

NOTTS A.S.A STAGE 1 GALAS 2025 Upper Limit Times

Please find below the upper limit times for the 2025 Nottinghamshire ASA Stage 1 Galas.

If a swimmer has achieved a time in an event, within 1 year previous to the date of the gala, up to 4 weeks before the date of the gala, then no participation in that event is permitted.

All Times are listed as Short Course Times, but if a Long Course Time also converts down and is faster than the below times, this will also mean no participation in that event is permitted.

These rules are for individual races only and there is no restriction for relay events.

Open/Male Times:

	9 Years & Under	10 Years	11 Years
50m Backstroke	42.10	40.00	37.90
50m Breaststroke	47.00	44.80	42.60
50m Butterfly	39.50	37.70	35.80
50m Freestyle	35.40	33.70	32.10

Female Times:

	9 Years & Under	10 Years	11 Years
50m Backstroke	39.00	37.80	36.60
50m Breaststroke	46.10	44.40	42.50
50m Butterfly	38.50	37.00	35.40
50m Freestyle	33.50	32.50	31.40

These times will remain in place for the whole of 2025 and will be reviewed before the 2026 competitions.