



SWIM ALBERTA

Provincial Standards

Female

Male

10 & U	11	12	13	EVENT	11 & U	12	13	14
37.6	34.7	33.2	32.0	50 Free SC	35.2	32.9	30.7	29.3
38.3	35.4	33.9	32.7		LC	35.9	33.6	31.3
1:24.8	1:17.2	1:12.8	1:10.1	100 Free SC	1:18.1	1:12.4	1:07.4	1:04.1
1:26.4	1:18.7	1:14.3	1:11.5		LC	1:19.7	1:13.8	1:08.8
3:05.7	2:50.4	2:38.4	2:32.8	200 Free SC	2:52.4	2:39.5	2:29.0	2:21.6
3:09.5	2:53.8	2:41.6	2:35.9		LC	2:55.8	2:42.6	2:32.0
	6:04.8	5:40.2	5:25.5	400 Free SC		5:36.8	5:17.9	5:05.3
	6:12.1	5:47.0	5:32.0		LC		5:43.5	5:24.3
	12:25.7	11:35.3	11:05.3	800 Free SC		11:43.6	11:04.2	10:37.7
	12:40.6	11:49.2	11:18.6		LC		11:57.7	11:17.5
44.5	41.1	38.3	36.9	50 Back SC	41.4	38.7	36.1	34.2
45.4	41.9	39.1	37.7		LC	42.2	39.5	36.8
1:36.7	1:28.9	1:22.7	1:19.6	100 Back SC	1:29.5	1:23.3	1:17.0	1:12.6
1:38.6	1:30.7	1:24.4	1:21.2		LC	1:31.3	1:25.0	1:18.5
3:30.1	3:10.6	2:58.3	2:50.7	200 Back SC	3:14.2	2:59.2	2:47.1	2:39.8
3:34.3	3:14.4	3:01.9	2:54.1		LC	3:18.0	3:02.8	2:50.4
50.8	47.0	43.8	42.3	50 Breast SC	47.6	44.0	40.7	38.6
51.8	47.9	44.6	43.2		LC	48.6	44.9	41.6
1:50.7	1:42.5	1:35.6	1:31.7	100 Breast SC	1:44.1	1:35.7	1:28.7	1:24.7
1:52.9	1:44.6	1:37.6	1:33.5		LC	1:46.2	1:37.6	1:30.5
3:58.9	3:42.9	3:26.7	3:19.0	200 Breast SC	3:45.9	3:29.0	3:15.2	3:05.0
4:03.7	3:47.3	3:30.8	3:23.0		LC	3:50.4	3:33.2	3:19.1
44.0	39.9	37.0	35.5	50 Fly SC	40.2	37.1	34.3	32.4
44.9	40.7	37.8	36.2		LC	41.0	37.9	35.0
1:46.3	1:34.0	1:25.7	1:20.5	100 Fly SC	1:35.0	1:25.8	1:17.6	1:13.4
1:48.4	1:35.9	1:27.4	1:22.2		LC	1:36.9	1:27.5	1:19.1
3:53.2	3:26.2	3:07.9	2:56.7	200 Fly SC	3:32.8	3:12.1	2:53.7	2:44.3
3:57.8	3:30.3	3:11.7	3:00.3		LC	3:37.0	3:15.9	2:57.2
3:30.9	3:14.1	2:59.8	2:54.3	200 IM SC	3:13.3	3:00.4	2:49.0	2:40.0
3:35.2	3:17.9	3:03.4	2:57.8		LC	3:17.2	3:04.0	2:52.4
	6:50.9	6:20.7	6:09.1	400 IM SC		6:27.5	6:03.0	5:43.8
	6:59.1	6:28.3	6:16.5		LC		6:35.2	6:10.2