

Swimming Newfoundland and Labrador

2022 - 2024 SWIMMING NEWFOUNDLAND AND LABRADOR - LONG COURSE STANDARDS

LONG COURSE FEMALE							LONG COURSE MALE					
12&U	13	14	15	16	17&O		17&O	16	15	14	13	12&U
			32.17	32.00	31.58	50 Free	29.42	30.41	30.60			
1:18.00	1:15.00	1:11.39	1:10.89	1:10.28	1:09.68	100 Free	1:05.00	1:06.71	1:07.59	1:08.62	1:13.00	1:19.00
2:52.00	2:45.00	2:36.38	2:34.35	2:32.39	2:30.19	200 Free	2:23.42	2:26.19	2:31.41	2:33.15	2:40.00	2:56.00
6:01.00	5:46.00	5:39.50	5:33.22	5:29.73	5:22.38	400 Free	5:06.57	5:22.93	5:29.53	5:54.50	5:58.00	6:11.00
12:48.00	12:15.00	11:55.29	11:36.38	11:19.70	11:06.53	800 Free	10:37.79	10:55.79	11:14.20	11:59.96	12:28.00	13:03.00
24:24.00	23:29.00	22:14.50	21:54.54	21:42.20	21:13.14	1500 Free	20:23.34	20:55.77	21:32.50	22:59.75	23:54.00	25:09.00
			36.85	36.60	36.39	50 Back	32.49	34.39	35.57			
1:30.00	1:23.00	1:21.23	1:19.12	1:18.38	1:17.65	100 Back	1:10.24	1:14.21	1:16.40	1:23.07	1:27.00	1:33.00
3:12.00	3:01.00	2:56.31	2:51.21	2:47.61	2:43.84	200 Back	2:38.09	2:46.40	2:50.76	2:58.84	3:06.00	3:16.00
			41.61	40.63	39.72	50 Breast	37.00	38.50	39.02			
1:43.00	1:35.00	1:32.50	1:30.28	1:30.00	1:28.79	100 Breast	1:21.45	1:22.57	1:24.93	1:34.53	1:41.00	1:45.00
3:38.00	3:28.00	3:24.11	3:18.84	3:16.50	3:13.13	200 Breast	2:56.24	3:06.69	3:13.56	3:24.25	3:31.00	3:44.00
			34.60	34.25	33.30	50 Fly	31.44	33.06	33.70			
1:36.00	1:26.00	1:24.34	1:19.06	1:18.17	1:15.44	100 Fly	1:09.79	1:11.64	1:13.71	1:19.32	1:32.00	1:44.00
3:18.00	3:05.00	2:59.81	2:55.00	2:53.04	2:47.18	200 Fly	2:38.73	2:46.80	2:58.55	3:08.11	3:18.00	3:38.00
3:13.00	3:04.00	2:59.57	2:58.97	2:54.69	2:50.79	200 IM	2:38.50	2:42.69	2:48.69	2:54.48	3:03.00	3:21.00
6:54.00	6:35.00	6:28.63	6:18.21	6:04.79	5:57.52	400 IM	5:38.63	5:55.39	6:06.40	6:21.89	6:26.00	7:04.00

Meet Eligibility and Qualifying Times (QT)

**12&U and 13 age categories: 2 QT required (with one QT in a 200m event or longer); permitted to swim 6 events plus relays.*

***14/15/16/17+ age categories: 1QT permitted to swim 4 events plus relays, 2QT permitted to swim 6 events plus relays.*

Swimming Newfoundland and Labrador

2022 - 2024 SWIMMING NEWFOUNDLAND AND LABRADOR - SHORT COURSE STANDARDS

SHORT COURSE FEMALE							SHORT COURSE MALE					
12&U	13	14	15	16	17&O		17&O	16	15	14	13	12&U
			31.38	31.20	30.78	50 Free	28.63	29.41	29.80			
1:16.00	1:13.00	1:09.80	1:09.30	1:08.68	1:08.09	100 Free	1:03.40	1:05.12	1:06.00	1:07.03	1:11.00	1:17.00
2:49.00	2:42.00	2:33.19	2:31.16	2:29.20	2:27.00	200 Free	2:20.23	2:23.00	2:28.22	2:29.96	2:37.00	2:53.00
5:55.00	5:40.00	5:33.10	5:26.83	5:23.34	5:15.99	400 Free	5:00.18	5:16.54	5:23.14	5:48.11	5:52.00	6:05.00
12:35.00	12:02.00	11:42.50	11:23.59	11:06.91	10:53.74	800 Free	10:25.00	10:43.00	11:01.41	11:47.17	12:15.00	12:50.00
24:00.00	23:05.00	21:55.50	21:30.55	21:18.20	20:49.14	1500 Free	19:59.35	20:31.78	21:08.50	22:35.75	23:30.00	24:45.00
			36.25	36.00	35.80	50 Back	31.89	33.80	34.98			
1:29.00	1:22.00	1:20.03	1:17.92	1:17.18	1:16.45	100 Back	1:09.04	1:13.10	1:15.20	1:21.88	1:26.00	1:32.00
3:10	2:59.00	2:53.92	2:48.81	2:45.21	2:41.45	200 Back	2:35.70	2:42.40	2:48.36	2:56.44	3:04.00	3:14.00
			40.62	39.63	38.73	50 Breast	36.00	37.50	38.02			
1:41.00	1:33.00	1:30.50	1:28.28	1:28.00	1:26.80	100 Breast	1:19.45	1:20.58	1:22.94	1:32.53	1:38.00	1:42.00
3:34.00	3:24.00	3:20.11	3:14.85	3:12.50	3:09.14	200 Breast	2:52.24	3:02.70	3:09.56	3:20.25	3:27.00	3:40.00
			33.91	33.55	32.60	50 Fly	30.75	32.36	33.00			
1:35.00	1:24.00	1:22.94	1:17.66	1:16.77	1:14.04	100 Fly	1:08.39	1:10.24	1:12.31	1:17.92	1:31.00	1:43.00
3:15.00	3:02.00	2:57.01	2:52.20	2:50.24	2:44.39	200 Fly	2:35.93	2:43.00	2:55.75	3:04.31	3:15.00	3:35.00
3:10.00	3:01.00	2:56.38	2:55.78	2:51.50	2:47.60	200 IM	2:35.30	2:39.50	2:45.50	2:51.29	3:00.00	3:18.00
6:48.00	6:29.00	6:22.24	6:11.82	5:58.40	5:51.13	400 IM	5:32.24	5:49.00	6:00.10	6:15.50	6:20.00	6:58.00

Meet Eligibility and Qualifying Times (QT)

**12&U and 13 age categories: 2 QT required (with one QT in a 200m event or longer); permitted to swim 6 events plus relays.*

***14/15/16/17+ age categories: 1QT permitted to swim 4 events plus relays, 2QT permitted to swim 6 events plus relays.*