

ASA Long Course Championships
Ponds Forge International Sports Centre, Sheffield
31st July – 5th August 2007

Qualifying Times
Long Course Times only – No conversions.

(Youth swimmers qualify using the times set for the ASA National Youth Championships. (Long & Short Course), except for the 50 metre Form Stroke events where they must achieve the Mens/Womens time.)

MENS		WOMENS	
50m Time	Event	50m Time	
24.94	50m Free	27.49	
55.05	100m Free	1.00.32	
2.00.74	200m Free	2.11.02	
4.15.63	400m Free	4.34.36	
8.47.21	800m Free	9.20.51	
16.53.02	1500m Free	17.56.85	
31.35	50m Breast	34.69	
1.08.56	100m Breast	1.14.86	
2.28.43	200m Breast	2.40.67	
26.83	50m Fly	29.30	
58.95	100m Fly	1.04.39	
2.11.22	200m Fly	2.21.41	
28.65	50m Back	31.83	
1.01.46	100m Back	1.07.34	
2.12.99	200m Back	2.23.41	
2.15.33	200m I.M.	2.26.81	
4.47.40	400m I.M.	5.08.07	

Qualifying swims must have taken place at the British Long Course Championships 2007 or ASA Licensed Long Course Meets (levels 1 & 2) or SASA or WASA equivalent held between 1st October 2006 and 31st May 2007 and ASA Regional BAGCAT Championship meets held in June 2007..