



SWIM ALBERTA

Provincial Standards

Female

Male

12 & U	13-14	15 & O	EVENT	13 & U	14-15	16 & O
33.0	30.8	30.1	50 Free SC	31.1	28.2	26.7
33.6	31.4	30.8		LC	31.7	28.8
1:12.8	1:07.0	1:04.7	100 Free SC	1:08.2	1:01.7	58.1
1:14.2	1:08.3	1:06.0		LC	1:09.6	1:02.9
2:39.6	2:25.9	2:20.4	200 Free SC	2:30.0	2:15.9	2:08.0
2:42.8	2:28.8	2:23.2		LC	2:33.0	2:18.7
5:42.2	5:12.5	4:59.9	400 Free SC	5:22.6	4:54.5	4:39.7
5:49.0	5:18.8	5:06.1		LC	5:29.1	5:00.4
11:39.4	10:38.7	10:13.0	800 Free SC	11:14.0	10:15.2	9:44.4
11:53.3	10:51.5	10:25.5		LC	11:27.5	10:27.5
38.4	35.3	34.6	50 Back SC	36.3	32.8	31.0
39.1	36.0	35.3		LC	37.0	33.5
1:22.9	1:15.8	1:13.4	100 Back SC	1:18.1	1:10.3	1:06.6
1:24.5	1:17.3	1:14.9		LC	1:19.6	1:11.7
2:59.7	2:43.8	2:39.0	200 Back SC	2:50.0	2:33.0	2:26.5
3:03.3	2:47.1	2:42.3		LC	2:53.3	2:36.0
43.7	40.4	38.3	50 Breast SC	41.3	36.9	34.0
44.6	41.2	39.1		LC	42.2	37.7
1:35.5	1:28.1	1:23.8	100 Breast SC	1:30.0	1:21.2	1:14.3
1:37.4	1:29.8	1:25.5		LC	1:31.8	1:22.8
3:27.9	3:11.6	3:02.7	200 Breast SC	3:16.9	2:58.8	2:43.2
3:32.0	3:15.4	3:06.4		LC	3:20.8	3:02.4
36.9	33.8	32.0	50 Fly SC	34.7	31.1	28.9
37.7	34.5	32.7		LC	35.4	31.7
1:26.1	1:17.1	1:11.1	100 Fly SC	1:20.1	1:10.3	1:04.0
1:27.9	1:18.6	1:12.6		LC	1:21.7	1:11.7
3:08.7	2:48.8	2:35.8	200 Fly SC	3:00.8	2:38.8	2:24.6
3:12.4	2:52.2	2:38.9		LC	3:04.4	2:41.9
3:01.3	2:46.2	2:41.1	200 IM SC	2:51.0	2:34.4	2:26.7
3:05.0	2:49.5	2:44.4		LC	2:54.4	2:37.5
6:25.3	5:53.2	5:42.3	400 IM SC	6:07.2	5:31.8	5:15.2
6:33.0	6:00.2	5:49.3		LC	6:14.6	5:38.4

All time standards are set to the tenth. Swimmers must equal or better the standard to qualify.
 For example: 1:50.9 = 1:50.90 (1:50.90 qualifies, 1:50.91 does not qualify)