

# Sussex County ASA

# Championship Consideration Times for 2009

All events at K2 Crawley

21/22nd February and 7/8th March 25m pool

8th Feb and 21st March 50m pool

Boys Age Groups

Age qualifying date 21st March 2009, the last day of the Championships

Girls Age Groups

9	10	11	12	13	14	15	16+		9	10	11	12	13	14	15+
49.60	45.20	42.10						<b>50m Back</b>	49.50	44.50					
55.80	51.10	47.30						<b>50m Breast</b>	56.20	50.40					
48.60	43.90	40.90						<b>50m Fly</b>	48.40	42.90					
42.50	39.30	36.70						<b>50m Free</b>	42.90	39.10					
		*@*	1.22.30	1.16.70	1.12.20	1.09.30	1.08.10	<b>100m Back</b>		*@*	1.27.80	1.21.70	1.18.20	1.16.30	1.15.00
		*@*	1.33.10	1.26.00	1.21.50	1.18.30	1.16.90	<b>100m Breast</b>		*@*	1.39.50	1.32.80	1.28.10	1.25.40	1.24.50
		*@*	1.22.60	1.15.90	1.11.70	1.08.50	1.07.80	<b>100m Fly</b>		*@*	1.27.70	1.21.80	1.17.70	1.15.70	1.14.80
		*@*	1.13.30	1.08.10	1.04.60	1.02.50	1.01.30	<b>100m Free</b>		*@*	1.18.10	1.13.20	1.10.10	1.08.80	1.07.80
1.49.50	1.39.90	1.33.60						<b>100m I.M.</b>	1.50.30	1.38.90					
3.54.20	3.30.20	3.12.20	2.56.40	2.44.60	2.35.90			<b>200m Back</b>	3.54.80	3.24.20	3.07.80	2.55.60	2.47.40		
4.26.90	4.00.50	3.40.90	3.22.20	3.06.70	2.56.00			<b>200m Breast</b>	4.30.50	3.54.70	3.34.20	3.19.60	3.09.30		
4.28.30	3.43.30	3.19.70	3.02.20	2.48.90	2.38.30			<b>200m Fly</b>	4.28.60	3.37.80	3.15.30	3.00.40	2.47.40		
3.30.70	3.07.40	2.53.20	2.39.20	2.28.40	2.21.00			<b>200m Free</b>	3.30.20	3.04.10	2.49.30	2.36.50	2.30.50		
*@*	3.33.00	3.16.30	3.00.90	2.48.40	2.39.60	2.33.20	2.30.80	<b>200m I.M.</b>	*@*	3.28.20	3.10.90	2.59.50	2.50.90	2.46.90	2.44.60
***	6.33.20	6.01.20	5.34.40	5.12.20	4.57.90			<b>400m Free</b>	***	6.28.50	5.53.40	5.30.40	5.14.80		
***	8.00.70	7.00.20	6.23.40	5.57.00	5.38.40			<b>400m I.M.</b>	***	7.39.80	6.48.10	6.18.40	6.00.10		
	***	13.11.00	12.08.60	11.22.8	10.48.2	10.25.1	10.13.9	<b>800m Free</b>		***	12.30.0	12.00.0	11.15.4	10.45.6	10.25.2
	***	23.00.00	22.12.20	20.38.4	19.37.6	18.59.5	18.44.5	<b>1500m F/s</b>		***	23.00.0	23.00.0	21.58.3	21.13.9	21.19.3

\*\*\* No specific swim is provided for this age group but swimmers who can achieve the time for the age group above may swim.

\*@\* swimmers who will change age by Region Qualifying date (14th June 2009) may enter for time only swims using the next age group's qualifying times

## Mens Championship

	Junior	Senior		Junior	Senior
<b>50m Back</b>	32.80	31.00	<b>100m I.M.</b>	1.12.40	1.08.50
<b>50m Brst</b>	36.40	34.50	<b>200m Back</b>	2.29.30	2.21.00
<b>50m Fly</b>	31.50	29.80	<b>200m Brst</b>	2.50.10	2.40.90
<b>50m Free</b>	29.00	27.40	<b>200m Fly</b>	2.31.50	2.23.20
<b>100m Back</b>	1.09.30	1.05.50	<b>200m Free</b>	2.15.80	2.08.20
<b>100m Brst</b>	1.18.30	1.14.00	<b>200m I.M.</b>	2.33.20	2.24.60
<b>100m Fly</b>	1.08.50	1.04.70	<b>400m Free</b>	4.47.90	4.31.70
<b>100m Free</b>	1.02.50	59.10	<b>400m I.M.</b>	5.24.60	5.06.30

## Ladies Championship

	Junior	Senior		Junior	Senior	
<b>50m Back</b>		36.30	34.30	<b>100m I.M.</b>	1.19.60	1.15.20
<b>50m Brst</b>		40.10	37.90	<b>200m Back</b>	2.42.80	2.33.70
<b>50m Fly</b>		34.70	32.90	<b>200m Brst</b>	3.04.00	2.53.80
<b>50m Free</b>		32.00	30.30	<b>200m Fly</b>	2.45.00	2.36.00
<b>100m Back</b>		1.16.30	1.12.10	<b>200m Free</b>	2.28.00	2.19.70
<b>100m Brst</b>		1.25.40	1.20.70	<b>200m I.M.</b>	2.46.90	2.37.60
<b>100m Fly</b>		1.15.70	1.11.60	<b>400m Free</b>	5.08.00	4.50.60
<b>100m Free</b>		1.08.80	1.05.00	<b>400m I.M.</b>	5.50.20	5.30.60

There will be 800m Girls & 1500m Boys 8th Feb & Boys 800m and Girls 1500m on 7th March both Open & Junior Championships swum Long Course for NQT opportunity.

For 2009 all Open & Junior Championships will be have FINALS for 50m & 100m event and will be swum HDW for events of 200m and over.

Age Group Championships will have finals for 50m & 100m for each age group. 200m and over events will be HDW.

JUNIORS are age 16 and under

BAGCAT points will be awarded from the heats and medals from the FINALS where appropriate for the events recommended by the ASA for counties.

BAGCAT awards will be given for the first three in each age group 9/14 boys and 9/13 girls for the best aggregate points for the best swim in each category.