



ASANER Senior & Junior Championships (25m) 2009
Venue: Freeman's Quay Durham
7-8 November 2009 Entry closing date: 13 October 2009

Session 1		
Saturday 7 November @ 09:00		
Men	100m	Freestyle
Women	200m	Freestyle
Men	50m	Breaststroke
Women	100m	Breaststroke
Men	400m	Ind.Medley
Women	100m	Butterfly
Men	100m	Backstroke
Women	50m	Backstroke
Men	200m	Butterfly
Women	200m	Ind.Medley
Men	400m	Freestyle
Women	50m	Freestyle
Men	200m	Breaststroke
Wo/Men	800m	Freestyle HDW
Men	50m	Butterfly
Women	200m	Backstroke
Men	4x100m	Medley Team HDW
Women	4x100m	Freestyle Team HDW
Session 2 Finals @ TBC		
Men	4x200m	Freestyle Team HDW

Session 3		
Sunday 8 November @ 09:00		
Women	100m	Freestyle
Men	200m	Freestyle
Women	50m	Breaststroke
Men	100m	Breaststroke
Women	400m	Ind.Medley
Men	100m	Butterfly
Women	100m	Backstroke
Men	50m	Backstroke
Women	200m	Butterfly
Men	200m	Ind.Medley
Women	400m	Freestyle
Men	50m	Freestyle
Women	200m	Breaststroke
Wo/Men	1500m	Freestyle HDW
Women	50m	Butterfly
Men	200m	Backstroke
Women	4x100m	Medley Team HDW
Men	4x100m	Freestyle Team HDW
Session 4 Finals @ TBC		
Women	4x200m	Freestyle Team HDW

Qualifying Times (25m)				
50m times should be converted using ASA conversion Tables				
Men			Women	
Senior	Junior		Senior	Junior
26.1	28.0	50m Freestyle	29.1	30.5
57.5	1.00.0	100m Freestyle	1.03.6	1.05.0
2.06.9	2.11.2	200m Freestyle	2.18.5	2.20.5
4.29.2	4.37.3	400m Freestyle	4.50.5	4.52.0
Via 1500m		800m Freestyle	9.57.8	10.00.0
17.51.7	18.20.0	1500m Freestyle	Via 800m	
29.1	31.8	50m Backstroke	32.8	34.5
1.02.8	1.06.9	100m Backstroke	1.10.2	1.12.2
2.17.5	2.24.2	200m Backstroke	2.30.4	2.34.4
32.8	35.2	50m Breaststroke	36.5	38.2
1.11.5	1.15.7	100m Breaststroke	1.18.8	1.21.5
2.35.1	2.44.1	200m Breaststroke	2.49.0	2.56.0
28.2	30.4	50m Butterfly	31.3	33.1
1.02.1	1.06.2	100m Butterfly	1.08.8	1.12.1
2.18.1	2.25.6	200m Butterfly	2.31.2	2.36.3
2.21.5	2.27.6	200m Ind.Medley	2.35.1	2.38.5
5.00.7	5.13.1	400m Ind.Medley	5.26.7	5.32.7

Junior: age 15 years & under on 8 November 2009

ASANER Championships,
67 Buckinghamshire Road Belmont Durham DH1 2BE
Tel: 0191 3862057 Email: swimming@proudys.plus.com
www.swimnortheast.org.uk



Entry Form: ASANER Senior & Junior Championships (25m) 2009

7-8 November 2009 Freemans Quay (Durham City)

Entry Closing Date: 14 October 2009

Age as at 8 November 2009

Entry Form: Men / Women (please delete)

Club:
Tel:
E-mail:

Reply Address:

Full Name Date of Birth	Freestyle					Backstroke			Breaststroke			Butterfly			Ind. Medley	
	50m	100m	200m	400m	800m 1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m

Entry Fee £5.50 per event Cheques payable to ASANER Total amount: £_____

ASANER Championships 67 Buckinghamshire Road Belmont Durham DH1 2BE

Tel: 0191 3862057 Email: swimming@proudys.plus.com www.swimnortheast.org.uk