



ASA South East Region

Winter Championships 2013 – Qualifying Times

Male	Distance	Female
25.85	50 Freestyle	29.15
56.35	100 Freestyle	1:02.75
2:04.00	200 Freestyle	2:14.40
4:26.00	400 Freestyle	4:43.70
No event	800 Freestyle	9:50.00
17:35.00	1500 Freestyle	No event
34.65	50 Breaststroke	38.60
1:15.55	100 Breaststroke	1:23.00
2:46.50	200 Breaststroke	2:57.40
28.90	50 Butterfly	32.70
1:04.00	100 Butterfly	1:12.35
2:33.85	200 Butterfly	2:44.35
30.70	50 Backstroke	33.65
1:04.90	100 Backstroke	1:11.35
2:22.30	200 Backstroke	2:31.40
1:06.90	100 Individual Medley	1:13.90
2:22.55	200 Individual Medley	2:33.05
5:09.30	400 Individual Medley	5:26.50

All times must be recorded in a Meet Licensed at Level 3 or above since 1st January 2013.

All times are short course. Long course times must be converted using the Equivalent Performance Table published by the ASA.

Closing date for entries: 11:59pm on Monday 18th November 2013.