

BRITISH GAS SWIMMING CHAMPIONSHIPS (50M) 2010

Ponds Forge International Sports Centre, Sheffield

29th March-3rd April 2010

Qualifying Times

Boys 15/16 Born 94/95	Boys 17/18 Born 92/93	Mens Open		Women Open	Girls 15/16 Born 94/95	Girls 13/14 Born 96/97
50m	50m	50m	Event	50m	50m	50m
25.24	24.24	23.66	50m Freestyle	26.96	27.84	29.01
54.45	52.55	51.58	100m Freestyle	57.93	59.25	1.00.79
1.58.76	1.54.44	1.52.61	200m Freestyle	2.03.68	2.06.83	2.11.68
4.12.05	4.04.70	3.59.84	400m Freestyle	4.21.51	4.27.83	4.37.47
8.40.36	8.30.67	8.26.12	800m Freestyle	8.54.40	9.08.55	9.26.09
16.42.65	16.13.28	16.03.43	1500m Freestyle	17.26.18	17.28.34	18.20.93
		29.95	50m Breaststroke	34.50		
1.10.52	1.07.27	1.05.20	100m Breaststroke	1.13.11	1.14.93	1.17.40
2.31.77	2.26.03	2.22.41	200m Breaststroke	2.38.59	2.40.93	2.46.52
		25.64	50m Butterfly	29.07		
59.81	57.20	55.91	100m Butterfly	1.02.88	1.04.58	1.07.76
2.12.83	2.08.21	2.05.48	200m Butterfly	2.18.38	2.22.03	2.28.64
		27.88	50m Backstroke	31.11		
1.02.15	59.30	58.55	100m Backstroke	1.04.82	1.06.74	1.09.11
2.13.95	2.08.59	2.06.89	200m Backstroke	2.19.48	2.22.97	2.26.95
2.15.43	2.09.56	2.07.80	200m Ind. Medley	2.21.19	2.23.79	2.29.31
4.46.98	4.37.28	4.33.85	400m Ind Medley	5.01.13	5.05.51	5.13.27

Entry times must have equalled or bettered the relevant entry time in an event licensed or designated by the ASA, SASA or WASA in a 50m pool during the 12 months immediately preceding the event closing date.

For Non Olympic Events (50m Breast, Fly & Back) Junior swimmers must have achieved the Open Women's or Men's Qualifying time.

Closing date for entries 1st March 2010