

## ASA South East Region Open and Junior Swimming Championships 2009

### Winter Championships automatic qualifying times

		Boys/Men	Girls/Ladies
50m	Freestyle	26.7	29.5
100m	Freestyle	57.5	1:03.0
200m	Freestyle	2:05.2	2:15.6
400m	Freestyle	4:25.1	4:44.3
800m	Freestyle	9:15.3	9:44.8
1500m	Freestyle	17:32.6	18:48.5
50m	Breaststroke	34.0	37.5
100m	Breaststroke	1:13.1	1:20.2
200m	Breaststroke	2:39.2	2:53.1
50m	Butterfly	29.4	32.4
100m	Butterfly	1:04.2	1:10.7
200m	Butterfly	2:21.4	2:33.5
50m	Backstroke	30.5	33.7
100m	Backstroke	1:04.7	1:10.9
200m	Backstroke	2:19.7	2:31.1
200m	IndividualMedley	2:32.2	2:35.6
400m	IndividualMedley	5:03.1	5:26.0

The same qualifying times apply for Open and Junior Swimmers

All times must have been set in a level 1,2 or 3 licensed competition on or after 1st January 2009. (Except for 800m and 1500m freestyle events, where some proof of time must be submitted).