

## Time Standards Process

The Alberta Coaches Council has approved the following process to set provincial time standards so that times will progress based on the swimming population.

### Provincial Standards

Girls 10 & under, 11, 12, 13 / Males 11 & under, 12, 13, 14

1. The base standard will be set using the 5-year average of 16<sup>th</sup> place using Alberta's overall Short Course season rankings. Low subscription events will be set using the FINA points of a similar discipline. (e.g. 400 IM time set using 200 IM FINA points)
2. Provincial short course standards will be set 10% slower than the base standard. All long course standards will be calculated by adding 2%.

### Championship Standards

Girls 12 & Under, 13-14 / Males 13 & Under, 14-15

The championship age group short course standards will be set using the 5-year average of 32<sup>nd</sup> place using Alberta's overall Short Course season rankings. Low subscription events will be set using the FINA points of a similar discipline. (e.g. 50 back time set using 100 back FINA points)

Girls 15 & Over / Males 16 & Over

The championship short course standard will be calculated as 5% slower than the Female 16-17 and the Male 17-18 Canadian Junior Championships standard. The Canadian Junior Championship will be used as short course time to calculate the Alberta championship standard. Non-Olympic events or low subscription events will be set using the FINA points of a similar discipline (e.g. female 1500 free time set using 800 free FINA points)

All long course championship standards will be calculated by adding 2%.

### Youth Recognition

The youth recognition time standards will be based on the 10-year average of the rank for the award, rounded to the nearest tenth. Standards will be short course and long course, male and female.

Top 5 - Age 10 & Under, based on Alberta rankings

Top 1 & Top 10 - Ages 11, 12, 13, 14, 15, 16, 17, based on national rankings

### Para Standards

Swimming Canada sets the provincial para standards, Can Am standard + 15%.