



# SWIM ALBERTA

## Female Para Standards

### Short Course Meters

	S1 SB1	S2 SB2	S3 SB3	S4 SB4	S5 SB5	S6 SB6	S7 SB7	S8 SB8	S9 SB9	S10	S11 SB11	S12 SB12	S13 SB13	S14 SB14
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14
50 Free	4:15.71	2:46.57	2:21.93	1:43.22	1:28.55	1:09.57	0:55.79	0:50.83	0:44.63	0:43.39	0:55.79	0:54.67	0:44.63	0:44.63
100 Free	7:44.51	5:35.48	4:43.87	3:39.35	3:09.75	2:19.15	1:57.77	1:51.57	1:39.18	1:32.98	2:03.97	2:01.49	1:45.37	1:39.18
200 Free	15:05.56	10:04.09	8:59.58	7:48.03	6:19.50									3:29.62
400 Free						10:04.90	9:17.86	9:05.47	8:03.48	7:38.69	9:17.86	9:06.71	8:15.88	
50 Back	3:52.25	2:47.74	2:34.84	1:56.13	1:41.20									
100 Back						2:44.45	2:28.76	2:16.37	2:03.97	1:51.57	2:28.76	2:25.79	2:03.97	2:03.97
50 Breast	4:30.96	3:26.45	2:34.84											
100 Breast				3:52.25	3:35.05	3:22.40	2:53.56	2:28.76	2:16.37		2:53.56	2:50.08	2:16.37	2:16.37
50 Fly	3:13.54	3:00.64	2:34.84	2:21.93	2:06.50	1:34.87	1:14.38							
100 Fly								2:28.76	2:16.37	2:03.97	2:28.76	2:25.79	2:03.97	2:16.37
150 IM	8:23.22	8:03.86	7:44.51	6:27.09										
200 IM					7:35.40	6:19.50	5:22.32	4:57.53	4:07.94	3:55.54	4:57.53	4:51.58	4:20.34	4:07.94

### Long Course Meters

	S1 SB1	S2 SB2	S3 SB3	S4 SB4	S5 SB5	S6 SB6	S7 SB7	S8 SB8	S9 SB9	S10	S11 SB11	S12 SB12	S13 SB13	S14 SB14
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14
50 Free	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.57	0:56.93	0:51.86	0:45.54	0:44.28	0:56.93	0:49.34	0:45.54	0:45.54
100 Free	7:35.40	5:28.90	4:38.30	3:35.05	3:09.75	2:19.15	2:00.17	1:53.85	1:41.20	1:34.87	2:06.50	1:53.85	1:47.52	1:41.20
200 Free	14:47.80	9:52.25	8:49.00	7:38.85	6:19.50									3:33.90
400 Free						10:04.90	9:29.25	9:16.60	8:13.35	7:48.05	9:29.25	8:51.30	8:26.00	
50 Back	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20									
100 Back						2:44.45	2:31.80	2:19.15	2:06.50	1:53.85	2:31.80	2:19.15	2:06.50	2:06.50
50 Breast	4:25.65	3:22.40	2:31.80											
100 Breast				3:47.70	3:35.05	3:22.40	2:57.10	2:31.80	2:19.15		2:57.10	2:31.80	2:19.15	2:19.15
50 Fly	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.87	1:15.90							
100 Fly								2:31.80	2:19.15	2:06.50	2:31.80	2:19.15	2:06.50	2:19.15
150 IM	8:13.35	7:54.37	7:35.40	6:19.50										
200 IM					7:35.40	6:19.50	5:28.90	5:03.60	4:13.00	4:00.35	5:03.60	4:50.95	4:25.65	4:13.00