



ATLANTIS SWIMMING CLUB, HORSHAM
 (Affiliated to South East Region A.S.A.)

25th November 2009

For Immediate Release

NEWSFLASH

The qualifying times for the 2010 ASA South East Region Youth Championship to be held on Saturday/Sunday 1st and 2nd May have now been published. These are set out below. The Championship is for Girls 14 years and over and Boys 15 years and over. The South East Region has yet to confirm the championship venue, which has in previous years been held at the Aldershot Garrison pool. Qualifying times for the Regional Age Group Championship have yet to be published. These will be posted on the website when they are available.

ASA SER Youth Qualifying Times 2010

Boys/Men	15	16	17+	Girls/Ladies	14	15	16+
50 Freestyle	27.0	26.4	26.0	50 Freestyle	29.8	29.3	29.0
100 Freestyle	58.3	56.9	56.2	100 Freestyle	1.03.7	1.02.8	1.02.5
200 Freestyle	2:06.7	2:03.7	2:02.4	200 Freestyle	2.18.1	2.15.9	2.14.6
400 Freestyle	4:28.7	4:22.9	4:19.2	400 Freestyle	4.48.3	4.43.8	4.42.1
800 Freestyle	9.06.6	8.59.6	8.59.6	800 Freestyle	9.51.5	9.44.8	9.40.3
1500 Freestyle	17.16.3	17.04.7	17.04.1	1500 Freestyle	19.06.0	18.44.7	18.30.4
50 Breast	34.5	33.5	33.1	50 Breaststroke	37.9	37.2	36.9
100 Breaststroke	1.14.0	1.12.1	1.11.0	100 Breaststroke	1.20.3	1.19.3	1.18.9
200 Breaststroke	2.40.6	2.37.1	2.34.1	200 Breaststroke	2.53.4	2.51.2	2.50.0
50 Butterfly	29.7	29.1	28.5	50 Butterfly	32.7	32.0	31.7
100 Butterfly	1.04.6	1.03.3	1.02.0	100 Butterfly	1.10.9	1.10.1	1.09.5
200 Butterfly	2.22.6	2.20.0	2.16.4	200 Butterfly	2.34.9	2.31.9	2.30.9
50 Backstroke	30.8	29.8	29.6	50 Backstroke	33.8	33.4	33.0
100 Backstroke	1.05.1	1.03.6	1.02.5	100 Backstroke	1.11.2	1.10.9	1.09.4
200 Backstroke	2.20.2	2.17.3	2.15.7	200 Backstroke	2.32.4	2.29.5	2.27.8
200 IM	2:23.5	2.20.2	2.18.2	200 IM	2.35.8	2.33.5	2.32.3
400 IM	5.03.8	4.57.8	4.53.6	400 IM	5.26.8	5.22.1	5.17.8

25m pool times

Times MUST have been achieved at a Licensed meet [level 1,2 or 3] since 1st Oct 2009