



THE ASA – MIDLAND SWIMMING
2008 SHORT COURSE CHAMPIONSHIPS
(Combining the East Midland and West Midland Regions)
Braunstone Leisure Centre, Braunstone, Leicestershire
Saturday 1st & Sunday 2nd November
(Under ASA Laws and ASA Technical Rules of Swimming)



QUALIFYING TIMES

JUNIOR TIMES APPLY TO SWIMMERS AGE 15/UNDER ON 2ND NOVEMBER 2008

TIMES TO BE ACHIEVED FROM 1ST JANUARY 2008

(POOL LENGTH 25 METRES)

MEN	JUNIOR MEN	EVENT	JUNIOR WOMEN	WOMEN
27.2	27.7	50m FREESTYLE	30.1	29.9
58.6	59.6	100m FREESTYLE	1.04.7	1.04.1
2.07.6	2.09.8	200m FREESTYLE	2.18.9	2.17.7
4.29.5	4.34.1	400m FREESTYLE	4.50.0	4.48.5
9.13.1	9.22.6	800m FREESTYLE	9.45.8	9.42.5
17.29.9	17.47.8	1500m FREESTYLE	18.48.3	18.42.0
34.1	34.8	50m BREASTSTROKE	37.8	37.6
1.13.3	1.14.9	100m BREASTSTROKE	1.20.6	1.20.4
2.39.7	2.42.5	200m BREASTSTROKE	2.53.8	2.53.3
29.6	30.1	50m BUTTERFLY	32.7	32.5
1.04.4	1.05.5	100m BUTTERFLY	1.11.3	1.10.8
2.22.0	2.24.0	200m BUTTERFLY	2.34.7	2.34.2
30.7	31.4	50m BACKSTROKE	34.1	33.8
1.05.1	1.06.3	100m BACKSTROKE	1.11.4	1.11.1
2.20.6	2.22.7	200m BACKSTROKE	2.32.6	2.31.6
1.07.5	1.09.2	100m IND MEDLEY	1.14.9	1.14.2
2.23.9	2.25.9	200m IND MEDLEY	2.36.6	2.36.1
5.04.6	5.09.7	400m IND MEDLEY	5.29.0	5.27.7

IMPORTANT

Times for ALL events must be achieved at a licensed meet (level 1,2 or 3.)

ENTRIES MUST BE SUBMITTED VIA YOUR CLUB COORDINATOR
For further details please refer to the 'Promoters Conditions' document

CLOSING DATE FOR ENTRIES TO BE RECEIVED BY THE
CHAMPIONSHIP ADMINISTRATOR IS TUESDAY 7th OCTOBER

Dependent on the number of entries the slowest competitors
may be rejected at the discretion of the promoter.