

NASA 2022 SHORT COURSE COMPETITION - 17th September 2022

QUALIFYING TIMES

MEN & BOYS

	10/11YRS	12YRS	13YRS	14YRS	15YRS	16+YRS	
50m Freestyle	00:47.0	00:41.0	00:38.7	00:37.0	00:34.8	00:34.0	Lower QT
	00:29.0	00:24.7	00:24.7	00:22.8	00:22.8	00:22.0	Upper QT
50m Breaststroke	00:54.6	00:47.0	00:43.7	00:41.0	00:40.1	00:39.0	Lower QT
	00:39.9	00:35.2	00:35.2	00:32.6	00:32.6	00:26.5	Upper QT
50m Butterfly	00:52.0	00:45.0	00:42.6	00:39.9	00:38.2	00:37.5	Lower QT
	00:30.0	00:27.5	00:27.5	00:24.7	00:24.7	00:22.8	Upper QT
50m Backstroke	00:49.0	00:42.0	00:40.0	00:38.0	00:36.2	00:35.1	Lower QT
	00:34.7	00:32.0	00:31.5	00:28.4	00:27.0	00:24.6	Upper QT
100m Ind Medley	02:06.6	01:50.0	01:42.5	01:36.9	01:35.0	01:35.3	Lower QT
	01:11.2	01:00.0	00:59.9	00:55.1	00:55.1	00:54.1	Upper QT

LADIES & GIRLS

	10/11YRS	12YRS	13YRS	14YRS	15YRS	16+YRS	
50m Freestyle	00:47.0	00:41.7	00:40.4	00:38.5	00:37.9	00:37.5	Lower QT
	00:29.0	00:25.4	00:24.7	00:23.8	00:23.8	00:22.8	Upper QT
50m Breaststroke	01:01.3	00:52.7	00:50.8	00:48.9	00:48.0	00:47.7	Lower QT
	00:36.1	00:32.3	00:32.3	00:30.4	00:30.4	00:29.5	Upper QT
50m Butterfly	00:52.6	00:45.9	00:43.9	00:42.3	00:41.5	00:41.2	Lower QT
	00:30.4	00:28.5	00:28.5	00:26.6	00:26.6	00:25.6	Upper QT
50m Backstroke	00:54.1	00:47.6	00:45.5	00:43.8	00:43.4	00:42.8	Lower QT
	00:31.4	00:29.5	00:29.5	00:26.6	00:26.6	00:24.7	Upper QT
100m Ind Medley	02:06.4	01:50.0	01:48.0	01:46.8	01:45.7	01:45.0	Lower QT
	01:12.2	01:02.7	01:02.7	01:01.7	01:01.7	01:00.8	Upper QT

TIMES TO HAVE BEEN ACHIEVED SINCE 1ST JANUARY 2020

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