



Provincial Championship Time Standards 2024 - 2025

Female					EVENT	Male					
13 & U	14	15	16	Open		13 & U	14	15	16	Open	
28.4	27.8	27.6	27.4	27.3	50 Free	SC	27.7	26.2	25.8	25.3	25.0
28.9	28.3	28.1	27.9	27.8		LC	28.2	26.7	26.3	25.8	25.5
1:02.2	1:01.2	1:00.7	1:00.3	1:00.1	100 Free	SC	1:02.1	58.3	56.8	55.8	55.1
1:03.5	1:02.5	1:02.0	1:01.6	1:01.4		LC	1:03.4	59.5	58.0	56.9	56.2
2:16.3	2:13.4	2:12.6	2:11.8	2:11.4	200 Free	SC	2:17.1	2:08.7	2:05.1	2:03.1	2:01.4
2:19.1	2:16.1	2:15.3	2:14.5	2:14.1		LC	2:19.9	2:11.3	2:07.7	2:05.6	2:03.9
4:51.5	4:43.8	4:42.3	4:40.7	4:39.9	400 Free	SC	4:54.6	4:35.9	4:32.2	4:29.8	4:28.0
4:57.4	4:49.6	4:48.0	4:46.4	4:45.6		LC	5:00.6	4:41.5	4:37.7	4:35.3	4:33.5
10:04.5	9:48.2	9:45.1	9:42.0	9:40.5	800 Free	SC	10:10.5	9:30.8	9:23.0	9:18.0	9:14.2
10:16.8	10:00.3	9:57.1	9:53.9	9:52.3		LC	10:23.0	9:42.5	9:34.5	9:29.4	9:25.5
19:07.7	18:36.9	18:31.1	18:25.2	18:22.3	1500 Free	SC	19:36.1	18:19.7	18:04.6	17:55.0	17:47.7
19:31.1	18:59.7	18:53.8	18:47.8	18:44.8		LC	20:00.1	18:42.1	18:26.8	18:17.0	18:09.4
33.1	32.2	31.8	31.5	31.3	50 Back	SC	32.8	31.0	30.6	29.3	28.8
33.8	32.8	32.4	32.1	32.0		LC	33.5	31.6	31.3	29.9	29.4
1:12.4	1:10.0	1:09.2	1:08.3	1:07.9	100 Back	SC	1:12.0	1:08.0	1:06.6	1:03.9	1:02.7
1:13.9	1:11.4	1:10.6	1:09.7	1:09.3		LC	1:13.4	1:09.4	1:08.0	1:05.3	1:04.0
2:35.5	2:33.0	2:30.1	2:29.3	2:28.4	200 Back	SC	2:36.3	2:29.3	2:25.5	2:20.9	2:18.4
2:38.7	2:36.1	2:33.1	2:32.3	2:31.4		LC	2:39.5	2:32.3	2:28.5	2:23.8	2:21.3
37.3	35.7	35.5	35.3	35.2	50 Breast	SC	35.7	34.0	33.2	32.9	32.6
38.0	36.5	36.3	36.1	36.0		LC	36.5	34.7	33.9	33.6	33.3
1:23.7	1:20.9	1:20.5	1:20.2	1:20.0	100 Breast	SC	1:21.1	1:17.2	1:14.9	1:14.3	1:13.5
1:25.4	1:22.6	1:22.2	1:21.8	1:21.6		LC	1:22.7	1:18.7	1:16.4	1:15.8	1:15.0
3:02.8	2:55.2	2:54.4	2:53.7	2:53.3	200 Breast	SC	2:59.5	2:51.8	2:43.8	2:43.0	2:40.4
3:06.5	2:58.8	2:58.0	2:57.2	2:56.8		LC	3:03.2	2:55.3	2:47.1	2:46.3	2:43.6
30.8	30.2	29.8	29.6	29.4	50 Fly	SC	30.1	28.4	27.8	27.2	26.8
31.4	30.8	30.4	30.2	30.0		LC	30.8	29.0	28.4	27.8	27.4
1:12.3	1:10.0	1:09.4	1:09.0	1:08.8	100 Fly	SC	1:10.9	1:05.8	1:03.7	1:02.2	1:01.1
1:13.8	1:11.4	1:10.8	1:10.5	1:10.2		LC	1:12.3	1:07.1	1:05.0	1:03.4	1:02.3
2:40.1	2:34.7	2:33.3	2:32.5	2:31.9	200 Fly	SC	2:39.8	2:28.1	2:23.2	2:19.7	2:17.2
2:43.4	2:37.9	2:36.4	2:35.6	2:35.0		LC	2:43.1	2:31.1	2:26.1	2:22.5	2:20.0
2:38.3	2:34.2	2:33.4	2:32.6	2:32.2	200 IM	SC	2:36.6	2:27.4	2:24.1	2:21.5	2:19.7
2:41.5	2:37.3	2:36.5	2:35.7	2:35.3		LC	2:39.8	2:30.4	2:27.1	2:24.4	2:22.6
5:36.1	5:27.2	5:25.6	5:24.1	5:23.3	400 IM	SC	5:36.3	5:16.0	5:08.8	5:03.1	4:59.2
5:43.0	5:33.8	5:32.3	5:30.7	5:29.9		LC	5:43.2	5:22.5	5:15.1	5:09.3	5:05.3

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)