

2016-2017 Provincial Championship Time Standards

SHORT COURSE FEMALE						SHORT COURSE MALE						
12&U	13	14	15	16	17&O		17&O	16	15	14	13	12&U
			32.80	32.00	31.27	50 Free	28.63	29.41	30.27			
	1:16.09	1:13.90	1:11.96	1:10.21	1:08.61	100 Free	1:03.40	1:05.12	1:07.03	1:11.66	1:14.53	
2:52.94	2:45.82	2:41.08	2:36.84	2:33.01	2:29.54	200 Free	2:20.19	2:23.98	2:28.22	2:38.47	2:44.82	2:54.10
6:05.45	5:50.41	5:40.39	5:31.43	5:23.34	5:15.99	400 Free	5:00.18	5:08.30	5:17.36	5:39.33	5:52.92	6:12.78
12:33.76	12:02.74	11:42.08	11:23.59	11:06.91	10:53.74	800 Free	10:25.59	10:42.51	11:01.41	11:47.17	12:15.48	12:56.89
24:04.65	23:05.20	22:25.59	21:50.17	21:18.20	20:49.14	1500 Free	19:59.35	20:31.78	21:08.03	22:35.75	23:30.04	24:49.81
			36.25	35.37	34.56	50 Back	31.89	32.76	33.72			
	1:22.38	1:20.03	1:17.92	1:16.02	1:14.28	100 Back	1:09.04	1:10.91	1:12.99	1:18.05	1:21.17	
3:06.72	2:59.03	2:53.92	2:49.34	2:45.21	2:41.45	200 Back	2:29.70	2:33.75	2:38.27	2:49.22	2:56.00	3:05.91
			40.62	39.63	38.73	50 Breast	35.62	36.58	37.66			
	1:33.52	1:30.85	1:28.45	1:26.30	1:24.33	100 Breast	1:18.45	1:20.58	1:22.94	1:28.69	1:32.24	
3:29.34	3:20.72	3:14.99	3:09.85	3:05.22	3:01.01	200 Breast	2:50.24	2:54.84	2:59.99	3:12.44	3:20.15	3:31.42
			34.40	33.55	32.79	50 Fly	30.75	31.58	32.51			
	1:22.11	1:19.76	1:17.66	1:15.77	1:14.04	100 Fly	1:08.39	1:10.24	1:12.31	1:17.31	1:20.40	
3:07.89	3:00.16	2:55.01	2:50.40	2:46.24	2:42.46	200 Fly	2:33.93	2:38.09	2:42.75	2:54.01	3:00.97	3:11.16
3:13.83	3:05.85	3:00.54	2:55.78	2:51.50	2:47.60	200 IM	2:35.30	2:39.50	2:44.19	2:55.55	3:02.59	3:12.86
6:46.08	6:29.37	6:18.24	6:08.28	5:59.30	5:51.13	400 IM	5:32.24	5:41.24	5:51.28	6:15.57	6:30.80	6:52.60

LONG COURSE FEMALE						LONG COURSE MALE						
12&U	13	14	15	16	17&O		17&O	16	15	14	13	12&U
			33.47	32.66	31.91	50 Free	29.50	30.92	31.19			
	1:17.67	1:15.45	1:13.46	1:11.66	1:10.03	100 Free	1:06.17	1:07.97	1:09.97	1:14.81	1:17.80	
2:55.75	2:48.52	2:43.70	2:39.39	2:35.50	2:31.97	200 Free	2:23.90	2:27.79	2:32.14	2:42.67	2:49.88	2:58.70
6:12.03	5:56.72	5:46.52	5:37.40	5:29.16	5:21.68	400 Free	5:10.48	5:18.88	5:28.26	5:50.97	6:05.02	6:25.57
12:48.64	12:17.01	11:55.94	11:37.09	11:20.08	11:04.61	800 Free	10:37.86	10:55.11	11:14.39	12:01.04	12:29.92	13:12.13
24:26.26	23:25.92	22:45.72	22:09.76	21:37.32	21:07.83	1500 Free	20:33.27	21:06.62	21:43.88	23:14.08	24:09.91	25:31.52
			38.17	37.24	36.39	50 Back	33.91	34.83	35.85			
	1:26.69	1:24.21	1:21.99	1:20.00	1:18.17	100 Back	1:13.27	1:15.25	1:17.47	1:22.83	1:26.15	
3:14.16	3:06.16	3:00.85	2:56.08	2:51.79	2:47.88	200 Back	2:37.90	2:42.16	2:46.94	2:58.49	3:05.64	3:16.09
			42.04	41.01	40.08	50 Breast	37.63	38.64	39.78			
	1:36.13	1:33.38	1:30.93	1:28.71	1:26.69	100 Breast	1:22.64	1:24.88	1:27.38	1:33.42	1:37.16	
3:37.97	3:29.01	3:23.03	3:17.69	3:12.86	3:08.47	200 Breast	2:59.61	3:04.46	3:09.90	3:23.03	3:31.16	3:43.05
			35.37	34.50	33.72	50 Fly	31.64	32.50	33.46			
	1:23.61	1:21.23	1:19.08	1:17.15	1:15.40	100 Fly	1:10.29	1:12.19	1:14.31	1:19.45	1:22.63	
3:09.49	3:01.69	2:56.49	2:51.85	2:47.65	2:43.84	200 Fly	2:37.31	2:41.57	2:46.33	2:57.83	3:04.95	3:15.63
3:16.25	3:08.16	3:02.79	2:57.98	2:53.63	2:49.68	200 IM	2:40.83	2:45.18	2:50.04	3:01.81	3:09.08	3:19.73
6:59.17	6:41.91	6:30.43	6:20.14	6:10.87	6:02.44	400 IM	5:44.01	5:53.31	6:03.71	6:28.87	6:44.45	7:07.21

*Swimmers with 1 QT are permitted 4 swims plus relays, Swimmers with 2 or more QT are permitted 6 swims plus relays