

**SUSSEX COUNTY ASA DEVELOPMENT GALA To be held at Prince Regent. Brighton
SUNDAYS 30th OCTOBER & 13th NOVEMBER 2011
YOUR AGE WILL BE AS AT 13th NOVEMBER 2011**

THIS GALA IS PRIMARILY RUN FOR THOSE TRYING TO ACHIEVE TIMES FOR THE 2012 COUNTY CHAMPIONSHIPS
YOU MAY ENTER ANY OF THE EVENTS BELOW, AS LONG AS YOU CANNOT ACHIEVE THE TIME SHOWN SUBJECT TO THE FOLLOWING CONDITION.

**IF YOU ALREADY HAVE A COUNTY TIME FROM A LICENSED MEET
YOU MAY NOT ENTER THAT EVENT even if the time allows**

BOYS Must be slower than these times								GIRLS Must be slower than these times						
9	10	11	12	13	14	15+		9	10	11	12	13	14+	
39.00	35.00	33.00	32.00	31.00	29.00	28.00	50m Free	37.00	35.00	34.00	32.00	31.00	30.00	
45.00	41.00	39.00	37.00	35.00	33.00	32.00	50m Back	44.00	42.00	40.00	38.00	37.00	36.00	
52.00	48.00	45.00	42.00	40.00	38.00	36.00	50m Breast	51.00	48.00	46.00	44.00	42.00	40.00	
46.00	44.00	40.00	38.00	36.00	34.00	30.00	50m Fly	43.00	41.00	39.00	37.00	35.00	34.00	
NO EVENT		Restricted age	1.08.0	1.04.0	1.02.0	1.01.0	100m Free	NO EVENT	Restricted age	1.13.0	1.10.0	1.07.0	1.06.0	
			1.20.0	1.15.0	1.10.0	1.08.0	100m Back			1.21.0	1.18.0	1.16.0	1.15.0	
			1.30.0	1.25.0	1.20.0	1.18.0	100m Breast			1.33.0	1.30.0	1.27.0	1.26.0	
			1.20.0	1.15.0	1.10.0	1.08.0	100m Fly			1.25.0	1.20.0	1.18.0	1.15.0	
1.37.0	1.29.0	1.24.0	1.19.0	1.17.0	1.13.0	1.10.0	100m I.M.	1.35.0	1.28.0	1.24.0	1.20.0	1.18.0	1.16.0	
3.00.0	2.50.0	2.40.0	2.30.0	2.20.0	2.15.0	2.10.0	200m Free	2.55.0	2.45.0	2.35.0	2.30.0	2.28.0	2.25.0	
3.20.0	3.08.0	2.58.0	2.45.0	2.39.0	2.33.0	2.30.0	200m Back	3.21.0	3.06.0	2.56.0	2.49.0	2.46.0	2.42.0	
4.00.0	3.40.0	3.30.0	3.20.0	3.10.0	3.00.0	2.55.0	200m Breast	3.50.0	3.34.0	3.20.0	3.15.0	3.10.0	3.05.0	
3.45.0	3.30.0	3.15.0	3.00.0	2.45.0	2.35.0	2.31.0	200m Fly	3.45.0	3.30.0	3.15.0	3.00.0	2.55.0	2.50.0	
3.35.0	3.10.0	3.00.0	2.50.0	2.40.0	2.35.0	2.30.0	200m I.M.	3.25.0	3.10.0	3.00.0	2.50.0	2.48.0	2.45.0	

Entry fees per event £4.00 CLOSING DATE FOR ENTRIES --SUNDAY 16TH OCT-- Late entries will not be accepted

100m ASA AGE RESTRICTED EVENTS for BOYS 11 Years & GIRLS 10 Years

Entry for these events by 11 year old Boys & 10 year old Girls can only be accepted if the swimmer "Ages up" between 14th November 2011 & 18th March 2012.
Entrants should use the time for that higher age. These entries will only be allowed upon request by the Club Coach and are accepted at the discretion of the Sussex County ASA. Please contact John Ottaway for instructions on how to enter age restricted events.