



## Provincial Championship Time Standards

Female				Male		
12 & U	13-14	15 & O	EVENT	13 & U	14-15	16 & O
30.6	28.7	28.3	50 Free SC	28.8	26.4	25.2
31.2	29.2	28.9		LC	29.3	26.9
1:07.5	1:02.5	1:01.0	100 Free SC	1:03.4	57.7	54.8
1:08.8	1:03.8	1:02.3		LC	1:04.7	58.9
2:28.3	2:16.2	2:12.3	200 Free SC	2:19.5	2:07.5	2:00.7
2:31.2	2:18.9	2:15.0		LC	2:22.3	2:10.0
5:17.4	4:52.2	4:42.7	400 Free SC	5:00.2	4:36.6	4:23.8
5:23.8	4:58.0	4:48.5		LC	5:06.2	4:42.1
10:48.8	9:57.2	9:37.8	800 Free SC	10:27.2	9:37.8	9:11.1
11:01.8	10:09.1	9:49.6		LC	10:39.7	9:49.4
20:44.9	19:05.8	18:28.6	1500 Free SC	19:59.5	18:25.1	17:34.0
21:09.8	19:28.7	18:51.3		LC	20:23.5	18:47.2
35.5	32.9	32.4	50 Back SC	33.7	30.8	28.9
36.2	33.6	33.0		LC	34.3	31.4
1:16.8	1:10.8	1:09.0	100 Back SC	1:12.7	1:05.9	1:02.1
1:18.3	1:12.2	1:10.4		LC	1:14.1	1:07.2
2:46.1	2:33.3	2:29.4	200 Back SC	2:38.0	2:22.8	2:17.0
2:49.4	2:36.4	2:32.4		LC	2:41.2	2:25.7
40.4	37.5	35.9	50 Breast SC	38.0	34.6	31.9
41.2	38.3	36.6		LC	38.8	35.2
1:28.2	1:21.9	1:18.8	100 Breast SC	1:23.0	1:15.8	1:10.0
1:29.9	1:23.5	1:20.4		LC	1:24.7	1:17.4
3:12.0	2:58.3	2:52.0	200 Breast SC	3:01.3	2:47.0	2:34.6
3:15.8	3:01.8	2:55.5		LC	3:04.9	2:50.3
34.1	31.5	30.2	50 Fly SC	32.1	29.0	27.1
34.8	32.2	30.8		LC	32.7	29.6
1:19.8	1:12.0	1:06.9	100 Fly SC	1:14.0	1:05.7	1:00.3
1:21.4	1:13.4	1:08.3		LC	1:15.4	1:07.0
2:54.8	2:37.7	2:26.5	200 Fly SC	2:47.0	2:28.3	2:16.2
2:58.3	2:40.8	2:29.5		LC	2:50.4	2:31.2
2:48.1	2:35.3	2:31.3	200 IM SC	2:38.0	2:24.1	2:18.3
2:51.5	2:38.4	2:34.4		LC	2:41.1	2:26.9
5:57.2	5:29.9	5:21.5	400 IM SC	5:39.3	5:09.5	4:57.1
6:04.3	5:36.5	5:28.0		LC	5:46.1	5:15.6

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)