

British Gas ASA National Championships (50m)
Ponds Forge International Sports Centre, Sheffield
14th – 17th June 2011

Qualifying Times
Long Course Times only – No conversions.

MENS		WOMENS	
50m Time	Event	50m Time	
24.22	50m Free	27.42	
52.55	100m Free	58.88	
1.54.75	200m Free	2.06.36	
4.04.77	400m Free	4.26.13	
	800m Free	9.09.59	
16.24.83	1500m Free		
30.76	50m Breast	34.83	
1.06.89	100m Breast	1.14.83	
2.26.08	200m Breast	2.41.17	
26.11	50m Fly	29.46	
57.32	100m Fly	1.04.41	
2.08.02	200m Fly	2.21.97	
28.35	50m Back	31.60	
1.00.00	100m Back	1.06.41	
2.10.27	200m Back	2.21.95	
2.10.22	200m I.M.	2.23.54	
4.40.24	400m I.M.	5.04.15	

All competitors must have equalled or bettered the entry time in an event designated or licensed by the ASA, SASA or WASA for entry into National competitions or, for foreign competitors, approved by their Federation. Times must have been achieved since 1st October 2010.

Entries Close 12noon Wednesday 25th May 2011