

North Tyneside ASC Summer Gala
Louisa Centre, Stanley
22nd and 23rd June 2019

Programme of Events

Saturday 22nd June 2019			Sunday 23rd June 2019		
AM Session (8.00am warm-up, 9.00am start)			AM Session (8.00am warm-up, 9.00am start)		
Boys	400m	Freestyle (4 heats)	Girls	400m	Freestyle (4 heats)
Girls	200m	Breaststroke	Boys	200m	Breaststroke
Boys	100m	Backstroke	Girls	100m	Backstroke
Girls	100m	Freestyle	Boys	100m	Freestyle
Boys	50m	Breaststroke	Girls	50m	Breaststroke
Girls	100m	Individual Medley	Boys	100m	Individual Medley
Boys	200m	Individual Medley	Girls	200m	Individual Medley
Girls	50m	Butterfly	Boys	50m	Butterfly
PM Session (warm-up and start time TBC)			PM Session (warm-up and start time TBC)		
Boys	200m	Freestyle	Girls	200m	Freestyle
Girls	200m	Backstroke	Boys	200m	Backstroke
Boys	50m	Freestyle	Girls	50m	Freestyle
Girls	100m	Breaststroke	Boys	100m	Breaststroke
Boys	100m	Butterfly	Girls	100m	Butterfly
Girls	200m	Butterfly	Boys	200m	Butterfly
Boys	50m	Backstroke	Girls	50m	Backstroke



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Upper Qualifying Times – GIRLS (must not have swum faster than times stated)

Event	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 + Years
50 Freestyle	35.00	32.00	31.00	29.00	28.50	28.00	27.50
100 Freestyle		1.08.00	1.07.00	1.04.00	1.02.00	1.00.00	58.00
200 Freestyle	2.31.00	2.28.00	2.27.00	2.18.00	2.15.00	2.10.10	2.06.00
400 Freestyle			4.50.00				
50 Backstroke	41.00	37.50	35.00	34.00	33.00	32.00	31.00
100 Backstroke		1.20.00	1.19.00	1.14.00	1.13.00	1.06.00	1.04.00
200 Backstroke	2.49.00	2.46.00	2.38.00	2.36.00	2.34.00	2.22.00	2.20.00
50 Breaststroke	46.00	42.00	40.00	38.00	36.00	35.00	34.00
100 Breaststroke		1.33.00	1.32.00	1.26.00	1.20.00	1.15.00	1.12.00
200 Breaststroke	3.18.00	3.16.00	3.14.00	3.07.00	3.06.00	2.45.00	2.40.00
50 Butterfly	40.00	36.00	34.00	32.00	31.00	30.00	29.00
100 Butterfly		1.23.00	1.22.00	1.14.00	1.13.00	1.05.00	1.02.00
200 Butterfly	3.33.00	3.05.00	2.55.00	2.46.00	2.43.00	2.23.00	2.20.00
100 IM	1.30.00	1.20.00	1.18.00	1.14.00	1.11.00	1.09.00	1.08.00
200 IM	3.12.00	3.00.00	2.50.00	2.39.00	2.36.00	2.23.00	2.20.00



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Upper Qualifying Times – BOYS (must not have swum faster than the times stated)

Event	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 + Years
50 Freestyle	35.00	32.00	30.00	29.00	27.00	26.00	25.00
100 Freestyle		1.06.00	1.05.00	1.03.00	1.01.00	56.00	53.00
200 Freestyle	2.25.00	2.23.00	2.21.00	2.18.00	2.15.00	2.05.00	1.55.00
400 Freestyle			4.20.00				
50 Backstroke	40.00	37.00	35.00	33.00	31.00	30.00	28.50
100 Backstroke		1.14.00	1.12.00	1.10.00	1.08.00	1.05.00	1.00.00
200 Backstroke	2.42.00	2.36.00	2.32.00	2.26.00	2.22.00	2.12.00	2.05.00
50 Breaststroke	46.00	42.00	40.00	37.00	35.00	33.00	31.00
100 Breaststroke		1.29.00	1.28.00	1.24.00	1.18.00	1.14.00	1.08.00
200 Breaststroke	3.12.00	3.05.00	3.00.00	2.50.00	2.40.00	2.30.00	2.20.00
50 Butterfly	39.00	36.00	34.00	32.00	30.00	29.00	27.00
100 Butterfly		1.13.00	1.10.00	1.06.00	1.03.00	1.01.00	58.00
200 Butterfly	3.33.00	3.00.00	2.45.00	2.35.00	2.25.00	2.18.00	2.08.00
100 IM	1.18.00	1.16.00	1.14.00	1.12.00	1.09.00	1.06.00	1.02.00
200 IM	3.10.00	2.54.00	2.43.00	2.35.00	2.25.00	2.18.00	2.11.00