



**A brief guide to  
competitive swimming  
with the club**

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## **The Competition Cycle**

As a parent new to the club, to training and to competitive swimming, the following paragraphs aim to help explain the annual cycle of training, qualifying, competing, and progressing. Whilst we are always finding new ways to ensure our swimmers have fun, we are a competitive swimming club and our training schedule is planned to ensure our swimmers reach their full potential by being in the best physical shape at key times during the year.

The online club database holds details of all our swimmers best times, so be sure to access this regularly to monitor progress and improvements.

## **Times and Personal Bests**

For those that don't know PB means Personal Best. You may soon start to think there is a bit of an obsession with PB's. There is, and you will soon get sucked in if your child is keen. No matter how gifted a swimmer is, their physical development and club training will lead to a steady stream of PB's as they develop.

PB's are recorded in the club database but you are also encouraged to keep a record yourself. This way you can compare swimming results immediately at galas as PB's can be recorded at any time e.g. galas, club championships, Lincs League galas. Keep your records up to date at [www.louth-dolphins.org.uk](http://www.louth-dolphins.org.uk)

The ASA maintains a database of all official times recorded at licensed open meets. (When the details of the galas are posted they say whether or not it is licensed). Once your child has recorded some times at a licensed gala you can go to the ASA web site to see where your child is ranked at county, regional and national level. <http://www.swimming.org/britishswimming/results-and-rankings>

It's at that point you realise how many competitive swimmers there are, and just how good many of them are. There are around 400,000 competitive swimmers in the UK, of which about 20 go to the Olympics!

## **County Championships (Ages 9+)**

A key objective for a competitive swimmer is to compete at the Lincolnshire ASA County Championships held each March. To qualify, the swimmer must record a time faster than the published consideration time [*Appendix A*] in any of the recognised strokes and distances.

There is a qualification window which runs from 1st July through to early January the following year, during which time all qualifying swims must be achieved. In essence, a swimmers history is reset on July 1st, and new qualification times must be established for each of the championship events.

Note also that the swimmer must achieve a time appropriate to their age as at the last day of the County Championships. For example a 9 year old swimmer born in February would have to qualify during the qualification

window using Age 10 qualifying times, because they would then contest the County Championship the following March as a 10 year old.

Although the club holds its own gala's, such as the Club Champs and the annual Sprint Gala, County qualifying times can also be achieved at almost any meet, such as the Lincs Junior and Senior League gala's, or any of the numerous open meets held around the country. The club targets a number of Open meets to provide swimmers with lots of opportunities during the 'window' to qualify for the Counties.

With this in mind, it's really important that swimmers take every opportunity to compete in the events the club run and/or attend.

We also encourage parents to attend other Open meets if they wish; just have a chat with one of the coaches before you do, so they can give you advice about the application process and what to expect on the day of the meet.

### **Midland Championships (Ages 10+)**

Talented and hard working swimmers will aim to compete in the Regional ASA Championships, and will need to record a swim faster than the Regional consideration times [*Appendix B*] in order to do so. Swimmers often refer to this as a Midlands time, as that is our region. The qualification window for Regional times runs from the 1st October through to early April for the Youth, and early May for the Age Group Championships – which is why the County Championships are held early in the year. Qualifying times can be achieved during the 'window' at an officially licensed Level 1-3 meet, such as the Counties, and any of the numerous open meets held around the country.

The Midlands Youth Championships for swimmers aged 15 and over are held late April/early May.

The Midland Age Group Championships for swimmers aged 10-14 are held in June each year.

### **National Championships (Ages 11+)**

The very best swimmers go on to achieve National Qualifying Times [*Appendix C*] and to compete in the National Age Group Championships held at Ponds Forge in July. This is the top level of swimming for swimmers aged 11-13 (girls) and 11-14 (boys). It is immediately followed by the National Youth Championship for girls 14+ and boys 15+. Although the Midland Championships are the most common route to a National qualifying time, qualifying times can also be achieved during the 'window' at any officially licensed Level 1 or 2 meet.

The qualification window for National times runs from the 1st October through to late June and early July for the Age Group and Youth Champs respectively.

Let's hope you need to find out more about the National Championships in the future.

## **Open Meets - An Explanation**

Meets do not have to be licensed, but where they are specific ASA guidelines must be followed. Licensed meets are graded level 1-4. Electronic timing must be used at level 1-3 meets. Results from these must be submitted to the ASA for inclusion in the National Rankings database which can be accessed at <http://www.swimming.org/britishswimming/results-and-rankings>

### **Level One Meets**

Level 1 is aimed at National qualifiers, or swimmers close to National qualification, looking for opportunities to achieve National qualifying times for National events. These meets will have qualifying times for entry, which will be just below the national times – minimum standard equivalent to the “A” graded qualifying times as published on the British Swimming website. [Appendix D]

- National qualifying times are accepted from meets licensed at Level 1 & 2
- Regional qualifying times are accepted from meets licensed at Level 1, 2, & 3
- Pools must be either 25m or 50m long

### **Level Two Meets**

Level 2 is aimed at Regional qualifiers and will have qualifying times and upper limit times. Access to the ASA ranking information could be used to enable meet organisers to verify that entry times submitted fall within the stated range.

Swimmers who achieve a National qualifying time at a Level 2 meet may use that time for entry into National competitions.

- These meets will have qualifying times and upper limit qualifying times - upper limit qualifying times should not be faster than ASA Age Group & Youth Qualifying Times for their respective age group.
- National qualifying times are accepted from meets licensed at Level 1 & 2
- Regional qualifying times are accepted from meets licensed at Level 1, 2, & 3
- Pools must be 25m or 50m long

### **Level Three Meets**

Level 3 is for club swimmers who are looking to achieve Regional qualifying times and again would have qualifying and upper limit times set at an appropriate level. These meets would provide a programme throughout the year to support the requirements of swimmers below Regional level.

- Meets include graded meets at “A”, “B” and “C”, and Sprint Meets.
- Regional qualifying times are accepted from meets at Level 1, 2, & 3

Level 3 galas are generally aimed at B/C Grade swimmers

### **Level Four Meets**

Level 4 meets are intended for club swimmers, those beginning competition and those swimmers wishing to achieve a County qualifying time. Note that Regional Qualifying Times cannot be accepted from L4 meets. Note that there are very few, if any, Level 4 meets held.

### **Unlicensed Meets**

Meets include Sportsman's Week, Club Championships and Lincs League gala's, all of which provide opportunities to achieve County Qualifying Times.

### **BAGCATS**

Rather than specialise in one event, the Amateur Swimming Association (ASA) believes that each swimmer should compete in a number of events to help fully develop their swimming potential. In the UK, events are divided into categories - the British Age Group Categories or BAGCATS for short.

BAGCATS is a points system for establishing who the best swimmers really are within their age group at a particular competition. It also promotes swimmers competing in a variety of strokes in accordance with Long Term Athlete Development. **Success is Long Term** is an ASA document that fully explains Long Term Athlete Development related to the Journey through Swimming.

For every race that a BAGCAT swimmer competes in at each County, Regional and National Championships, they will be awarded BAGCAT points depending on their age group, how fast they swam plus the stroke and distance.

How these points are arrived at is a science in itself, based on world records and long term averages. However, what it is important to know is that generally the tougher and longer distance events will give more points than the shorter easier ones. Some swimming clubs set their whole training regime around BAGCAT points scoring potential.

Now every swim has points, are they just added together? No – that would be too easy and would just mean that the swimmer with more swims is likely to win. So, the swimming events are divided into categories each of which has their own individual way of testing the swimmer.

Categories vary slightly depending on the swimmer age and whether at County, Regional or National level but essentially fall into the following groups:

**1. Freestyle** – All swimmers are expected to be proficient at this stroke and this therefore has its own category – Distances are 200m 400m 800m or 1,500m depending on age.

**2. Form Stroke** – Either butterfly, backstroke or breaststroke. Every swimmer is expected to be particularly proficient in something other than freestyle. Distances are always 200m.

**3. Sprints** – All strokes. Distances are 50m for county, 100m for Regional and National. This tests the swimmers sprinting ability.

**4. Medley** – All swimmers are expected to be able to swim all strokes. Distances are 100m, 200m and 400m for County and 200m and 400m for Regional / National.

**5. 100's** – An additional sprint category for short course County BAGCATS only.

**Success is Long Term** includes the specific detail of the BAGCAT categories across all ages and competition levels.

Points for each swim are assigned to the relevant category but it is always the **HIGHEST** points only that go towards the total of the five added together. So if a swimmer gets 315 points from a 200 backstroke and then gets 330 points from a 200 breaststroke, then only the 330 points from the breaststroke swim will stand in the Form Stroke category.

In order to compete for top positions in the overall BAGCAT competition, it is essential that the swimmer enters events in all 4 categories.

**The importance of doing well in overall BAGCAT scoring cannot be over-emphasised. British Swimming's talent ID programme will always look at BAGCAT rankings rather than individual event winners, this being a clear indication that these competitors are more likely to develop into better swimmers.**

So, why is this system only used for swimmers up to 14 year old boys and 13 year old girls?

Most importantly it is to ensure that swimmers do not specialise in one stroke at an early age. A swimmer's best stroke at age 9 may not necessarily be their best stroke one or two years later and the BAGCAT system with its requirement to swim Medleys is specifically designed to accommodate this. The Form Stroke category also ensures that variety is maintained by swimmers having to be proficient at more than one stroke.

When swimmers move into their mid to late teens, their bodies become fully developed (girls sooner than boys – hence the difference in BAGCAT upper ages) and they should start to specialise in strokes and distances. Therefore beyond BAGCAT ages, swimmers will compete at County, Regional and National events at individual events.

A summary of BAGCAT points and age group placing are issued at regular intervals throughout competitions. If you find you are near the top places at

any point, BEWARE of the swimmer who has not yet swum in a category and leaves it until the last session to add a few hundred points to their total. It is a fair system, but it can be quite cruel.

Swims at the Lincolnshire County Championships are our principal BAGCAT event so it's important to try and achieve as many CQT performances as possible during the qualification window.

The latest Lincolnshire BAGCAT point's totals can be found at [www.lincscountyasa.org](http://www.lincscountyasa.org)

### **Lincs Junior League (Ages 9+)**

The club contests this league dedicated to our younger swimmers. Age groups are 9yrs, 10yrs and under (10/u), 11yrs and under (11/u), 12yrs and under (12/u). The age criteria for 9 yrs swimmers is age on date of the last round of Lincs Junior League (i.e. 10<sup>th</sup> Sep 2011) For all other swimmers (10, 11 12 yrs) it's their age at 30<sup>th</sup> November in the year of the competition.

The Hughs Sports Shield is presented to the winning team on completion of the final gala, and the league is contested via three rounds of two galas each round, with both galas taking place on the same date at different venues. At each of the three rounds of galas, league position points are awarded on the basis of 6pts for 1<sup>st</sup> place, 5pts for 2<sup>nd</sup> place and so on.

The third round comprises a winner's gala for the 6 teams which have accumulated the most league position points from the previous rounds, and they shall be awarded 10 bonus league position points. The remaining teams shall participate in a consolation gala. All third round galas are swum in a spearhead formation dependent on the league positions after the 2<sup>n</sup> round.

Swimmers are allowed to swim in 3 individual events with 2 in their own age group, plus any number of relays, except for 9 year olds who are limited to 2 individual races in their own age group and 12 year olds who can only swim 3 individual events within their own age group.

Also 9 year olds can only swim in team races for 9 and 10 yr olds. For obvious reasons swimmers may not swim down an age group.

Louth finished 7<sup>th</sup> overall in 2010, and were 3<sup>rd</sup> in 2009

### **Lincs Senior League (Ages 10+)**

The age groups in this league are 10 years, 12/u, 14/u and Open.

The 10 years and 12/u swim 50 metres in Freestyle, Backstroke, Breaststroke and Butterfly whilst the 14 years and under and Open age groups swim 100 metres in the four events. All age groups swim two relays, one freestyle and one medley. The 10 years age group relays are 4x25m all other age groups are 4x50m.

The rules for the age groups are that a swimmer may swim no more than two events in his/her own age group and one event as an open swimmer, except open swimmers who may swim three events.

A swimmer may swim in an age group above but for the whole of the gala will be treated as that age. E.g. a swimmer who is 11 may swim in the 14/u age group but may not swim in the 12/u age group.

As always it is important that swimmers are available for all rounds of the Lincs Leagues where possible.

Louth finished 4<sup>th</sup> in 2010, and were 3<sup>rd</sup> in 2009

### **Arena National League (Ages 11+)**

This League is the premier league that we enter as a Club. There are two divisions to the league, and Louth competes in Division 1. As such, we swim against the best Clubs in the East Midlands Area and, as always, the criterion for selection is to select the fastest team possible from within each age group.

The age groups are 10-11 years old, 13/u, 15/u and Open. Distances swum are 50m for the 10-11 year olds and 100m for all other age groups. The relays are all 4x50m. Each age group swims events in the four strokes plus a freestyle relay and a medley relay with the exception of the Open age group who have an individual 200m IM event.

Swimmers may swim two events in their own age group plus one event in a higher age group except the open age group who may swim three events. There is no restriction on relays.

To be able to select the best team for the Club it is important that all swimmers are available for selection.

According to the published results, Louth finished 9<sup>th</sup> in 2010

### **National Inter County Team Championship (Ages 12+)**

Held at Ponds Forge in mid-October, the Inter County Team Champs is contested by swimmers between the ages of 12 and 17. The team consists of the top swimmers in the county according to the Lincs ASA rankings table which can be found at <http://www.lincscountyasa.org/>

# Appendix A

**LINCOLNSHIRE COUNTY AMATEUR SWIMMING ASSOCIATION  
CONSIDERATION TIMES 2011  
(TIMES TO BE ACHIEVED AFTER 30/6/2010)**

<b>BOYS</b>	<b>9YRS</b>	<b>10YRS</b>	<b>11YRS</b>	<b>12YRS</b>	<b>13YRS</b>	<b>14YRS</b>	<b>15YRS</b>	<b>16+YRS</b>
<b>50m Free</b>	42.8	39.3	35.8	33.8	32.0	30.6	29.3	28.0
<b>100m Free</b>	XXXXX	XXXXX	XXXXX	1.16.0	1.11.0	1.07.0	1.05.5	1.01.0
<b>200m Free</b>	3.38.0	3.09.0	2.53.0	2.42.0	2.31.0	2.24.0	2.20.0	2.17.0
<b>400m Free</b>	6.50.0	6.25.0	5.56.0	5.28.0	5.12.0	4.55.0	4.55.0	4.46.0
<b>800m Free</b>	XXXXX	XXXXX	11.40.0	11.20.0	10.45.0	10.20.0	10.10.0	10.00.0
<b>1500m Free</b>	XXXXX	XXXXX	21.20.0	21.00.0	20.10.0	19.40.0	19.20.0	19.00.0
<b>50m Back</b>	51.5	45.5	42.2	40.3	37.9	36.6	35.6	35.0
<b>100m Back</b>	XXXXX	XXXXX	XXXXX	1.27.4	1.23.6	1.17.7	1.17.0	1.12.5
<b>200m Back</b>	3.53.0	3.28.0	3.12.0	3.03.0	2.53.0	2.46.0	2.43.0	2.36.0
<b>50m Breast</b>	57.7	53.0	48.9	45.8	43.0	41.5	40.3	37.8
<b>100m Breast</b>	XXXXX	XXXXX	XXXXX	1.39.0	1.34.0	1.30.0	1.26.4	1.23.5
<b>200m Breast</b>	4.23.0	3.55.5	3.42.0	3.31.0	3.17.0	3.07.5	3.04.0	3.01.0
<b>50m Fly</b>	57.8	49.2	44.4	41.0	38.5	35.0	34.0	31.5
<b>100m Fly</b>	XXXXX	XXXXX	XXXXX	1.38.0	1.30.2	1.24.5	1.19.8	1.13.4
<b>200m Fly</b>	5.20.0	4.20.0	4.00.0	3.25.0	3.10.0	3.10.0	3.05.0	2.54.0
<b>100m IM</b>	1.55.4	1.44.0	1.35.7	1.28.5	1.22.8	1.18.2	1.17.0	1.13.0
<b>200m IM</b>	4.07.0	3.36.0	3.19.0	3.05.0	2.50.0	2.46.0	2.42.0	2.35.5
<b>400m IM</b>	6.56.0	6.56.0	6.45.0	6.20.0	5.55.0	5.50.0	5.45.0	5.30.0

<b>GIRLS</b>	<b>9YRS</b>	<b>10YRS</b>	<b>11YRS</b>	<b>12YRS</b>	<b>13YRS</b>	<b>14YRS</b>	<b>15YRS</b>	<b>16+YRS</b>
<b>50m Free</b>	44.2	39.5	36.2	34.2	33.6	32.8	32.8	32.0
<b>100m Free</b>	XXXXX	XXXXX	1.21.3	1.17.0	1.13.5	1.11.4	1.11.2	1.10.5
<b>200m Free</b>	3.40.0	3.12.0	2.55.0	2.42.0	2.36.0	2.34.0	2.33.0	2.31.5
<b>400m Free</b>	6.58.0	6.43.0	6.00.0	5.42.0	5.26.0	5.17.0	5.17.0	5.13.0
<b>800m Free</b>	XXXXX	12.30.0	12.10.0	11.30.0	11.05.0	10.50.0	10.50.0	10.40.0
<b>1500m Free</b>	XXXXX	24.30.0	23.50.0	22.15.0	21.20.0	20.40.0	20.40.0	20.20.0
<b>50m Back</b>	50.5	46.0	42.5	41.0	39.0	38.7	38.7	38.5
<b>100m Back</b>	XXXXX	XXXXX	1.33.2	1.28.0	1.24.5	1.22.2	1.22.2	1.21.0
<b>200m Back</b>	3.55.5	3.30.0	3.10.0	3.02.0	2.55.0	2.52.2	2.52.0	2.51.5
<b>50m Breast</b>	57.5	52.5	48.0	46.0	44.2	43.7	43.7	43.0
<b>100m Breast</b>	XXXXX	XXXXX	1.45.2	1.40.0	1.36.0	1.35.0	1.35.0	1.32.5
<b>200m Breast</b>	4.20.0	3.56.0	3.37.5	3.28.0	3.21.5	3.21.0	3.21.0	3.20.0
<b>50m Fly</b>	55.7	49.8	43.8	41.2	39.0	37.9	37.5	36.8
<b>100m Fly</b>	XXXXX	XXXXX	1.44.5	1.38.0	1.32.2	1.28.4	1.26.5	1.26.0
<b>200m Fly</b>	5.20.0	4.40.0	3.45.0	3.30.0	3.25.0	3.20.0	3.10.0	3.10.0
<b>100m IM</b>	1.55.0	1.42.5	1.33.5	1.28.5	1.25.0	1.24.0	1.22.7	1.20.5
<b>200m IM</b>	3.58.0	3.37.5	3.17.5	3.06.0	2.58.0	2.55.2	2.54.0	2.50.0
<b>400m IM</b>	6.56.0	6.56.0	6.28.0	6.15.0	6.15.0	6.15.0	6.13.0	6.08.0

# Appendix B



## British Gas Midland Youth & BAGCAT Championships (50m) 2011 Coventry Sports Centre – Youth: April 30 & May 1 BAGCAT: June 4, 5, 11 & 12 **QUALIFYING TIMES** (Based on a 25m pool)



Boys / Mens										Girls / Womens					
Age Groups										Event					
Youth										Event					
10	11	12	13	14	15	16	17/over								
----	----	----	----	----	26.5	25.9	25.6	50m Freestyle	----	----	----	----	29.4	28.9	28.6
Need 200mQT	Need 200mQT	1.06.2	1.02.7	1.00.1	57.8	56.5	55.8	100m Freestyle	Need 200mQT	1.11.3	1.07.5	1.05.5	1.03.4	1.02.6	1.01.8
2.41.7	2.32.8	2.23.9	2.16.4	2.10.7	2.08.0	2.04.9	2.03.5	200m Freestyle	2.42.8	2.33.5	2.25.2	2.20.5	2.18.9	2.16.8	2.15.3
5.40.3	5.19.1	5.01.7	4.47.2	4.36.5	4.30.4	4.24.5	4.20.5	400m Freestyle	5.45.1	5.19.0	5.02.1	4.53.1	4.50.2	4.45.6	4.43.6
----	----	----	----	----	----	----	----	800m Freestyle	----	10.43.8	10.10.4	9.48.2	9.48.2	9.43.5	9.39.0
----	----	19.22.8	18.29.0	17.51.5	17.46.4	17.22.3	17.09.9	1500m Freestyle	----	----	----	----	----	----	----
----	----	----	----	----	33.8	32.9	32.5	50m Breaststroke	----	----	----	----	37.3	36.6	36.3
Need 200mQT	Need 200mQT	1.25.1	1.19.7	1.16.1	1.13.9	1.11.9	1.10.8	100m Breaststroke	Need 200mQT	1.31.0	1.26.0	1.22.4	1.20.4	1.19.5	1.19.0
3.32.3	3.17.9	3.03.8	2.52.8	2.44.4	2.40.3	2.36.7	2.33.7	200m Breaststroke	3.32.7	3.15.3	3.04.6	2.56.7	2.53.7	2.51.5	2.50.3
----	----	----	----	----	29.1	28.6	28.0	50m Butterfly	----	----	----	----	32.2	31.6	31.4
Need 200mQT	Need 200mQT	1.14.5	1.10.0	1.06.5	1.04.5	1.03.2	1.01.9	100m Butterfly	Need 200mQT	1.20.0	1.15.2	1.12.6	1.11.0	1.10.2	1.09.5
3.13.3	2.56.5	2.44.1	2.34.6	2.27.3	2.21.6	2.19.3	2.15.7	200m Butterfly	3.15.9	2.56.3	2.44.8	2.38.4	2.35.2	2.32.3	2.31.0
----	----	----	----	----	30.5	29.5	29.3	50m Backstroke	----	----	----	----	33.4	33.0	32.6
Need 200mQT	Need 200mQT	1.15.0	1.10.6	1.07.2	1.05.3	1.03.7	1.02.6	100m Backstroke	Need 200mQT	1.20.0	1.15.4	1.12.7	1.11.7	1.10.3	1.09.8
3.03.1	2.51.8	2.40.1	2.31.2	2.24.3	2.20.6	2.17.5	2.15.8	200m Backstroke	3.05.0	2.48.9	2.40.3	2.35.4	2.33.3	2.33.0	2.28.7
3.05.3	2.53.2	2.43.6	2.35.3	2.27.6	2.24.1	2.21.1	2.19.0	200m Ind Medley	3.05.7	2.53.4	2.44.1	2.39.2	2.36.7	2.34.4	2.33.0
6.38.3	6.07.4	5.44.9	5.28.0	5.12.6	5.04.6	4.58.3	4.54.1	400m Ind Medley	6.38.2	6.05.5	5.45.2	5.33.3	5.28.9	5.24.1	5.20.6

AGE AS AT 12<sup>th</sup> JUNE FOR BOTH THE YOUTH AND BAGCAT AGES – ALL TIMES TO BE ACHIEVED BETWEEN 1<sup>st</sup> OCTOBER 2010 AND THE PUBLISHED CLOSING DATE  
ENTRIES MAY BE REJECTED AT THE DISCRETION OF THE PROMOTER

# Appendix C



## British Gas ASA Age Group & Youth Championships 2011 Ponds Forge International Sports Centre, Sheffield

Age Group: 21<sup>st</sup> – 25<sup>th</sup> July (age as at 25<sup>th</sup> July 2011) Youth: 27<sup>th</sup> – 31<sup>st</sup> July (age as on 31<sup>st</sup> July 2011)  
Long & Short Course Qualifying Times (800m & 1500m Freestyle Long Course qualifying only)



Boys										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	Event	11 years 50m	11 years 25m	12 years 50m	12 years 25m	13 years 50m	13 years 25m	14 years 50m	14 years 25m	15 years 50m	15 years 25m	16/17 yrs 50m	16/17 yrs 25m	
2.22.74	2.18.98	2.14.32	2.10.78	2.07.95	2.04.45	2.03.54	2.00.15	100m Freestyle	1.06.41	1.05.19	1.03.59	1.02.24	1.01.92	1.00.50					2.13.79	2.13.09	2.10.11
4.59.06	4.51.11	4.42.93	4.35.04	4.30.12	4.22.26	4.21.82	4.14.06	200m Freestyle	2.23.37	4.52.98	4.46.54	4.40.06	4.39.01	4.32.85					4.40.06	4.39.01	4.32.85
								400m Freestyle	5.00.17	10.23.05	9.51.18		9.34.74								
		18.46.46		17.53.66		17.20.97		1500m Freestyle													
*	*	1.11.27	1.08.54	1.07.48	1.04.69	1.05.00	1.02.30	100m Backstroke	1.15.88	1.13.26	1.12.26	1.09.58	1.10.11	1.07.59					1.09.58	1.10.11	1.07.59
2.42.24	2.35.86	2.32.57	2.26.36	2.24.86	2.18.97	2.19.57	2.13.97	200m Backstroke	2.41.56	2.36.02	2.34.53	2.28.44	2.29.56	2.24.47					2.28.44	2.29.56	2.24.47
*	*	1.20.82	1.17.69	1.16.04	1.12.96	1.13.15	1.10.65	100m Breaststroke	1.26.03	1.23.36	1.21.70	1.19.24	1.19.37	1.16.73					1.19.24	1.19.37	1.16.73
3.07.11	3.00.52	2.54.92	2.48.43	2.44.87	2.39.17	2.39.53	2.33.36	200m Breaststroke	3.04.96	2.58.67	2.55.24	2.49.38	2.50.62	2.44.78					2.49.38	2.50.62	2.44.78
*	*	1.09.94	1.08.42	1.05.66	1.04.08	1.02.88	1.01.54	100m Butterfly	1.15.55	1.13.98	1.11.17	1.09.67	1.08.70	1.07.53					1.09.67	1.08.70	1.07.53
2.48.57	2.43.19	2.36.39	2.31.80	2.26.98	2.22.79	2.20.26	2.16.20	200m Butterfly	2.49.08	2.43.31	2.37.92	2.33.84	2.30.99	2.27.77					2.33.84	2.30.99	2.27.77
2.42.97	2.38.53	2.32.92	2.29.38	2.25.62	2.21.49	2.20.52	2.16.87	200m Ind. Medley	2.42.53	2.36.78	2.35.37	2.31.37	2.30.93	2.27.47					2.31.37	2.30.93	2.27.47
5.47.65	5.39.58	5.26.56	5.16.25	5.10.36	4.59.75	4.59.11	4.50.30	400m Ind. Medley	5.46.93	5.37.25	5.28.18	5.19.35	5.18.73	5.10.17					5.19.35	5.18.73	5.10.17
Boys										Girls											
15 yrs 50m	15 yrs 25m	16 yrs 50m	16 yrs 25m	17/18 yrs 50m	17/18 yrs 25m	17/18 yrs 50m	17/18 yrs 25m	Event	14 yrs 50m	14 yrs 25m	15 yrs 50m	15 yrs 25m	16/17 yrs 50m	16/17 yrs 25m							
25.64	25.03	25.23	24.58	24.85	24.16	24.85	24.16	50m Free	28.47	27.81	28.23	27.57	27.99	27.29							
55.41	53.77	54.55	52.99	53.68	52.11	53.68	52.11	100m Free	1.00.90	59.35	1.00.26	58.72	59.89	58.31							
2.00.54	1.57.16	1.58.86	1.55.52	1.57.23	1.53.62	1.57.23	1.53.62	200m Free	2.10.88	2.07.44	2.09.58	2.06.34	2.08.61	2.05.23							
4.15.40	4.07.38	4.13.14	4.04.66	4.09.86	4.01.31	4.09.86	4.01.31	400m Free	4.34.61	4.26.61	4.32.30	4.25.25	4.31.21	4.22.10							
								800m Free	9.25.78	9.21.98	9.21.98		9.21.90								
16.59.18		16.58.31		16.58.31				1500m Free													
1.03.16	1.00.24	1.02.47	59.35	1.01.60	58.40	1.01.60	58.40	100m Back	1.08.85	1.05.95	1.08.37	1.05.38	1.07.95	1.04.75							
2.16.34	2.10.07	2.15.15	2.08.54	2.13.43	2.06.67	2.13.43	2.06.67	200m Back	2.26.81	2.21.33	2.26.14	2.19.89	2.26.10	2.18.62							
1.11.19	1.08.11	1.10.08	1.06.99	1.08.95	1.05.76	1.08.95	1.05.76	100m Breast	1.17.80	1.15.01	1.17.69	1.14.31	1.17.14	1.13.55							
2.35.80	2.28.61	2.33.40	2.26.51	2.30.95	2.23.83	2.30.95	2.23.83	200m Breast	2.47.82	2.41.33	2.47.30	2.40.69	2.46.47	2.39.59							
1.00.92	59.35	59.83	58.39	58.87	57.35	58.87	57.35	100m Fly	1.07.14	1.05.73	1.06.70	1.05.19	1.06.26	1.04.42							
2.15.99	2.11.56	2.14.08	2.09.61	2.11.83	2.07.27	2.11.83	2.07.27	200m Fly	2.27.87	2.23.90	2.26.74	2.22.37	2.26.62	2.21.50							
2.17.37	2.12.92	2.15.25	2.10.74	2.13.32	2.09.03	2.13.32	2.09.03	200m I.M.	2.28.64	2.24.42	2.27.73	2.23.57	2.26.82	2.22.01							
4.51.78	4.41.63	4.49.99	4.38.02	4.47.08	4.35.26	4.47.08	4.35.26	400m I.M.	5.13.54	5.03.60	5.12.67	5.02.31	5.11.30	4.59.42							

\*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. 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 1<sup>st</sup> October 2010.

**Entries Close: Age Groups: 12noon Wednesday 29<sup>th</sup> June 2011 - Youth: 12noon Wednesday 6<sup>th</sup> July 2011.**

# Appendix D

## GRADED TABLES - 2009

A Grade Qualifying Times		Pool Length 25m																	
		BOYS									GIRLS								
		9	10	11	12	13	14	15	16	17	Event	9	10	11	12	13	14	15	16
40.7	38	35.9	33.9	32.1	30.4	29.1	28.3	27.8	27.8	50m Free	41.1	38.5	36.5	34.7	33.3	32.4	31.7	31.3	31.3
1:31.5	1:22.9	1:17.8	1:13.2	1:08.9	1:05.4	1:03.1	1:01.2	1:00.1	1:00.1	100m Free	1:32.9	1:24.6	1:18.7	1:14.3	1:11.5	1:09.5	1:08.3	1:07.1	1:06.9
3:15.7	2:59.3	2:48.8	2:39.1	2:30.1	2:22.5	2:17.2	2:13.2	2:11.1	2:11.1	200m Free	3:17.6	3:00.4	2:49.6	2:39.9	2:33.6	2:29.6	2:26.6	2:24.6	2:23.2
7:05.0	6:18.0	5:53.3	5:34.0	5:16.4	5:01.5	4:50.1	4:42.1	4:36.7	4:36.7	400m Free	7:11.4	6:22.2	5:52.9	5:33.0	5:20.5	5:12.5	5:06.2	5:03.1	5:00.5
14:51.2	13:26.1	12:28.4	11:41.1	11:01.8	10:31.3	10:08.4	9:51.2	9:40.2	9:40.2	800m Free	14:48.2	13:36.7	12:09.5	11:29.3	10:58.3	10:40.8	10:30.7	10:23.5	10:20.7
28:11.5	25:54.8	23:50.5	22:01.7	20:52.8	19:55.5	19:13.8	18:40.6	18:21.9	18:21.9	1500m Free	28:33.8	26:15.9	23:27.7	22:10.0	21:10.1	20:51.7	20:22.6	20:03.0	19:57.7
53.2	49.6	46.5	43.7	40.7	38.6	36.8	35.6	35	35	50m Breast	54.2	50	46.7	44	42.1	40.8	39.8	39.4	39.1
1:59.7	1:48.1	1:40.1	1:33.8	1:27.4	1:22.7	1:19.1	1:16.6	1:15.1	1:15.1	100m Breast	2:00.2	1:48.8	1:40.2	1:34.4	1:29.8	1:26.5	1:25.1	1:24.3	1:23.1
4:09.2	3:51.2	3:35.1	3:22.5	3:09.5	2:58.9	2:51.5	2:47.0	2:43.0	2:43.0	200m Breast	4:11.7	3:51.5	3:34.9	3:22.4	3:12.8	3:06.7	3:03.5	3:01.6	3:00.2
45.9	42.4	39.6	37.5	35.3	33.4	31.7	30.9	30.1	30.1	50m Fly	46.5	42.4	40.1	37.9	36.4	35.2	34.4	34	33.9
1:50.1	1:35.9	1:27.6	1:22.0	1:16.7	1:12.3	1:09.0	1:07.3	1:05.6	1:05.6	100m Fly	1:51.4	1:36.0	1:28.0	1:22.4	1:19.0	1:16.3	1:15.1	1:14.1	1:13.3
4:00.0	3:30.4	3:11.7	3:00.8	2:49.5	2:40.1	2:31.8	2:28.3	2:23.9	2:23.9	200m Fly	4:03.6	3:32.8	3:13.9	3:00.7	2:52.6	2:46.7	2:43.0	2:41.2	2:39.3
46.9	43.6	41.2	39	36.5	34.8	33.1	31.9	31.5	31.5	50m Back	47.3	43.8	41.4	39.3	37.7	36.5	35.9	35.3	35.1
1:43.3	1:34.7	1:27.6	1:22.5	1:17.3	1:13.0	1:09.8	1:07.8	1:06.3	1:06.3	100m Back	1:45.2	1:35.2	1:28.1	1:22.7	1:19.2	1:17.0	1:15.3	1:14.4	1:14.0
3:36.7	3:19.7	3:06.9	2:56.5	2:45.9	2:37.0	2:30.4	2:26.5	2:24.0	2:24.0	200m Back	3:38.8	3:21.8	3:06.3	2:56.3	2:49.6	2:44.8	2:41.1	2:38.7	2:37.2
3:41.7	3:25.1	3:11.0	3:00.5	2:50.4	2:40.7	2:34.3	2:30.3	2:27.3	2:27.3	200m IM	3:44.0	3:25.6	3:11.4	3:00.6	2:53.8	2:48.7	2:45.5	2:43.4	2:42.0
7:58.6	7:20.2	6:45.5	6:20.9	6:00.4	5:40.6	5:26.4	5:18.1	5:12.2	5:12.2	400m IM	7:56.1	7:19.7	6:43.6	6:19.9	6:03.9	5:53.8	5:47.3	5:42.6	5:40.6
1:43.8	1:36.2	1:30.9	1:26.0	1:20.7	1:16.0	1:12.9	1:10.3	1:09.0	1:09.0	100m IM	1:45.3	1:35.1	1:31.3	1:26.4	1:22.6	1:20.6	1:19.1	1:17.6	1:17.2