



Worcester County Swimming Association

Worcester County Sprints

(Under ASA Laws and Technical Rules)

Qualifying times (Lower cut off times)

(*Any 9 or 10 Yr old (AOD) who has a 100m qualifying time can not swim the event in line with ASA guidelines)

Male					
EVENT	13 Yrs and under	14 Yrs	15/16 Yrs	17-24 Yrs	25 Yrs +
100m Freestyle	1:15.1*	1:10.4	1:07.4	1:07.4	No time
50m Freestyle	35.0	32.7	31.2	31.2	
100m Breaststroke	1:35.0*	1:28.7	1:24.7	1:24.7	
50m Breaststroke	44.2	41.3	39.3	39.3	
100m Butterfly	1:23.7*	1:17.6	1:13.8	1:13.8	
50m Butterfly	38.5	35.8	33.9	33.9	
100m Backstroke	1:24.4*	1:18.3	1:14.8	1:14.8	
50m Backstroke	39.8	37.3	35.4	35.4	
100m Individual Medley	1:27.8	1:21.7	1:18.0	1:18.0	
Female					
EVENT	13 Yrs and under	14 Yrs	15/16 Yrs	17-24 Yrs	25 Yrs +
100m Freestyle	1:16.3*	1:14.1	1:13.1	1:13.1	No time
50m Freestyle	35.5	34.5	34.0	34.0	
100m Breaststroke	1:35.6*	1:32.1	1:31.0	1:31.0	
50m Breaststroke	44.8	43.4	42.6	42.6	
100m Butterfly	1:24.2*	1:21.2	1:20.5	1:20.5	
50m Butterfly	38.7	37.5	36.9	36.9	
100m Backstroke	1:24.5*	1:22.2	1:20.7	1:20.7	
50m Backstroke	40.1	39.0	38.5	38.5	
100m Individual Medley	1:28.0	1:25.8	1:24.5	1:24.5	

Upper cut off times

Male					
EVENT	13 Yrs and under	14 Yrs	15/16 Yrs	17-24 Yrs	25 Yrs +
100m Freestyle	59.1	57.0	55.5	53.8	No time
50m Freestyle	27.7	26.6	25.7	24.0	
100m Breaststroke	1:15.1	1:12.1	1:09.7	1:07.3	
50m Breaststroke	35.0	33.7	32.4	30.1	
100m Butterfly	1:06.3	1:03.1	59.8	56.9	
50m Butterfly	30.6	29.2	28.0	25.9	
100m Backstroke	1:06.8	1:03.7	1:00.4	57.6	
50m Backstroke	31.7	30.5	29.3	26.7	
100m Individual Medley	1:09.6	1:06.5	1:04.4	1:00.1	
Female					
EVENT	13 Yrs and under	14 Yrs	15/16 Yrs	17-24 Yrs	25 Yrs +
100m Freestyle	1:02.0	1:00.9	59.4	58.4	No time
50m Freestyle	29.0	28.5	28.0	26.8	
100m Breaststroke	1:18.0	1:15.7	1:14.7	1:12.4	
50m Breaststroke	36.6	35.8	35.1	33.5	
100m Butterfly	1:08.7	1:06.9	1:05.8	1:03.2	
50m Butterfly	31.7	31.0	30.4	28.8	
100m Backstroke	1:08.7	1:07.6	1:06.0	1:04.4	
50m Backstroke	32.8	32.1	31.8	30.1	
100m Individual Medley	1:11.8	1:10.7	1:09.7	1:06.6	