



**the asaASANER Senior & Junior Championships (25m) 2008**  
**Venue: Freemans Quay (Durham City)**  
**1 – 2 November 2008 Entry closing date: 14 October 2008**

<b>Session 1</b>		
<b>Saturday 1 November @ 09:00</b>		
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
<b>Session 2 Finals @ TBC</b>		
Men	4x200m	Freestyle Team HDW

<b>Session 3</b>		
<b>Sunday 2 November @ 09:00</b>		
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
<b>Session 4 Finals @ TBC</b>		
Women	4x200m	Freestyle Team HDW

<b>Qualifying Times (25m)</b>				
<b>50m times should be converted using ASA conversion Tables</b>				
<b>Men</b>			<b>Women</b>	
<b>Senior</b>	<b>Junior</b>		<b>Senior</b>	<b>Junior</b>
26.1	28.0	50m Freestyle	29.1	30.5
56.5	59.0	100m Freestyle	1.04.0	1.04.0
2.06.0	2.08.0	200m Freestyle	2.18.5	2.19.0
4.28.0	4.35.0	400m Freestyle	4.48.0	4.48.0
Via 1500m		800m Freestyle	9.45.0	9.45.0
17.50.0	18.10.0	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	2.36.0
5.00.7	5.13.1	400m Ind.Medley	5.26.7	5.32.7

**Junior: age 15 years & under on 2 November 2008**

**ASANER Championships,**  
**67 Buckinghamshire Road Belmont Durham DH1 2BE**  
**Tel: 0191 3862057 Email: [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com)**  
**[www.swimnortheast.org.uk](http://www.swimnortheast.org.uk)**



**Entry Form: the asaNER Senior & Junior Championships (25m) 2008**  
**1-2 November 2008 Freemans Quay (Durham City)**  
**Entry Closing Date: 14 October 2008**  
**Entry Form: Men / Women (please delete)**

<b>Club:</b>
<b>Tel:</b>
<b>E-mail:</b>

<b>Reply Address:</b>

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

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