

ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION  
County Association of East and London Regions



ESSEX WINTER LONG COURSE CHAMPIONSHIPS 2011  
NOVEMBER 25/26/27 November  
Basildon Sporting Village

QUALIFYING TIMES SHORT COURSE

Ladies and Girls

Men's and Boys

	11 & Under	12	13	14+	11 & under	12	13	14	15+
50m Free (SkinsFinals)	29.70	29.70	0.29.70	0.29.70	27.00	27.00	27.00	0.27.00	0.27.00
100m Free	1:11.41	1:11.41	1:11.41	1.04.90	1:01.90	1:01.90	1:01.90	1:01.90	0.58.70
200m Free	2:33.47	2:33.47	2:33.47	2.21.30	2:22.74	2:22.74	2:22.74	2:22.74	2.08.00
400m Free (HDW)	5:15.17	5:15.17	5:15.17	4.56.40	4:59.06	4:59.06	4:59.06	4:59.06	4.30.00
800m Free (HDW)	11:15.0	11:15.0	11:00.0	10.15.00	N/A	N/A	N/A	N/A	N/A
1500m Free (HDW)	N/A	N/A	N/A	N/A	18:46.46	18:46.46	18:46.46	18:46.46	17.30.00
50m Back	34.60	34.60	0.34.60	0.34.60	30.80	30.80	30.80	0.30.80	0.30.80
100m Back	1:20.88	1:20.88	1:20.88	1.14.00	1:11.27	1:11.27	1:11.27	1:11.27	1.06.40
200m Back	2:51.56	2:51.56	2:51.56	2.38.50	2:42.24	2:42.24	2:42.24	2:42.24	2.25.30
50m Breast	38.40	38.40	0.38.40	0.38.40	34.70	34.70	34.70	0.34.70	0.34.70
100m Breast	1:31.03	1:31.03	1:29.03	1.23.10	1:20.82	1:20.82	1:20.82	1:20.82	1.15.50
200m Breast	3:14.96	3:14.96	3:14.96	2.58.10	3:07.11	3:07.11	3:07.11	3:00.11	2.43.80
50m Fly	33.00	33.00	0.33.00	0.33.00	29.80	29.80	29.80	0.29.80	0.29.80
100m Fly	1:20.55	1:20.55	1:20.55	1.12.50	1:09.94	1:09.94	1:09.94	1:09.94	1.05.60
200m Fly	2:59.08	2:59.08	2:51.08	2.39.40	2:48.57	2:48.57	2:48.57	2:38.57	2.25.90
200m I.M.	2:52.53	2:52.53	2:52.53	2.38.20	2:42.97	2:42.97	2:42.97	2:42.97	2.24.60
400m I.M. (HDW)	5:56.93	5:56.93	5:56.93	5.33.20	5:47.65	5:47.65	5:47.65	5:47.65	5.07.20

Notes.

1. Ages are at the 27 November 2011, Juniors being under the age of 17 years on that date.
2. All times must be licensed and eligible for inclusion on the ASA Rankings Database.
3. **All Times are Short course**
4. **This Competition will be Long Course**