

asa National Championships (50m)  
Ponds Forge International Sports Centre, Sheffield  
28<sup>th</sup> July – 2<sup>nd</sup> August 2009

Qualifying Times  
Long Course Times only – No conversions.

MENS		WOMENS	
50m Time	Event	50m Time	
24.34	50m Free	27.25	
52.74	100m Free	59.02	
1.55.56	200m Free	2.06.34	
4.06.88	400m Free	4.28.43	
8.42.44	800m Free	9.15.27	
16.39.47	1500m Free	17.56.82	
31.22	50m Breast	34.52	
1.07.85	100m Breast	1.14.70	
2.27.02	200m Breast	2.40.66	
26.49	50m Fly	29.14	
57.79	100m Fly	1.04.39	
2.09.84	200m Fly	2.21.41	
28.45	50m Back	31.54	
1.00.53	100m Back	1.06.62	
2.11.59	200m Back	2.22.88	
2.10.73	200m I.M.	2.25.20	
4.41.47	400m I.M.	5.07.26	

Qualifying swims must have taken place at:  
 (a) the British Long Course Championships 2009, or  
 (b) asa Licensed Long Course Meets (levels 1 & 2) held between 1<sup>st</sup>  
 Oct 2008 and 31<sup>st</sup> May 2009, or  
 (c) asa Regional BAGCAT Championship meets held in June 2009, or  
 (d) SASA or WASA Equivalent competitions held before the closing  
 date.