

**THE PAW SWIMWEAR YORKSHIRE S.A. CHAMPIONSHIPS 2017**

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

STANDARD ENTRY TIMES FOR 2017						
BOYS	10/11yrs	12yrs	13yrs	14yrs	15yrs	16&over
50m Freestyle	37.8	35.3	34	32.1	30.5	28
100m Freestyle	1.22.0	1.14.0	1.10.5	1.07.0	1.03.0	58
200m Freestyle	3.00.0	2.40.5	2.33.0	2.26.0	2.20.0	2.09.0
400m Freestyle	6.29.0	5.46.5	5.25.5	5.08.0	4.56.0	4.39.5
1500m Freestyle		22.35.0	21.40.0	20.05.0	18.50.0	18.00.0
50m Backstroke	44.2	42.5	40	37.5	36.5	35.9
100m Backstroke	1.32.5	1.26.0	1.22.0	1.17.0	1.14.0	1.06.5
200m Backstroke	3.19.0	3.00.0	2.50.5	2.46.5	2.37.5	2.27.0
50m Breaststroke	51.8	48.8	46.6	43.3	42.6	38
100m Breaststroke	1.47.0	1.41.0	1.33.5	1.29.5	1.24.5	1.17.5
200m Breaststroke	3.49.5	3.39.5	3.22.5	3.13.0	3.08.5	2.58.0
50m Butterfly	46.1	42.3	39	36	33.5	33.4
100m Butterfly	1.51.5	1.30.0	1.25.0	1.19.0	1.12.5	1.09.5
200m Butterfly	3.54.0	3.22.0	3.10.0	3.00.0	2.49.0	2.41.0
200m I.M.	3.20.0	3.01.5	2.53.0	2.42.0	2.35.0	2.23.0
400m I.M.		6.56.5	6.22.0	5.57.5	5.37.5	5.18.0

GIRLS	10/11yrs	12yrs	13yrs	14yrs	15yrs	16 & over
50m Freestyle	37	34.7	32.8	32.5	31.2	31.1
100m Freestyle	1.20.0	1.13.5	1.08.0	1.07.0	1.04.5	1.03.5
200m Freestyle	2.55.0	2.39.5	2.29.0	2.27.0	2.23.0	2.18.0
400m Freestyle	6.24.5	5.44.0	5.11.0	5.12.0	4.56.0	4.54.0
800m Freestyle		11.40.0	10.37.0	10.16.0	10.00.0	9.45.0
50m Backstroke	43.6	40.5	38.4	38.2	36.8	36.2
100m Backstroke	1.31.0	1.23.0	1.18.5	1.17.0	1.14.0	1.13.5
200m Backstroke	3.15.0	2.57.0	2.46.0	2.45.0	2.38.0	2.37.0
50m Breaststroke	50	46.1	44	42	41.6	41.5
100m Breaststroke	1.44.0	1.35.5	1.29.0	1.28.0	1.26.0	1.23.0
200m Breaststroke	3.43.5	3.25.0	3.14.5	3.09.5	3.05.0	3.01.5
50m Butterfly	43.4	40	36.8	36	34.6	34.4
100m Butterfly	1.41.5	1.25.0	1.20.0	1.15.0	1.12.0	1.11.0
200m Butterfly	3.47.5	3.28.0	3.00.0	2.58.5	2.46.5	2.43.0
200m I.M.	3.16.5	2.58.0	2.46.5	2.42.0	2.35.5	2.33.0
400m I.M.		6.41.5	6.01.5	5.58.5	5.50.5	5.40.0