

NASA 2019 SHORT COURSE COMPETITION - 14th September 2019

QUALIFYING TIMES

MEN & BOYS

	10YRS	11YRS	12YRS	13YRS	14YRS	15YRS	16+YRS	
50m Freestyle	00:44.50	00:41.20	00:38.60	00:36.90	00:35.10	00:33.10	00:32.40	Lower QT
	00:30.00	00:30.00	00:26.00	00:26.00	00:24.00	00:24.00	00:23.00	Upper QT
50m Breaststroke	00:57.50	00:53.30	00:49.30	00:46.00	00:43.60	00:42.20	00:41.10	Lower QT
	00:38.00	00:38.00	00:33.50	00:33.50	00:31.00	00:31.00	00:29.00	Upper QT
50m Butterfly	00:49.90	00:46.00	00:42.80	00:40.60	00:38.00	00:36.40	00:35.70	Lower QT
	00:32.00	00:32.00	00:29.00	00:29.00	00:26.00	00:26.00	00:24.00	Upper QT
50m Backstroke	00:51.70	00:47.70	00:44.60	00:42.10	00:40.00	00:38.10	00:36.90	Lower QT
	00:33.00	00:33.00	00:30.00	00:30.00	00:27.00	00:26.00	00:25.00	Upper QT
100m Ind Medley	02:00.60	01:55.70	01:44.50	01:37.60	01:32.30	01:30.80	01:30.80	Lower QT
	01:15.00	01:15.00	01:03.00	01:03.00	00:58.00	00:58.00	00:57.00	Upper QT

LADIES & GIRLS

	10YRS	11YRS	12YRS	13YRS	14YRS	15YRS	16+YRS	
50m Freestyle	00:45.20	00:42.00	00:39.70	00:38.50	00:36.70	00:36.10	00:35.70	Lower QT
	00:30.50	00:29.00	27:00.00	00:26.00	00:25.00	00:25.00	00:24.00	Upper QT
50m Breaststroke	00:58.40	00:53.20	00:50.20	00:48.40	00:46.60	00:45.70	00:45.40	Lower QT
	00:38.00	00:38.00	00:34.00	00:34.00	00:32.00	00:32.00	00:31.00	Upper QT
50m Butterfly	00:50.10	00:45.90	00:43.70	00:41.80	00:40.30	00:39.50	00:39.20	Lower QT
	00:32.00	00:32.00	00:30.00	00:30.00	00:28.00	00:28.00	00:27.00	Upper QT
50m Backstroke	00:51.50	00:46.80	00:45.30	00:43.30	00:41.70	00:41.30	00:40.80	Lower QT
	00:33.00	00:33.00	00:31.00	00:31.00	00:28.00	00:28.00	00:26.00	Upper QT
100m Ind Medley	02:00.40	01:55.70	01:44.80	01:42.90	01:41.70	01:40.70	00:39.70	Lower QT
	01:16.00	01:16.00	01:06.00	01:06.00	01:05.00	01:05.00	01:04.00	Upper QT

TIMES TO HAVE BEEN ACHIEVED SINCE 1ST SEPTEMBER 2018

SUBMITTED TIMES MUST BE BETWEEN UPPER AND LOWER QUALIFYING TIMES TO BE ACCEPTED