

THE PAW SWIMWEAR YORKSHIRE S.A. CHAMPIONSHIPS 2016

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

STANDARD ENTRY TIMES FOR 2016						
BOYS	10/11yrs	12yrs	13yrs	14yrs	15yrs	16&over
50m Freestyle	40.6	35.7	33.5	32.1	30.4	29.2
100m Freestyle	1.30.0	1.18.0	1.12.5	1.07.3	1.03.5	1.01.2
200m Freestyle	3.01.0	2.46.1	2.35.7	2.26.5	2.21.6	2.15.9
400m Freestyle	6.29.7	5.52.7	5.31.4	5.11.9	4.58.1	4.52.0
1500m Freestyle		22.35.0	21.44.0	20.14.0	19.00.0	18.14.0
50m Backstroke	47.7	42.6	39.8	37.1	36.5	35.9
100m Backstroke	1.41.0	1.30.0	1.23.7	1.17.7	1.14.3	1.11.9
200m Backstroke	3.19.6	3.05.9	2.59.3	2.46.8	2.39.0	2.33.5
50m Breaststroke	55.1	48.8	46.7	43.5	42.8	42.7
100m Breaststroke	1.55.3	1.43.2	1.35.8	1.29.6	1.29.0	1.25.8
200m Breaststroke	3.52.4	3.39.3	3.23.9	3.13.2	3.12.2	3.04.5
50m Butterfly	47.1	42.3	38.8	35.6	33.5	33.4
100m Butterfly	1.52.0	1.32.1	1.25.6	1.20.1	1.13.1	1.09.1
200m Butterfly	4.07.1	3.35.0	3.14.1	3.01.0	2.49.8	2.42.3
200m I.M.	3.38.6	3.05.9	2.59.2	2.49.1	2.41.2	2.34.3
400m I.M.		6.56.5	6.25.5	5.58.7	5.41.9	5.31.9

GIRLS	10/11yrs	12yrs	13yrs	14yrs	15yrs	16 & over
50m Freestyle	39.8	35.1	33.9	32.5	31.2	31.1
100m Freestyle	1.26.0	1.14.1	1.11.0	1.08.0	1.06.1	1.05.7
200m Freestyle	3.00.7	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	10.02.4	9.56.8
50m Backstroke	47	41	39.8	38.2	36.7	36.1
100m Backstroke	1.37.0	1.26.2	1.22.4	1.19.2	1.17.5	1.16.3
200m Backstroke	3.22.7	3.03.1	2.55.6	2.48.8	2.45.1	2.39.6
50m Breaststroke	53.7	46.8	43.7	41.7	41.6	41.5
100m Breaststroke	1.49.5	1.39.8	1.33.1	1.30.0	1.26.7	1.25.5
200m Breaststroke	3.54.8	3.34.6	3.20.9	3.10.6	3.05.7	3.03.1
50m Butterfly	46.3	40	37.6	35.6	34.5	34.4
100m Butterfly	1.45.3	1.29.7	1.21.3	1.17.3	1.15.7	1.14.3
200m Butterfly	4.07.1	3.32.0	3.15.0	3.00.3	2.51.4	2.46.1
200m I.M.	3.25.5	3.05.4	2.55.8	2.49.3	2.42.3	2.41.2
400m I.M.		6.44.7	6.18.9	6.02.5	5.54.6	5.42.7