

British Gas Swimming Championships 26th- 30th June 2013 Qualifying Times – Long Course Only

Men	Event	Women
50m		50m
23.87	50m Freestyle	27.06
51.57	100m Freestyle	57.66
1.52.94	200m Freestyle	2.03.67
3.59.23	400m Freestyle	4.21.08
Via 400m Free	800m Freestyle	9.02.20
16.05.94	1500m Freestyle	Via 800m Free
30.56	50m Breaststroke	34.35
1.04.73	100m Breaststroke	1.12.98
2.20.73	200m Breaststroke	2.38.16
25.96	50m Butterfly	29.00
56.17	100m Butterfly	1.02.66
2.05.48	200m Butterfly	2.18.70
27.94	50m Backstroke	31.08
58.20	100m Backstroke	1.04.81
2.06.97	200m Backstroke	2.18.94
2.07.52	200m Ind. Medley	2.20.39
4.32.34	400m Ind Medley	4.55.00

Entry times must have equalled or bettered the relevant entry time in an event licensed or designated by the ASA, SASA or WASA in a 50m pool since 5th June 2012.

Men who enter the 400m Freestyle may also enter the Men's 800m Freestyle.
Women who enter the 800m Freestyle may also enter the Women's 1500m Freestyle

Split Times, either intermediate distance or first leg of a relay race, are not acceptable for entry.

Closing date for entries 12noon, Wednesday 5th June 2013