

SUFFOLK ASA COUNTY CHAMPIONSHIPS 2016 - (Age as at December 31st 2016)

License Nos: TBA - 13th,14th,20th,21st, and 28th February 2016 (Female 800M & Male 1500M - 30th January 2016)

CROWN POOLS, IPSWICH AND 800 & 1500 EVENTS AT UEA NORWICH (50M POOL)



Female Qualifying Time							EVENT	Male Qualifying times						
10 & 11	12	13	14	15	16	17+		10 & 11	12	13	14	15	16	17+
0:39.5	0:36.5	0:35.0	0:33.3	0:32.5	0:31.5	0:30.8	50 Free	0:39.9	0:35.1	0:33.0	0:31.9	0:30.5	0:29.2	0:28.0
1:24.0	1:17.8	1:11.7	1:10.7	1:09.3	1:07.2	1:05.5	100 Free	1:26.4	1:15.3	1:11.1	1:07.8	1:05.4	1:01.2	1:00.0
3:05.9	2:48.1	2:37.4	2:29.5	2:25.5	2:24.8	2:23.4	200 Free	2:55.1	2:45.3	2:38.8	2:27.0	2:21.7	2:13.2	2:09.0
6:15.0	5:48.7	5:21.9	5:11.7	5:03.2	5:00.4	4:59.6	400 Free	6:12.4	5:50.5	5:12.1	4:59.6	4:53.5	4:41.8	4:39.4
	12:28.7	11:45.5	10:51.3	10:34.4	10:30.9	10:27.7	800 Free							
							1500 Free		21:58.5	20:52.0	20:41.0	19:35.0	19:03.6	18:51.9
0:43.5	0:40.4	0:37.1	0:36.8	0:36.5	0:36.3	0:36.1	50 Back	0:45.9	0:40.8	0:37.4	0:35.1	0:34.5	0:33.8	0:32.9
1:34.5	1:25.5	1:19.8	1:15.4	1:15.1	1:14.9	1:14.7	100 Back	1:38.5	1:24.9	1:20.0	1:17.0	1:13.2	1:08.2	1:07.9
3:15.0	2:59.5	2:50.1	2:47.1	2:43.5	2:41.2	2:40.9	200 Back	3:26.5	3:11.8	2:54.2	2:43.9	2:38.2	2:28.1	2:26.3
0:51.9	0:45.9	0:44.1	0:42.2	0:41.3	0:40.9	0:40.5	50 Breast	0:55.5	0:45.5	0:40.7	0:39.7	0:39.2	0:36.5	0:35.7
1:50.1	1:40.3	1:32.8	1:30.0	1:26.0	1:23.0	1:21.0	100 Breast	1:54.7	1:36.5	1:29.9	1:26.7	1:23.5	1:17.5	1:16.4
3:52.5	3:30.7	3:20.4	3:13.5	3:07.2	3:04.7	3:02.9	200 Breast	3:59.7	3:38.4	3:11.5	3:09.3	2:52.3	2:48.5	2:45.0
0:46.4	0:42.0	0:37.9	0:36.6	0:35.5	0:35.0	0:34.7	50 Fly	0:49.9	0:43.7	0:37.8	0:35.8	0:34.9	0:32.3	0:31.0
1:40.0	1:29.6	1:22.9	1:19.7	1:16.1	1:14.3	1:13.9	100 Fly	1:35.7	1:21.3	1:16.4	1:14.8	1:12.1	1:07.1	1:05.9
3:21.2	3:07.1	2:54.3	2:49.5	2:44.7	2:42.8	2:42.2	200 Fly	3:20.7	3:06.8	2:43.0	2:38.3	2:35.8	2:31.9	2:20.1
1:38.2	1:26.0	1:23.7	1:21.0	1:18.4	1:17.8	1:16.0	100 IM	1:38.8	1:29.1	1:22.9	1:18.4	1:15.9	1:13.6	1:09.9
3:21.1	3:09.9	3:00.0	2:54.0	2:48.7	2:45.2	2:42.5	200 IM	3:24.6	3:03.2	2:52.8	2:48.2	2:40.5	2:30.7	2:25.7
	6:41.5	6:17.6	6:00.0	5:46.0	5:39.0	5:36.0	400 IM		6:49.7	6:16.5	5:56.8	5:42.7	5:35.0	5:20.6

All times to have been achieved since the end of previous County Championships.

Age at 31st December 2016

Closing date for long distance entries: 8th January 2016

Closing date for other entries: 8th January 2016

Version No: 4

Date: 10/07/2015