		
08:32.05	<b>S6</b>	09:17.94
07:59.15	<b>S7</b>	08:43.44
07:17.39	<b>S8</b>	07:55.54
06:56.42	<b>S9</b>	07:35.36
06:43.42	<b>S10</b>	07:27.10
07:33.26	<b>S11</b>	09:19.09
06:55.14	<b>S12</b>	07:58.70
07:01.74	<b>S13</b>	07:24.00
07:08.14	<b>S14</b>	08:13.26
<b>50m Butterfly</b>		
02:56.82	<b>S2</b>	
01:57.90	<b>S3</b>	02:16.58
01:16.72	<b>S4</b>	01:58.00
00:59.31	<b>S5</b>	01:19.33
00:51.79	<b>S6</b>	01:05.26
00:51.95	<b>S7</b>	01:01.58
00:39.04	<b>S8</b>	00:47.17
00:38.14	<b>S9</b>	00:43.79
00:35.10	<b>S10</b>	00:45.32
00:40.74	<b>S11</b>	00:47.26
00:36.22	<b>S12</b>	00:41.35
00:35.57	<b>S13</b>	00:40.82
00:35.33	<b>S14</b>	00:40.39
<b>100m Butterfly</b>		
01:38.45	<b>S8</b>	02:00.51
01:36.18	<b>S9</b>	01:53.57
01:35.02	<b>S10</b>	01:52.85
01:44.59	<b>S11</b>	02:38.56
01:36.80	<b>S12</b>	01:50.18
01:36.96	<b>S13</b>	01:47.09
01:42.66	<b>S14</b>	02:05.49



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MALE	EVENT & CATEGORY	FEMALE
<b>50m Backstroke</b>		
02:45.17	S1	02:11.62
01:47.70	S2	02:13.90
01:27.22	S3	01:42.98
01:17.41	S4	01:38.14
01:02.05	S5	01:11.55
00:47.59	S6	01:00.53
00:46.39	S7	00:52.10
00:43.83	S8	00:50.75
00:40.78	S9	00:44.15
00:38.58	S10	00:47.35
00:42.03	S11	00:50.06
00:39.35	S12	00:43.74
00:38.05	S13	00:44.87
00:39.60	S14	00:42.36
<b>100m Backstroke</b>		
02:03.28	S6	02:24.85
01:59.97	S7	02:18.08
01:50.75	S8	02:07.94
01:41.74	S9	01:54.05
01:40.61	S10	01:58.03
01:51.06	S11	02:20.16
01:39.33	S12	01:58.06
01:41.44	S13	01:53.58
01:51.41	S14	02:08.02
<b>50m Breaststroke</b>		
03:17.89	SB1	03:47.58
01:37.84	SB2	03:34.42
01:21.66	SB3	01:46.32
01:00.75	SB4	01:10.50
00:54.91	SB5	01:02.60
00:53.40	SB6	01:01.08
00:50.53	SB7	00:59.04
00:47.09	SB8	00:50.97
00:43.58	SB9	00:50.19
00:45.13	SB11	00:59.33
00:42.89	SB12	00:51.11
00:41.35	SB13	00:47.95

00:39.40	SB14	00:47.89
MALE	EVENT & CATEGORY	FEMALE
<b>100m Breaststroke</b>		
02:42.62	SB4	03:09.02
02:31.73	SB5	02:59.74
02:23.94	SB6	02:44.61
02:14.42	SB7	02:32.82
01:57.50	SB8	02:16.30
01:52.26	SB9	02:15.86
01:59.52	SB11	02:40.00
01:51.73	SB12	02:07.25
01:50.24	SB13	02:13.94
01:58.43	SB14	02:15.89
<b>200m IM</b>		
04:50.53	SM5	06:25.86
04:29.52	SM6	05:12.32
04:32.16	SM7	05:00.74
03:59.54	SM8	04:37.04
03:44.34	SM9	04:16.50
03:35.31	SM10	04:16.66
04:02.82	SM11	05:08.10
03:34.48	SM12	04:07.26
03:39.41	SM13	03:58.86
03:54.53	SM14	04:31.66
<b>400m IM</b>		
Need 200IM QS	SM5	Need 200IM QS
Need 200IM QS	SM6	Need 200IM QS
Need 200IM QS	SM7	Need 200IM QS
07:31.82	SM8	08:47.98
06:41.39	SM9	07:40.27
06:34.52	SM10	07:22.54
06:35.91	SM11	08:15.34
06:39.11	SM12	07:08.84
06:37.00	SM13	07:26.85
06:37.17	SM14	07:15.41