



SWIM ALBERTA

Championship Standards

Female

Male

Female			EVENT	Male			
12 & U	13-14	15 & O		13 & U	14-15	16 & O	
30.5	28.9	28.8	50 Free	SC	28.8	26.4	25.9
31.1	29.4	29.4		LC	29.4	26.9	26.4
1:07.4	1:02.7	1:02.1	100 Free	SC	1:02.9	57.6	55.8
1:08.8	1:04.0	1:03.3		LC	1:04.2	58.7	56.9
2:28.0	2:16.8	2:14.1	200 Free	SC	2:18.7	2:07.2	2:02.3
2:30.9	2:19.6	2:16.8		LC	2:21.5	2:09.8	2:04.7
5:16.7	4:53.0	4:45.4	400 Free	SC	4:56.7	4:35.4	4:22.7
5:23.1	4:58.8	4:51.1		LC	5:02.6	4:40.9	4:27.9
10:47.4	9:58.8	9:50.1	800 Free	SC	10:19.9	9:35.3	9:11.3
11:00.3	10:10.8	10:01.9		LC	10:32.2	9:46.8	9:22.4
20:42.1	19:08.9	18:46.6	1500 Free	SC	19:45.5	18:20.2	17:42.2
21:07.0	19:31.9	19:09.1		LC	20:09.2	18:42.2	18:03.4
35.6	33.2	32.5	50 Back	SC	33.5	30.6	29.5
36.3	33.9	33.2		LC	34.2	31.2	30.1
1:17.0	1:11.3	1:09.9	100 Back	SC	1:12.2	1:05.6	1:03.7
1:18.6	1:12.7	1:11.3		LC	1:13.6	1:06.9	1:05.0
2:46.2	2:33.9	2:31.0	200 Back	SC	2:37.6	2:23.0	2:18.9
2:49.6	2:36.9	2:34.1		LC	2:40.8	2:25.9	2:21.6
40.6	37.8	36.6	50 Breast	SC	38.3	34.6	33.5
41.4	38.6	37.3		LC	39.0	35.2	34.1
1:28.6	1:22.5	1:19.8	100 Breast	SC	1:23.4	1:16.1	1:12.4
1:30.4	1:24.1	1:21.4		LC	1:25.0	1:17.6	1:13.8
3:12.6	2:59.3	2:51.9	200 Breast	SC	3:01.7	2:47.2	2:37.9
3:16.5	3:02.9	2:55.3		LC	3:05.4	2:50.5	2:41.1
34.3	31.7	30.0	50 Fly	SC	32.2	29.1	27.5
35.0	32.3	30.6		LC	32.8	29.6	28.1
1:20.2	1:12.3	1:08.2	100 Fly	SC	1:14.1	1:05.6	1:01.1
1:21.8	1:13.8	1:09.5		LC	1:15.6	1:06.9	1:02.4
2:55.6	2:38.4	2:32.1	200 Fly	SC	2:46.0	2:27.0	2:17.4
2:59.1	2:41.6	2:35.2		LC	2:49.3	2:29.9	2:20.2
2:47.9	2:35.8	2:32.6	200 IM	SC	2:37.3	2:24.5	2:18.8
2:51.3	2:38.9	2:35.7		LC	2:40.5	2:27.3	2:21.5
5:58.1	5:32.2	5:25.6	400 IM	SC	5:38.0	5:10.3	4:59.4
6:05.2	5:38.8	5:32.1		LC	5:44.7	5:16.5	5:05.4