

**THE PAW SWIMWEAR YORKSHIRE S.A. CHAMPIONSHIPS 2015**

**LONG COURSE TIMES - COVERSIONS FROM SHORT COURSE ALLOWED USING THE ASA EQUIVALENT PERFORMANCE TABLES**

STANDARD ENTRY TIMES FOR 2015								
BOYS	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17 & over
50m Freestyle	43.7	37.5	35.7	33.5	32.1	30.4	28.3	26.9
100m Freestyle			1.18.0	1.12.5	1.07.3	1.03.5	1.00.6	58.5
200m Freestyle	3.05.4	2.56.6	2.42.0	2.35.7	2.26.5	2.21.6	2.15.9	2.09.9
400m Freestyle		6.29.7	5.47.9	5.31.4	5.11.9	4.58.1	4.52.0	4.40.5
1500m Freestyle			22.35.0	21.44.0	20.14.0	19.00.0	18.00.0	17.08.5
50m Backstroke	51.5	43.9	42.2	39.8	37.1	35.1	34	31.9
100m Backstroke			1.30.0	1.23.7	1.17.7	1.13.6	1.11.3	1.08.5
200m Backstroke	3.22.8	3.12.9	3.05.9	2.59.3	2.46.8	2.39.0	2.33.5	2.28.3
50m Breaststroke	58.1	52.1	47.9	43.7	40.5	38.5	37	35
100m Breaststroke			1.40.0	1.33.9	1.26.9	1.23.6	1.20.2	1.16.5
200m Breaststroke	3.58.3	3.46.5	3.39.3	3.23.7	3.09.0	3.02.0	2.52.7	2.45.5
50m Butterfly	50.3	43.9	40.7	37.5	34.9	33.1	31.8	29.9
100m Butterfly			1.28.0	1.21.7	1.17.3	1.13.1	1.08.9	1.05.7
200m Butterfly	4.14.2	4.00.0	3.35.0	3.05.2	2.55.5	2.43.0	2.40.9	2.26.3
200m I.M.	3.53.6	3.23.6	3.04.8	2.59.2	2.49.1	2.41.2	2.34.3	2.30.9
400m I.M.			6.56.5	6.25.5	5.58.7	5.41.9	5.31.9	5.20.5

GIRLS	9yrs	10yrs	11yrs	12yrs	13yrs	14/15yrs	16 & over
50m Freestyle	42.8	36.9	35.1	33.9	32.5	31	30.5
100m Freestyle			1.14.1	1.11.0	1.08.0	1.05.5	1.04.7
200m Freestyle	3.02.3	2.59.1	2.45.0	2.33.5	2.28.4	2.23.6	2.20.1
400m Freestyle		6.28.9	5.52.3	5.32.0	5.18.1	5.01.9	4.59.6
800m Freestyle			11.43.0	11.08.3	10.33.7	10.00.8	9.47.8
50m Backstroke	49.8	44.2	41	39.8	38.2	36.7	35.4
100m Backstroke			1.26.2	1.22.4	1.19.2	1.17.5	1.14.9
200m Backstroke	3.27.1	3.18.3	3.03.1	2.55.6	2.48.8	2.45.1	2.39.6
50m Breaststroke	56.8	50.6	46.8	43.7	41.7	40.6	38.6
100m Breaststroke			1.39.8	1.33.1	1.30.0	1.26.7	1.23.3
200m Breaststroke	3.57.7	3.52.0	3.34.6	3.20.9	3.10.6	3.05.7	2.58.8
50m Butterfly	49.1	43.6	40	37.6	35.6	34.5	32.6
100m Butterfly			1.27.0	1.21.3	1.17.3	1.15.7	1.11.6
200m Butterfly	4.14.2	4.00.0	3.32.0	3.08.0	2.55.4	2.45.8	2.37.3
200m I.M.	3.32.3	3.18.9	3.05.4	2.55.8	2.49.3	2.42.3	2.38.8
400m I.M.			6.44.7	6.18.9	6.02.5	5.54.6	5.42.7