

**Staffordshire ASA County Swimming Championships 2024 – License numbers [20/21 January 1WM240059 & 10/11 February 2WM240060]**

Staffordshire ASA is affiliated to Swim England West Midlands Region. Competition is held under Swim England Regulations and Technical Rules for swimming and World Para Swimming rules, where they apply.

**Consideration Times (v1.3)**

Male/Open							Female					
Age							Age					
10/11	12	13	14	15	16/Over	Event	10/11	12	13	14	15	16/Over
00:40.0	00:37.6	00:34.5	00:31.4	00:29.8	00:29.2	50 Free	00:40.0	00:36.2	00:33.3	00:31.7	00:30.9	00:30.5
01:29.4	01:23.6	01:15.0	01:08.0	01:04.7	01:02.8	100 Free	01:27.5	01:20.2	01:14.6	01:09.8	01:07.5	01:06.3
03:19.3	02:58.3	02:46.2	02:30.0	02:21.3	02:15.9	200 Free	03:15.1	02:56.4	02:42.1	02:34.1	02:25.3	02:21.8
06:55.1	06:39.4	06:00.0	05:25.5	05:02.8	04:51.8	400 Free	06:54.4	06:42.0	05:58.1	05:27.5	05:12.4	04:58.4
	12:15.0	11:45.0	11:10.0	10:45.0	10:10.0	800 Free		12:30.0	11:45.0	11:15.0	11:05.6	10:58.5
	22:35.0	22:00.0	21:10.0	20:00.0	19:10.0	1500 Free		23:35.0	22:40.0	21:30.0	20:45.0	20:15.0
00:56.8	00:51.2	00:46.1	00:43.5	00:41.0	00:39.1	50 Breast	00:54.5	00:49.9	00:45.5	00:43.8	00:41.0	00:39.9
02:02.2	01:56.1	01:44.8	01:33.0	01:26.9	01:22.9	100 Breast	02:00.0	01:46.5	01:39.4	01:32.0	01:28.2	01:26.8
04:05.2	03:48.2	03:31.9	03:15.3	03:03.9	02:59.5	200 Breast	04:09.1	03:44.2	03:28.5	03:12.4	03:05.9	03:03.1
00:53.5	00:45.2	00:40.4	00:37.2	00:34.6	00:33.2	50 Butterfly	00:49.7	00:42.1	00:38.5	00:35.6	00:34.2	00:33.7
01:47.5	01:41.2	01:33.4	01:23.8	01:17.7	01:15.3	100 Butterfly	01:48.4	01:39.5	01:30.1	01:22.0	01:18.0	01:16.9
04:00.0	03:45.0	03:19.9	03:08.0	02:59.8	02:54.0	200 Butterfly	04:00.0	03:50.0	03:39.8	03:21.8	03:00.0	02:54.5
00:49.8	00:43.9	00:41.9	00:36.6	00:35.1	00:33.6	50 Backstroke	00:48.1	00:43.9	00:40.2	00:37.5	00:36.1	00:35.0
01:46.4	01:35.1	01:26.0	01:20.1	01:13.7	01:11.9	100 Backstroke	01:39.6	01:30.2	01:23.5	01:18.0	01:16.2	01:14.2
03:29.5	03:20.3	02:59.7	02:50.0	02:39.7	02:33.9	200 Backstroke	03:25.1	03:12.4	02:56.1	02:47.2	02:42.9	02:38.4
01:46.1	01:40.6	01:24.4	01:19.8	01:15.2	01:14.0	100 IM	01:44.2	01:32.6	01:23.1	01:20.0	01:17.2	01:15.3
03:31.5	03:20.8	03:03.8	02:46.2	02:41.9	02:35.4	200 IM	03:38.0	03:15.1	03:01.7	02:50.6	02:43.0	02:41.5
	06:55.3	06:36.3	06:17.9	06:06.1	05:59.1	400 IM		07:00.0	06:39.7	06:22.4	06:18.1	06:15.9

Submitted times should be short course times from the Swimming England rankings (converted if necessary),

Times to be achieved between 01/04/2023 and 8/01/2024 inclusive.

Times are based on 25m pool.