

**ASA National BAGCAT & Youth Championships 2009**  
**Ponds Forge International Sports Centre, Sheffield**  
**BAGCAT: 22<sup>nd</sup> –26<sup>th</sup> July (age as at 26<sup>th</sup> July 2009) Youth: 28<sup>th</sup> –2<sup>nd</sup> August (age as on 2<sup>nd</sup> Aug 2009)**  
**Long & Short Course Qualifying Times (800m & 1500m Freestyle Long Course qualifying only)**

Boys								Event	Girls							
11 years 50m	11 years 25m	12 years 50m	12 years 25m	13 years 50m	13 years 25m	14 years 50m	14 years 25m		11 years 50m	11 years 25m	12 years 50m	12 years 25m	13 years 50m	13 years 25m		
*	*	1:02.38	1:00.25	59.54	57.53	57.97	56.17	100m Freestyle	1:07.15	1:04.95	1:04.35	1:02.36	1:02.94	1:01.09		
2:24.01	2:18.94	2:15.71	2:11.04	2:10.01	2:05.58	2:05.94	2:01.87	200m Freestyle	2:24.96	2:20.25	2:19.03	2:14.67	2:15.19	2:11.20		
5:00.71	4:50.14	4:44.99	4:35.03	4:33.87	4:24.49	4:25.24	4:16.76	400m Freestyle	5:01.01	4:51.08	4:49.43	4:40.34	4:42.16	4:33.79		
		9:55.93		9:32.67		9:15.25		800m Freestyle	10:25.59		9:57.54		9:40.46			
		18:50.51		18:06.33		17:33.25		1500m Freestyle	20:25.14		19:25.36		18:36.97			
*	*	1:11.78	1:09.37	1:08.09	1:05.86	1:05.26	1:03.24	100m Backstroke	1:16.70	1:14.28	1:12.80	1:10.54	1:11.27	1:09.22		
2:42.68	2:37.19	2:33.83	2:28.60	2:26.13	2:21.27	2:21.27	2:16.92	200m Backstroke	2:42.90	2:37.65	2:35.58	2:30.79	2:31.81	2:27.41		
*	*	1:22.06	1:19.33	1:17.42	1:14.92	1:13.66	1:11.40	100m Breaststroke	1:26.81	1:24.08	1:22.07	1:19.55	1:19.14	1:16.82		
3:06.42	3:00.19	2:55.23	2:49.39	2:48.07	2:42.73	2:38.89	2:34.03	200m Breaststroke	3:04.85	2:58.91	2:56.62	2:51.28	2:50.41	2:45.38		
*	*	1:09.69	1:07.40	1:06.09	1:03.93	1:03.38	1:01.46	100m Butterfly	1:15.19	1:12.84	1:11.26	1:09.09	1:09.01	1:07.01		
2:49.41	2:43.91	2:35.29	2:30.16	2:26.05	2:21.26	2:20.07	2:15.80	200m Butterfly	2:48.76	2:43.54	2:36.89	2:32.17	2:31.29	2:26.92		
2:43.74	2:38.21	2:34.80	2:29.54	2:27.56	2:22.63	2:22.72	2:18.22	200m Ind. Medley	2:44.65	2:39.37	2:36.95	2:32.07	2:33.25	2:28.75		
5:47.65	5:35.66	5:27.17	5:15.99	5:12.83	5:02.44	5:02.44	4:52.96	400m Ind. Medley	5:44.95	5:33.95	5:29.47	5:19.24	5:21.18	5:11.77		
Boys								Event	Girls							
15 yrs 50m	15 yrs 25m	16 yrs 50m	16 yrs 25m	17 yrs 50m	17 yrs 25m	18 yrs 50m	18 yrs 25m		14 yrs 50m	14 yrs 25m	15 yrs 50m	15 yrs 25m	16 yrs 50m	16 yrs 25m	17 yrs 50m	17 yrs 25m
26.21	25.50	25.57	24.91	25.52	24.89	25.52	24.89	50m Free	28.94	28.16	28.55	27.83	28.44	27.75	28.44	27.75
56.71	55.10	55.65	54.17	55.16	53.75	55.16	53.75	100m Free	1:01.92	1:00.21	1:01.52	59.93	1:01.13	59.63	1:00.74	59.30
2:02.94	1:59.38	2:00.89	1:57.65	1:59.56	1:56.47	1:59.56	1:56.47	200m Free	2:13.23	2:09.46	2:11.62	2:08.22	2:11.00	2:07.77	2:09.79	2:06.63
4:21.27	4:13.91	4:16.35	4:09.48	4:14.72	4:08.08	4:14.72	4:08.08	400m Free	4:38.26	4:30.45	4:36.07	4:28.82	4:34.35	4:27.49	4:32.66	4:26.03
9:05.71		8:56.60		8:52.62		8:52.62		800m Free	9:34.24		9:29.99		9:24.64		9:24.64	
17:13.43		16:57.85		16:57.49		16:57.49		1500m Free	18:24.34		18:16.95		18:05.03		18:05.03	
1:03.78	1:01.98	1:02.74	1:01.11	1:02.32	1:00.79	1:02.32	1:00.79	100m Back	1:10.15	1:08.25	1:09.22	1:07.42	1:08.84	1:07.14	1:08.40	1:06.76
2:17.78	2:13.86	2:14.88	2:11.31	2:13.50	2:10.15	2:13.50	2:10.15	200m Back	2:29.53	2:25.45	2:27.17	2:23.33	2:26.22	2:22.59	2:25.76	2:22.23
1:11.93	1:09.93	1:10.55	1:08.70	1:09.13	1:07.43	1:09.13	1:07.43	100m Breast	1:17.96	1:15.80	1:17.70	1:15.72	1:17.24	1:15.35	1:17.24	1:15.35
2:35.00	2:30.62	2:35.00	2:30.62	2:30.13	2:26.40	2:30.13	2:26.40	200m Breast	2:46.83	2:42.25	2:45.83	2:41.49	2:45.83	2:41.49	2:45.83	2:41.49
1:01.71	59.99	1:00.52	58.92	59.82	58.33	59.82	58.33	100m Fly	1:08.03	1:06.18	1:07.16	1:05.44	1:06.79	1:05.17	1:06.32	1:04.69
2:16.42	2:12.51	2:14.13	2:10.60	2:12.66	2:09.36	2:12.66	2:09.36	200m Fly	2:27.98	2:23.94	2:27.25	2:23.49	2:26.74	2:23.14	2:26.74	2:23.14
2:19.39	2:15.45	2:16.70	2:13.03	2:15.23	2:11.80	2:15.23	2:11.80	200m I.M.	2:31.08	2:26.89	2:29.22	2:25.39	2:28.20	2:24.58	2:27.58	2:23.99
4:55.75	4:47.43	4:50.87	4:43.20	4:49.14	4:41.73	4:49.14	4:41.73	400m I.M.	5:17.50	5:08.69	5:14.10	5:05.84	5:12.96	5:05.17	5:11.34	5:03.89

\*These events do not have a qualifying time. Entry will only be open to those swimmers with a qualifying time on the corresponding 200m event.

Qualifying swims must have taken place at (a) ASA Licensed Meets, levels 1 & 2, and authorised Foreign Competitions, between 1<sup>st</sup> October 2008 and 31<sup>st</sup> May 2009, or  
 (b) ASA Regional BAGCAT Championship meets held in June 2009 or SASA & WASA Equivalent competitions held before the closing date.