



SWIM ALBERTA

Provincial Standards

Female

Male

10 & U	11	12	13	14 & O	EVENT	11 & U	12	13	14	15 & O
37.5	34.7	33.0	31.9	31.4	50 Free SC	35.3	32.9	30.6	29.2	28.5
38.3	35.4	33.7	32.5	32.0		LC	36.0	33.5	31.3	29.8
1:24.5	1:17.6	1:12.6	1:09.9	1:08.2	100 Free SC	1:18.8	1:12.5	1:07.4	1:04.1	1:02.2
1:26.2	1:19.1	1:14.1	1:11.3	1:09.6		LC	1:20.4	1:13.9	1:08.7	1:05.4
3:04.8	2:50.1	2:38.0	2:32.3	2:28.3	200 Free SC	2:53.9	2:40.5	2:28.1	2:21.2	2:17.3
3:08.5	2:53.5	2:41.1	2:35.4	2:31.3		LC	2:57.4	2:43.7	2:31.1	2:24.0
	6:06.1	5:39.8	5:25.1	5:18.2	400 Free SC		5:39.9	5:16.8	5:04.5	4:56.7
	6:13.4	5:46.6	5:31.6	5:24.5		LC		5:46.7	5:23.1	5:10.6
	12:28.3	11:34.5	11:04.5	10:50.3	800 Free SC		11:50.1	11:01.8	10:36.1	10:19.9
	12:43.3	11:48.4	11:17.8	11:03.3		LC		12:04.3	11:15.1	10:48.8
44.4	41.1	38.2	36.6	35.9	50 Back SC	41.6	38.8	36.0	34.3	32.8
45.3	41.9	39.0	37.4	36.7		LC	42.4	39.5	36.8	35.0
1:36.4	1:29.0	1:22.5	1:18.9	1:17.1	100 Back SC	1:30.4	1:23.8	1:16.8	1:12.6	1:10.6
1:38.4	1:30.8	1:24.2	1:20.5	1:18.6		LC	1:32.2	1:25.5	1:18.3	1:14.1
3:29.0	3:10.5	2:57.5	2:50.4	2:47.2	200 Back SC	3:15.2	2:59.1	2:46.6	2:38.7	2:34.6
3:33.1	3:14.3	3:01.0	2:53.8	2:50.5		LC	3:19.2	3:02.7	2:49.9	2:41.9
50.6	46.6	43.5	41.9	40.9	50 Breast SC	48.0	43.9	40.4	38.3	37.2
51.6	47.6	44.3	42.8	41.7		LC	49.0	44.8	41.2	39.0
1:50.3	1:42.2	1:35.0	1:31.6	1:31.0	100 Breast SC	1:45.1	1:35.9	1:28.0	1:24.7	1:21.1
1:52.5	1:44.3	1:36.9	1:33.5	1:32.8		LC	1:47.2	1:37.8	1:29.8	1:26.3
3:57.9	3:42.5	3:25.7	3:18.8	3:15.8	200 Breast SC	3:47.6	3:28.7	3:13.3	3:05.3	2:58.7
4:02.7	3:46.9	3:29.8	3:22.8	3:19.7		LC	3:52.1	3:32.9	3:17.2	3:09.0
43.5	39.6	36.9	35.3	34.4	50 Fly SC	40.4	37.0	34.3	32.3	31.3
44.3	40.4	37.6	36.0	35.0		LC	41.2	37.8	35.0	32.9
1:45.1	1:34.1	1:25.3	1:20.4	1:17.6	100 Fly SC	1:36.3	1:25.7	1:17.9	1:13.3	1:10.7
1:47.2	1:36.0	1:27.0	1:22.0	1:19.2		LC	1:38.2	1:27.4	1:19.4	1:14.8
3:50.2	3:26.1	3:06.8	2:56.1	2:50.0	200 Fly SC	3:35.7	3:12.0	2:54.5	2:44.4	2:38.4
3:54.8	3:30.2	3:10.5	2:59.6	2:53.4		LC	3:40.0	3:15.8	2:58.0	2:47.7
3:30.2	3:13.9	2:59.9	2:53.3	2:49.4	200 IM SC	3:15.2	3:01.0	2:48.5	2:40.1	2:35.9
3:34.4	3:17.8	3:03.5	2:56.7	2:52.8		LC	3:19.1	3:04.6	2:51.9	2:43.3
	6:53.5	6:23.6	6:09.5	6:01.3	400 IM SC		6:28.9	6:02.0	5:43.9	5:34.8
	7:01.8	6:31.3	6:16.8	6:08.5		LC		6:36.7	6:09.2	5:50.7