

Berkshire & South Buckinghamshire ASA 'No Frills' NQT Meet 2010

Upper limit times are set to the NQT for the age group above (so swimmers who have a birthday between No-Frills and the Nationals can still gain an NQT). Lower limits are set just below the South East Region qualifying time for that age. Long Course times may be converted to SC times for the meet. Note that if you have obtained a LC NQT by the time your entry is *processed*, congratulations, but you will not be eligible (see promoters conditions available on <http://bsbasa.org/nofrills>)

BOYS Qualifying Times - Entry by 25m times – with corrected 800 and 1500 times: cut-off times did not correctly cater for boys with birthdays after the meet and before Nationals

Boys	10 years & under§	11 years	12 years	13 years	14 years	15 years	16 years	17 years & over
100 Free	From 200m	From 200m	0:57.40 – 1:14.00	0:55.65 – 1:09.00	0:54.37 – 1:06.00	0:54.62 – 1:04.00	0:53.27 – 1:02.00	0:58.26 – 1:02.00
200 Free	2:19.75 – 2:52.00	2:11.31 – 2:45.00	2:04.94 – 2:33.00	2:00.70 – 2:25.00	1:58.32 – 2:19.00	1:56.85 – 2:14.00	1:56.34 – 2:11.00	1:56.34 – 2:10.00
400 Free	4:52.30 – 5:58.00	4:36.09 – 5:45.00	4:23.34 – 5:17.00	4:15.03 – 5:03.00	4:09.92 – 4:47.00	4:07.81 – 4:39.00	4:06.26 – 4:33.00	4:06.26 – 4:30.00
800 Free	9:40.00 – 11:06.70	9:40.00 – 11:06.70	9:12.00 – 10:57.40	8:54.00 – 10:23.70	8:46.00 – 9:56.10	8:38.00 – 9:50.00	8:33.00 – 9:40.00	8:33.00 – 9:36.00
1500 Free	18:25.00 – 20:29.20	18:22.00 – 20:29.20	17:35.00 – 20:14.90	16:50.00 – 19:04.30	16:42.00 – 18:17.30	16:28.00 – 18:46.00	16:25.00 – 18:30.00	16:25.00 – 18:30.00
100 Breast	From 200m	From 200m	1:13.22 – 1:33.00	1:10.93 – 1:27.00	1:09.04 – 1:23.00	1:08.01 – 1:19.00	1:07.46 – 1:18.00	1:07.46 – 1:16.00
200 Breast	3:01.47 – 3:42.00	2:49.13 – 3:28.00	2:39.76 – 3:17.00	2:34.18 – 3:04.00	2:30.61 – 2:54.00	2:28.44 – 2:48.00	2:28.35 – 2:45.00	2:28.35 – 2:43.00
100 Fly	From 200m	From 200m	1:04.47 – 1:22.00	1:01.92 – 1:18.00	1:00.18 – 1:13.00	0:59.20 – 1:10.00	0:58.68 – 1:09.00	0:58.68 – 1:07.00
200 Fly	2:44.29 – 3:12.00	2:32.58 – 3:12.00	2:23.59 – 2:50.00	2:17.27 – 2:41.00	2:13.96 – 2:34.00	2:11.88 – 2:40.00	2:11.02 – 2:27.00	2:11.02 – 2:23.00
100 Back	From 200m	From 200m	1:05.72 – 1:25.00	1:02.72 – 1:18.00	1:00.90 – 1:14.00	1:00.23 – 1:11.00	1:00.08 – 1:09.00	1:00.08 – 1:08.00
200 Back	2:36.93 – 3:11.00	2:27.22 – 2:59.00	2:19.74 – 2:52.00	2:14.85 – 2:41.00	2:11.72 – 2:34.00	2:10.70 – 2:28.00	2:10.14 – 2:25.00	2:10.14 – 2:23.00
200 IM	2:39.53 – 3:13.00	2:29.93 – 3:08.00	2:22.00 – 3:00.00	2:17.30 – 2:50.00	2:14.12 – 2:35.00	2:12.14 – 2:31.00	2:11.62 – 2:28.00	2:11.62 – 2:26.00
400 IM	5:41.58 – 6:58.00	5:17.67 – 6:24.00	5:01.01 – 6:02.00	4:51.72 – 5:45.00	4:44.61 – 5:28.00	4:42.31 – 5:14.00	4:41.60 – 5:08.00	4:41.60 – 5:04.00

GIRLS Qualifying Times - Entry by 25m times

Girls	10 years /under§	11 years	12 years	13 years	14 years	15 years	16 years	17 years & over
100 Free	From 200m	1:02.48 – 1:17.00	1:00.67 – 1:13.00	0:59.94 – 1:11.00	0:59.46 – 1:09.00	0:59.27 – 1:08.00	0:59.27 – 1:08.00	0:59.27 – 1:08.00
200 Free	2:20.70 – 2:53.00	2:14.43 – 2:43.00	2:10.77 – 2:34.00	2:09.18 – 2:29.00	2:07.73 – 2:26.00	2:07.55 – 2:23.00	2:07.55 – 2:17.00	2:07.55 – 2:17.00
400 Free	4:53.87 – 6:03.00	4:40.79 – 5:35.00	4:33.83 – 5:18.00	4:29.28 – 5:08.00	4:27.74 – 4:59.00	4:27.33 – 4:54.00	4:27.33 – 4:53.00	4:27.33 – 4:53.00
800 Free	10:10.00 – 12:00.90	10:10.00 – 12:00.90	9:41.00 – 11:24.10	9:24.00 – 10:57.10	9:17.00 – 10:17.00	9:12.00 – 10:12.00	9:07.00 – 10:07.00	9:07.00 – 10:07.00
1500 Free	18:25.00 – 22:43.20	18:25.00 – 22:43.20	18:25.00 – 21:32.10	17:40.00 – 20:40.00	17:07.00 – 19:07.00	16:46.00 – 18:46.00	16:30.00 – 18:30.00	16:30.00 – 18:30.00
100 Breast	From 200m	1:19.55 – 1:39.00	1:16.99 – 1:33.00	1:15.99 – 1:29.00	1:15.38 – 1:26.00	1:15.38 – 1:25.00	1:15.38 – 1:24.00	1:15.38 – 1:24.00
200 Breast	2:59.39 – 3:45.00	2:50.08 – 3:26.00	2:45.65 – 3:16.00	2:43.27 – 3:07.00	2:42.69 – 3:01.00	2:42.69 – 2:59.00	2:42.69 – 2:57.00	2:42.69 – 2:57.00
100 Fly	From 200m	1:10.13 – 1:27.00	1:07.82 – 1:22.00	1:06.70 – 1:19.00	1:06.13 – 1:16.00	1:06.05 – 1:15.00	1:06.05 – 1:15.00	1:06.05 – 1:15.00
200 Fly	2:43.95 – 3:25.00	2:34.90 – 3:10.00	2:28.71 – 2:56.00	2:29.99 – 2:49.00	2:29.48 – 2:42.00	2:29.48 – 2:39.00	2:29.48 – 2:38.00	2:29.48 – 2:38.00
100 Back	From 200m	1:09.99 – 1:28.00	1:07.97 – 1:22.00	1:06.79 – 1:19.00	1:06.29 – 1:17.00	1:06.10 – 1:16.00	1:06.10 – 1:15.00	1:06.10 – 1:15.00
200 Back	2:36.51 – 3:13.00	2:29.19 – 2:59.00	2:25.23 – 2:50.00	2:22.61 – 2:45.00	2:21.77 – 2:40.00	2:21.77 – 2:37.00	2:21.77 – 2:35.00	2:21.77 – 2:35.00
200 IM	2:39.15 – 3:15.00	2:32.06 – 3:03.00	2:28.07 – 2:56.00	2:25.95 – 2:50.00	2:25.04 – 2:43.00	2:25.04 – 2:41.00	2:25.04 – 2:40.00	2:25.04 – 2:40.00
400 IM	5:38.13 – 6:58.00	5:20.47 – 6:23.00	5:11.05 – 6:02.00	5:07.44 – 5:49.00	5:16.33 – 5:37.00	5:05.79 – 5:33.00	5:05.79 – 5:28.00	5:05.79 – 5:28.00

§ 10 years & under age group: swimmers must be 10 by the 13/06/10. 1500m and 800m events: swimmers must be 11 by 13/06/10. Please withdraw from an event if you have gained your Long Course NQT before the meet, to allow someone else to swim.