

## City of Sunderland ASC National Qualifier - Long Course Qualifying Times

Boys 10/11 Years 12 years 13 years 14 years 15 years 16/over  
 Girls 10/11 Years 12 years 13 years 14 years 15 years 16/over

**Minimum Permitted Qualifying Times (must be FASTER or EQUAL to these times)**

### MALE/OPEN

	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
10/11	43.0	1:20.0	2:58.8	6:04.0	12:34.6	24:59.7	1:31.8	3:16.0	1:43.5	3:43.1	1:31.8	3:18.5	3:18.3	6:58.8
12	40.0	1:17.0	2:44.8	5:46.1	11:55.0	22:35.5	1:27.2	3:04.7	1:38.9	3:29.2	1:26.0	3:04.9	3:06.8	6:34.7
13	38.0	1:15.0	2:36.6	5:29.8	11:25.8	21:31.6	1:21.7	2:54.3	1:32.1	3:19.5	1:22.0	2:59.0	2:59.7	6:14.4
14	35.5	1:13.0	2:29.6	5:15.0	11:10.0	20:34.0	1:17.0	2:46.3	1:27.1	3:06.5	1:18.0	2:49.0	2:50.8	5:57.3
15	34.0	1:10.0	2:24.7	5:05.6	11:00.5	19:52.1	1:14.2	2:40.0	1:23.4	2:59.4	1:14.0	2:44.0	2:42.4	5:44.2
16/OV	31.0	1:07.0	2:20.3	4:57.1	10:51.0	19:22.7	1:12.3	2:35.4	1:20.9	2:55.6	1:11.0	2:36.0	2:37.9	5:35.6

### FEMALE

	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
10/11	44.0	1:21.3	2:59.4	6:01.4	12:34.6	24:59.7	1:31.9	3:16.0	1:43.6	3:41.6	1:30.9	3:19.6	3:19.3	6:57.3
12	41.4	1:18.0	2:46.5	5:46.8	11:55.0	22:35.5	1:28.5	3:05.6	1:38.2	3:28.9	1:24.9	3:06.7	3:08.8	6:34.9
13	39.0	1:16.0	2:40.2	5:34.3	11:25.8	21:31.6	1:24.7	2:59.3	1:32.8	3:19.5	1:21.2	3:01.5	3:01.8	6:20.6
14	36.0	1:14.0	2:36.1	5:26.0	11:10.0	20:34.0	1:21.6	2:54.8	1:31.0	3:12.7	1:18.3	2:53.0	2:57.3	6:12.0
15	34.2	1:11.6	2:33.1	5:18.8	11:00.5	19:52.1	1:19.9	2:51.0	1:29.5	3:10.7	1:16.9	2:50.7	2:53.9	6:05.2
16/OV	32.2	1:10.8	2:31.5	5:16.2	10:51.0	19:22.7	1:19.1	2:48.9	1:28.1	3:09.8	1:15.8	2:48.3	2:51.9	6:00.8