

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

STANDARD ENTRY TIMES FOR 2019							
BOYS	10/11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
50m Freestyle	36.6	35.3	33.7	31.7	30.3	29.1	28
100m Freestyle	1.19.3	1.14.0	1.09.6	1.05.1	1.04.0	1.01.8	59.5
200m Freestyle	2.56.2	2.42.5	2.32.0	2.21.9	2.19.1	2.15.0	2.11.0
400m Freestyle	6.27.2	5.48.5	5.23.9	4.59.0	4.51.1	4.45.5	4.39.5
800m Free		12.00.0	11.30.0	10.30.0	10.00.0	9.50.0	9.45.0
1500m Freestyle		22.35.0	21.40.0	19.33.0	18.50.0	18.30.0	18.20.0
50m Backstroke	43.3	41.7	39.5	37.5	36.5	35.2	33.7
100m Backstroke	1.30.2	1.26.0	1.19.3	1.15.2	1.12.9	1.10.7	1.08.5
200m Backstroke	3.13.2	3.02.0	2.49.8	2.40.6	2.36.8	2.33.0	2.29.0
50m Breaststroke	51	48.2	46.3	43	40.9	39.3	37.8
100m Breaststroke	1.44.8	1.40.0	1.32.1	1.25.7	1.23.7	1.21.0	1.18.5
200m Breaststroke	3.45.7	3.34.9	3.16.0	3.06.4	3.04.7	3.01.5	2.59.0
50m Butterfly	43.4	41	39	35.6	33.6	32.2	30.7
100m Butterfly	1.35.0	1.31.0	1.23.4	1.16.2	1.12.4	1.10.0	1.07.6
200m Butterfly	3.54.0	3.22.0	3.10.0	3.00.0	2.49.0	2.46.0	2.43.0
200m I.M.	3.18.7	3.03.0	2.52.4	2.38.0	2.35.0	2.30.0	2.25.0
400m I.M.		6.56.5	6.13.5	5.49.0	5.37.5	5.31.0	5.25.0

GIRLS	10/11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17 & over
50m Freestyle	36.6	34.5	32.6	31.3	31.1	31.1	31.1
100m Freestyle	1.19.0	1.12.3	1.07.8	1.05.9	1.05.0	1.04.5	1.04.0
200m Freestyle	2.49.6	2.35.6	2.27.2	2.23.0	2.22.8	2.21.0	2.19.0
400m Freestyle	6.02.4	5.28.2	5.08.4	4.59.7	4.56.0	4.55.0	4.54.0
800m Freestyle		11.27.0	10.32.0	9.55.0	9.50.0	9.45.0	9.40.0
1500m Free		23.35.0	21.45.0	20.30.0	20.15.0	20.05.0	19.55.0
50m Backstroke	42.6	40	37.9	36.8	36.8	36.3	35.8
100m Backstroke	1.29.0	1.21.00	1.18.2	1.15.1	1.13.8	1.13.2	1.12.7
200m Backstroke	3.08.5	2.56.1	2.46.0	2.39.5	2.37.6	2.37.3	2.37.0
50m Breaststroke	48.7	45.6	42.8	41	41	41	41
100m Breaststroke	1.41.8	1.31.6	1.27.3	1.24.9	1.24.5	1.24.5	1.24.5
200m Breaststroke	3.38.0	3.19.4	3.05.0	3.03.9	3.03.7	3.03.6	3.03.5
50m Butterfly	42.2	39	36.6	34.9	34.6	34.4	34.3
100m Butterfly	1.36.2	1.24.8	1.17.8	1.14.8	1.13.0	1.12.5	1.12.0
200m Butterfly	3.50.0	3.17.6	3.00.0	2.53.1	2.46.5	2.45.7	2.45.0
200m I.M.	3.09.4	2.54.2	2.46.5	2.40.6	2.37.5	2.36.2	2.35.0
400m I.M.		6.15.2	5.48.0	5.44.7	5.42.2	5.41.1	5.40.0