



# SWIM ALBERTA

## Championship Standards

### Female

### Male

Female			EVENT	Male		
12 & U	13-14	15 & O		13 & U	14-15	16 & O
30.7	29.0	28.8	50 Free	28.9	26.5	25.9
31.3	29.5	29.4		LC	29.4	27.0
1:07.5	1:02.9	1:02.1	100 Free	1:03.1	57.7	56.1
1:08.9	1:04.2	1:03.3		LC	1:04.3	58.8
2:28.1	2:17.2	2:14.1	200 Free	2:19.2	2:07.4	2:02.3
2:31.1	2:20.0	2:16.8		LC	2:22.0	2:09.9
5:16.7	4:53.1	4:45.4	400 Free	4:57.2	4:36.2	4:22.7
5:23.1	4:58.9	4:51.1		LC	5:03.2	4:41.7
10:47.4	9:59.0	9:50.1	800 Free	10:21.0	9:37.0	9:14.0
11:00.4	10:11.0	10:01.9		LC	10:33.4	9:48.6
20:52.0	19:18.4	19:01.2	1500 Free	19:50.5	18:26.2	17:42.2
21:17.0	19:41.6	19:24.0		LC	20:14.3	18:48.4
35.7	33.4	32.5	50 Back	33.6	30.8	29.4
36.4	34.1	33.2		LC	34.3	31.4
1:17.4	1:11.6	1:09.9	100 Back	1:12.6	1:05.9	1:03.7
1:18.9	1:13.0	1:11.3		LC	1:14.0	1:07.3
2:47.0	2:34.4	2:31.0	200 Back	2:38.5	2:24.2	2:18.9
2:50.3	2:37.5	2:34.1		LC	2:41.7	2:27.1
41.0	38.1	36.9	50 Breast	38.5	34.8	32.9
41.8	38.8	37.6		LC	39.2	35.5
1:29.0	1:22.8	1:19.8	100 Breast	1:23.8	1:16.4	1:12.4
1:30.8	1:24.4	1:21.4		LC	1:25.5	1:17.9
3:13.7	2:59.9	2:51.9	200 Breast	3:02.6	2:47.8	2:37.9
3:17.6	3:03.5	2:55.3		LC	3:06.3	2:51.1
34.5	31.9	30.2	50 Fly	32.3	29.3	27.5
35.2	32.6	30.8		LC	32.9	29.8
1:20.4	1:12.7	1:08.2	100 Fly	1:13.9	1:05.9	1:01.1
1:22.0	1:14.1	1:09.5		LC	1:15.4	1:07.2
2:56.5	2:39.5	2:32.1	200 Fly	2:45.5	2:27.6	2:17.4
3:00.0	2:42.6	2:35.2		LC	2:48.8	2:30.5
2:47.9	2:36.6	2:32.6	200 IM	2:37.5	2:25.1	2:18.8
2:51.2	2:39.7	2:35.7		LC	2:40.7	2:28.0
5:55.4	5:31.5	5:25.6	400 IM	5:38.4	5:11.6	4:59.4
6:02.5	5:38.1	5:32.1		LC	5:45.2	5:17.8