



ASANER Age Group Championships (25m)

5th & 6th November 2016

Sunderland Aquatics Centre

Entry Closing Date: 21st October 2016

Boys 25m Qualifying Times			Events	Girls 25m Qualifying Times		
11 years	12 years	13 years		11 years	12 years	13 years
32.30	31.00	30.00	50m Freestyle	32.10	31.00	31.00
1.11.00	1.07.00	1.03.00	100m Freestyle	1.10.00	1.07.00	1.05.00
2.34.00	2.22.00	2.15.00	200m Freestyle	2.33.00	2.25.00	2.19.00
5.34.00	5.10.00	4.50.00	400m Freestyle	5.23.00	5.10.00	4.57.00
			800m Freestyle		10.50.00	10.20.00
	20.10.00	19.20.00	1500m Freestyle			
37.00	35.50	34.00	50m Backstroke	36.50	36.00	35.00
1.22.00	1.18.00	1.12.00	100m Backstroke	1.21.00	1.16.00	1.13.00
2.55.00	2.45.00	2.32.00	200m Backstroke	2.51.00	2.43.00	2.37.00
43.50	40.50	38.00	50m Breaststroke	42.00	41.00	40.00
1.38.00	1.29.00	1.23.00	100m Breaststroke	1.33.00	1.28.00	1.25.00
3.23.00	3.11.00	3.00.00	200m Breaststroke	3.16.00	3.09.00	3.02.00
38.00	36.00	34.50	50m Butterfly	37.00	36.00	35.00
1.25.00	1.20.00	1.15.00	100m Butterfly	1.22.00	1.17.00	1.14.00
3.20.00	2.54.00	2.40.00	200m Butterfly	3.10.00	3.00.00	2.46.00
1.26.00	1.21.50	1.18.00	100m Ind. Medley	1.23.50	1.19.50	1.18.00
2.54.00	2.42.00	2.33.00	200m Ind. Medley	2.51.00	2.45.00	2.38.00
6.15.00	5.44.00	5.28.00	400m Ind. Medley	6.10.00	5.50.00	5.42.00

Entry Times must be downloaded from the British Swimming Rankings (Levels 1-3)

Schedule of Events					
Session 1			Session 3		
Saturday 5 th November @ 09:00			Sunday 6 th November @ 09:00		
Boys 12/13	1500m	Freestyle	Girls 12/13	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 5 th November @ TBC			Sunday 6 th 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	100m	Ind. Medley	Boys	100m	Ind. Medley
Boys	100m	Ind. Medley	Girls	100m	Ind. Medley
Girls	50m	Breaststroke	Boys	50m	Freestyle

Age as on 31st December 2016

All events are HDW

Email: swimming@proudys.plus.com



ASANER Senior & Junior Championships (25m) 2016
5th & 6th November 2016
Sunderland Aquatics Centre
Entry Closing Date: 21st October 2016

Session 1 Saturday 5th November @ 09.00		
Men	100m	Freestyle
Women	200m	Freestyle
Men	50m	Breaststroke
Women	100m	Breaststroke
Men	400m	Ind. Medley
Women	100m	Butterfly
Men	100m	Backstroke
Women	50m	Backstroke
Men	200m	Butterfly
Women	200m	Ind. Medley
Men	400m	Freestyle
Women	50m	Freestyle
Men	200m	Breaststroke
Women	800m	Freestyle HDW
Men	50m	Butterfly
Women	200m	Backstroke
Men	100m	Ind. Medley
Women	4x100m	Medley Team HDW
Men	4x100m	Freestyle Team HDW
Session 2 Finals @ TBC		
Women	4x200m	Freestyle Team HDW

Session 3 Sunday 6th November @ 09.00		
Women	100m	Freestyle
Men	200m	Freestyle
Women	50m	Breaststroke
Men	100m	Breaststroke
Women	400m	Ind. Medley
Men	100m	Butterfly
Women	100m	Backstroke
Men	50m	Backstroke
Women	200m	Butterfly
Men	200m	Ind. Medley
Women	400m	Freestyle
Men	50m	Freestyle
Women	200m	Breaststroke
Men	1500m	Freestyle HDW
Women	50m	Butterfly
Men	200m	Backstroke
Women	100m	Ind. Medley
Men	4x100m	Medley Team HDW
Women	4x100m	Freestyle Team HDW
Session 4 Finals @ TBC		
Men	4x200m	Freestyle Team HDW

Qualifying Times (25m) Entry Times must be from the British Swimming Rankings (Levels 1-3)				
Men			Women	
Senior	14 & over		Senior	14 & over
26.00	28.00	50m Freestyle	29.00	29.50
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	4.30.00	400m Freestyle	4.40.00	4.50.00
		800m Freestyle	9.40.00	9.50.00
17.35.00	18.15.00	1500m Freestyle		
29.00	33.50	50m Backstroke	32.00	34.00
1.02.00	1.08.00	100m Backstroke	1.10.00	1.11.00
2.15.00	2.26.00	200m Backstroke	2.29.00	2.32.00
34.00	37.00	50m Breaststroke	37.00	39.00
1.11.00	1.20.00	100m Breaststroke	1.19.00	1.22.00
2.35.00	2.50.00	200m Breaststroke	2.50.00	2.58.00
28.00	31.50	50m Butterfly	32.00	32.50
1.01.00	1.09.00	100m Butterfly	1.08.00	1.12.00
2.22.00	2.34.00	200m Butterfly	2.31.00	2.36.00
1.04.50	1.15.00	100m Ind. Medley	1.11.50	1.15.50
2.18.00	2.27.00	200m Ind. Medley	2.30.00	2.33.00
5.00.00	5.12.00	400m Ind. Medley	5.18.00	5.35.00

Junior: Age 15 years & under on 31st December 2016

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