



ASANER Age Group Championships (25m)
21st & 22nd November 2015
Sunderland Aquatics Centre
Entry Closing Date: 30th October 2015

Boys 25m Qualifying Times				Events	Girls 25m Qualifying Times			
11 years	12 years	13 years	14 years		11 years	12 years	13 years	14 years
32.30	31.00	30.00	29.00	50m Freestyle	32.10	31.00	31.00	30.00
1.11.00	1.07.00	1.03.00	1.00.00	100m Freestyle	1.10.00	1.07.00	1.05.00	1.03.00
2.34.00	2.22.00	2.15.00	2.10.00	200m Freestyle	2.33.00	2.25.00	2.19.00	2.15.00
5.34.00	5.10.00	4.50.00	4.30.00	400m Freestyle	5.23.00	5.10.00	4.57.00	4.50.00
				800m Freestyle		10.50.00	10.20.00	9.50.00
	20.10.00	19.20.00	18.15.00	1500m Freestyle				
37.00	35.50	34.00	33.50	50m Backstroke	36.50	36.00	35.00	34.00
1.22.00	1.18.00	1.12.00	1.08.00	100m Backstroke	1.21.00	1.16.00	1.13.00	1.11.00
2.55.00	2.45.00	2.32.00	2.26.00	200m Backstroke	2.51.00	2.43.00	2.37.00	2.32.00
43.50	40.50	38.00	37.00	50m Breaststroke	42.00	41.00	40.00	39.00
1.38.00	1.29.00	1.23.00	1.20.00	100m Breaststroke	1.33.00	1.28.00	1.25.00	1.22.00
3.23.00	3.11.00	3.00.00	2.50.00	200m Breaststroke	3.16.00	3.09.00	3.02.00	2.58.00
38.00	36.00	34.50	33.00	50m Butterfly	37.00	36.00	35.00	33.50
1.25.00	1.20.00	1.15.00	1.09.00	100m Butterfly	1.22.00	1.17.00	1.14.00	1.12.00
3.20.00	2.54.00	2.40.00	2.34.00	200m Butterfly	3.10.00	3.00.00	2.46.00	2.36.00
2.54.00	2.42.00	2.33.00	2.27.00	200m Ind. Medley	2.51.00	2.45.00	2.38.00	2.33.00
6.15.00	5.44.00	5.28.00	5.20.00	400m Ind. Medley	6.10.00	5.50.00	5.42.00	5.35.00

Entry Times must be downloaded from the British Swimming Rankings

Schedule of Events					
Session 1			Session 3		
Saturday 21 st November @ 09:00			Sunday 22 nd November @ 09:00		
Boys 12-14	1500m	Freestyle	Girls 12-14	800m	Freestyle
Girls	100m	Breaststroke	Boys	100m	Breaststroke
Boys	200m	Breaststroke	Girls	200m	Breaststroke
Girls	400m	Ind. Medley	Boys	400m	Ind. Medley
Boys	100m	Freestyle	Girls	100m	Freestyle
Girls	200m	Freestyle	Boys	200m	Freestyle
Boys	50m	Backstroke	Girls	50m	Butterfly
Girls	50m	Backstroke	Boys	50m	Butterfly
Session 2			Session 4		
Saturday 21 st November @ TBC			Sunday 22 nd November @ TBC		
Boys	200m	Ind. Medley	Girls	200m	Ind. Medley
Girls	200m	Backstroke	Boys	200m	Backstroke
Boys	100m	Backstroke	Girls	100m	Backstroke
Girls	100m	Butterfly	Boys	100m	Butterfly
Boys	200m	Butterfly	Girls	200m	Butterfly
Girls	400m	Freestyle	Boys	400m	Freestyle
Boys	50m	Breaststroke	Girls	50m	Freestyle
Girls	50m	Breaststroke	Boys	50m	Freestyle

Age as on 31st December 2015
All events are HDW
Email: swimming@proudys.plus.com



ASANER Senior & Junior Championships (25m) 2015
Venue: Sunderland Aquatic Centre
21st & 22nd November Entry closing date: 30th October 2015

Session 1			Session 3		
Saturday 21st November @ 09:00			Sunday 22nd November @ 09:00		
Men	100m	Freestyle	Women	100m	Freestyle
Women	200m	Freestyle	Men	200m	Freestyle
Men	50m	Breaststroke	Women	50m	Breaststroke
Women	100m	Breaststroke	Men	100m	Breaststroke
Men	400m	Ind. Medley	Women	400m	Ind. Medley
Women	100m	Butterfly	Men	100m	Butterfly
Men	100m	Backstroke	Women	100m	Backstroke
Women	50m	Backstroke	Men	50m	Backstroke
Men	200m	Butterfly	Women	200m	Butterfly
Women	200m	Ind. Medley	Men	200m	Ind. Medley
Men	400m	Freestyle	Women	400m	Freestyle
Women	50m	Freestyle	Men	50m	Freestyle
Men	200m	Breaststroke	Women	200m	Breaststroke
Women	800m	Freestyle HDW	Men	1500m	Freestyle HDW
Men	50m	Butterfly	Women	50m	Butterfly
Women	200m	Backstroke	Men	200m	Backstroke
Men	4x100m	Medley Team HDW	Women	4x100m	Medley Team HDW
Women	4x100m	Freestyle Team HDW	Men	4x100m	Freestyle Team HDW
Session 2 Finals @ TBC			Session 4 Finals @ TBC		
Men	4x200m	Freestyle Team HDW	Women	4x200m	Freestyle Team HDW

Qualifying Times (25m)				
Entry Times must be from the British Swimming Rankings				
	Men		Women	
Senior	Junior		Senior	Junior
26.00	28.00	50m Freestyle	29.00	30.00
55.00	1.00.00	100m Freestyle	1.02.00	1.03.00
2.01.00	2.10.00	200m Freestyle	2.11.00	2.15.00
4.22.00	4.28.00	400m Freestyle	4.40.00	4.47.00
		800m Freestyle	9.40.00	9.50.00
17.35.00	18.05.00	1500m Freestyle		
29.00	33.00	50m Backstroke	32.00	34.00
1.02.00	1.07.00	100m Backstroke	1.10.00	1.11.00
2.15.00	2.25.00	200m Backstroke	2.29.00	2.32.00
34.00	37.00	50m Breaststroke	37.00	39.00
1.11.00	1.17.00	100m Breaststroke	1.19.00	1.22.00
2.35.00	2.46.00	200m Breaststroke	2.50.00	2.57.00
28.00	32.00	50m Butterfly	32.00	33.00
1.01.00	1.07.00	100m Butterfly	1.08.00	1.12.00
2.22.00	2.30.00	200m Butterfly	2.31.00	2.36.00
2.18.00	2.24.00	200m Ind.Medley	2.30.00	2.33.00
5.00.00	5.13.00	400m Ind.Medley	5.18.00	5.32.00

Junior: Age 15 years & under on 31st December 2015

Email: swimming@proudys.plus.com