

SUFFOLK ASA COUNTY CHAMPIONSHIPS 2008 - (Age as at March 16th 2008) Licence Nos:

**License Nos: CC8005, CC8006 & CC8007 - Individual Events - March 1st, 2nd, 8th, 9th & 16th 2008
CROWN POOLS, IPSWICH AND 800 & 1500 EVENTS AT UEA NORWICH (50M POOL) February 9th & 16th**

FEMALE QUALIFYING TIMES									EVENT	MALE QUALIFYING TIMES					
9	10	11	12	13	14	15	16 / 17	18+		9	10	11	12	13	14
41.0	40.5	35.7	33.7	31.6	31.2	31.2	30.9	30.9	50 free	41.0	40.5	35.6	32.4	30.1	29.7
	200 qt	1.20.7	1.18.7	1.15.9	1.11.7	1.11.5	1.10.4	1.08.1	100 free			200 qt	1.18.5	1.13.9	1.09.9
3.26.4	3.18.6	2.53.5	2.42.7	2.37.9	2.29.8	2.29.8	2.29.8	2.24.5	200 free	3.28.4	3.20.6	2.55.5	2.42.4	2.29.8	2.24.7
7.10.0	7.05.0	6.14.6	5.52.3	5.43.2	5.30.7	5.25.5	5.18.6	5.15.6	400 free	7.12.0	7.07.0	6.17.6	5.43.5	5.29.7	4.59.6
		12.05.0	11.30.0	11.00.0	10.50.0	10.30.0	10.25.0	10.25.0	800 free				11.30.0	11.00.0	10.40.0
		21.30.0	20.30.0	20.45.0	20.10.0	20.00.0	20.00.0	19.30.0	1500 free				20.30.0	20.00.0	19.30.0
46.4	44.6	42.3	38.5	36.3	35.9	35.4	35.0	34.8	50 back	46.2	43.9	41.2	37.8	35.9	34.1
	200 qt	1.31.6	1.27.2	1.23.3	1.22.0	1.20.2	1.16.8	1.14.8	100 back			200 qt	1.24.1	1.19.9	1.17.1
3.35.0	3.28.0	3.18.5	3.04.5	2.48.7	2.37.8	2.35.4	2.33.6	2.32.4	200 back	3.37.0	3.33.0	3.31.0	2.57.0	2.46.2	2.39.2
53.2	52.5	45.9	43.1	42.2	40.4	40.3	39.7	39.4	50 breast	53.0	52.3	45.8	42.8	40.4	39.2
	200 qt	1.42.7	1.39.8	1.36.1	1.32.7	1.29.5	1.28.8	1.24.2	100 breast			200 qt	1.39.5	1.32.8	1.28.6
4.03.2	3.57.9	3.41.6	3.28.8	3.18.0	3.11.7	3.04.8	3.01.5	2.59.0	200 breast	4.05.2	3.58.6	3.42.2	3.26.2	3.12.5	2.58.7
51.3	50.2	43.9	39.6	38.1	36.0	35.5	34.8	34.6	50 fly	50.9	49.8	43.8	39.5	37.3	35.0
	200 qt	1.32.2	1.28.9	1.24.6	1.22.2	1.21.4	1.21.1	1.20.4	100 fly			200 qt	1.30.9	1.24.5	1.20.9
3.59.8	3.55.3	3.44.7	3.20.2	3.12.5	3.01.5	2.55.8	2.51.9	2.47.1	200 fly	4.02.3	3.58.7	3.30.9	3.19.0	3.01.6	2.55.3
1.46.0	1.44.7								100 im	1.46.0	1.44.7				
3.38.3	3.34.8	3.12.9	2.59.8	2.52.3	2.46.4	2.44.5	2.40.8	2.40.5	200 im	3.41.3	3.37.8	3.15.7	3.01.7	2.50.4	2.42.7
7.45.0	7.30.5	7.20.5	6.58.3	6.42.9	6.35.3	6.30.3	6.25.5	6.15.0	400 im	7.50.0	7.35.0	7.25.5	7.00.0	6.30.8	6.10.3

Any female swimmer aged 10 or male swimmer aged 11 on March 16th 2008 and 11 (female) or 12 (male) before midnight on June 15th 2008 (East Region BAGC permitted to enter 100 metre events provided they have achieved the 200 metre County Qualifying Time for that stroke. The 200 metre time will be used as t achieved WILL NOT be considered for inclusion in Finals and BAGCAT points WILL NOT be considered for BAGCAT awards.

The above times are to be achieved in a 25m pool or converted using the ASA Equivalent Performance Tables. ALL TIMES TO BE ACHIEVED FROM 2007. Entry will be based on the above qualifying times and dependent on the number of entries, the slowest competitors may be rejected at the promoter.