



# ASA East Region 2009 Winter Championships (25m)

*(Under ASA Laws & ASA Technical Rules & IPC Swimming Rules)*

**University of East Anglia Pool – Norwich**  
**Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> November 2009**

*(A Level One Licensed Meet No. ERX927)*



## QUALIFYING TIMES

TIMES TO BE ACHIEVED AFTER 1st JANUARY 2009  
POOL LENGTH 25m

MEN	EVENT	WOMEN
27.2	50m Freestyle	30.1
58.7	100m Freestyle	1:04.3
2:07.7	200m Freestyle	2:18.4
4:30.5	400m Freestyle	4:50.2
9:26.6	800m Freestyle	9:57.1
17:54.2	1500m Freestyle	19:12.1
30.6	50m Backstroke	33.9
1:05.1	100m Backstroke	1:11.3
2:20.6	200m Backstroke	2:32.0
34.2	50m Breaststroke	37.8
1:13.5	100m Breaststroke	1:20.7
2:40.3	200 Breaststroke	2:54.1
29.6	50m Butterfly	32.6
1:04.6	100m Butterfly	1:11.1
2:22.3	200m Butterfly	2:34.4
1:07.5	100m Individual Medley	1:14.4
2:24.2	200m Individual Medley	2:36.5
5:05.1	400m Individual Medley	5:27.9

Convert submitted times, where necessary, to 25 metres by use of the ASA Equivalent Performance Tables. Second decimal places should be disregarded before conversion and the conversion made to one decimal place. Times for 50m, 100m, 200m & 400m events must be achieved at a Licensed competition. Times for the 100m IM, 800m and 1500m freestyle should be achieved in competition or organised time trials. Times from Relay splits, other than the first leg, will not be accepted. Entry will be based on the above qualifying times. The 800m freestyle will be restricted to ten heats and the 1500m freestyle six heats.

Dependent on the number of entries the slowest competitors may be rejected at the discretion of the promoter.

**SEE SEPARATE FORM FOR DISABILITY INCLUSIVE QUALIFYING TIMES**