



Provincial Trials Time Standards 2024 - 2025

Female				EVENT	Male				
13 & U	14	15	16 & O		13 & U	14	15	16 & O	
31.2	30.5	30.3	30.1	50 Free	SC	30.4	28.8	28.3	27.8
31.8	31.2	30.9	30.7		LC	31.0	29.4	28.9	28.4
1:08.4	1:07.3	1:06.8	1:06.4	100 Free	SC	1:08.3	1:04.1	1:02.5	1:01.4
1:09.8	1:08.7	1:08.2	1:07.7		LC	1:09.7	1:05.4	1:03.8	1:02.6
2:29.9	2:26.7	2:25.8	2:25.0	200 Free	SC	2:30.8	2:21.6	2:17.7	2:15.4
2:33.0	2:29.7	2:28.8	2:27.9		LC	2:33.9	2:24.5	2:20.5	2:18.2
5:20.6	5:12.2	5:10.5	5:08.8	400 Free	SC	5:24.1	5:03.5	4:59.4	4:56.8
5:27.2	5:18.6	5:16.8	5:15.1		LC	5:30.7	5:09.7	5:05.5	5:02.9
11:04.9	10:47.1	10:43.6	10:40.2	800 Free	SC	11:11.6	10:27.9	10:19.3	10:13.8
11:18.5	11:00.3	10:56.8	10:53.3		LC	11:25.3	10:40.7	10:31.9	10:26.4
21:02.5	20:28.6	20:22.2	20:15.8	1500 Free	SC	21:33.8	20:09.7	19:53.1	19:42.6
21:28.2	20:53.7	20:47.1	20:40.6		LC	22:00.2	20:34.4	20:17.4	20:06.7
36.4	35.4	34.9	34.7	50 Back	SC	36.1	34.1	33.7	32.2
37.2	36.1	35.7	35.4		LC	36.8	34.8	34.4	32.9
1:19.7	1:17.0	1:16.1	1:15.1	100 Back	SC	1:19.2	1:14.9	1:13.3	1:10.3
1:21.3	1:18.5	1:17.6	1:16.7		LC	1:20.8	1:16.4	1:14.8	1:11.8
2:51.1	2:48.3	2:45.1	2:44.2	200 Back	SC	2:51.9	2:44.2	2:40.0	2:35.0
2:54.6	2:51.7	2:48.4	2:47.6		LC	2:55.5	2:47.6	2:43.3	2:38.2
41.0	39.3	39.1	38.9	50 Breast	SC	39.3	37.4	36.5	36.2
41.8	40.1	39.9	39.7		LC	40.1	38.1	37.3	37.0
1:32.0	1:29.0	1:28.6	1:28.2	100 Breast	SC	1:29.2	1:24.9	1:22.4	1:21.8
1:33.9	1:30.8	1:30.4	1:30.0		LC	1:31.0	1:26.6	1:24.1	1:23.4
3:21.0	3:12.7	3:11.9	3:11.0	200 Breast	SC	3:17.5	3:08.9	3:00.2	2:59.3
3:25.1	3:16.7	3:15.8	3:14.9		LC	3:21.5	3:12.8	3:03.8	3:03.0
33.9	33.2	32.7	32.5	50 Fly	SC	33.2	31.3	30.6	29.9
34.6	33.9	33.4	33.2		LC	33.8	31.9	31.2	30.5
1:19.6	1:17.0	1:16.4	1:15.9	100 Fly	SC	1:17.9	1:12.4	1:10.0	1:08.4
1:21.2	1:18.5	1:17.9	1:17.5		LC	1:19.5	1:13.9	1:11.5	1:09.8
2:56.1	2:50.2	2:48.6	2:47.7	200 Fly	SC	2:55.8	2:42.9	2:37.5	2:33.7
2:59.7	2:53.7	2:52.0	2:51.2		LC	2:59.4	2:46.2	2:40.7	2:36.8
2:54.1	2:49.6	2:48.7	2:47.9	200 IM	SC	2:52.3	2:42.2	2:38.5	2:35.7
2:57.7	2:53.1	2:52.2	2:51.3		LC	2:55.8	2:45.5	2:41.8	2:38.8
6:09.7	5:59.9	5:58.2	5:56.5	400 IM	SC	6:09.9	5:47.6	5:39.7	5:33.4
6:17.3	6:07.2	6:05.5	6:03.7		LC	6:17.5	5:54.7	5:46.6	5:40.2

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)