

SWIMMING NEWFOUNDLAND & LABRADOR PROVINCIAL CHAMPIONSHIP STANDARDS

2026-2027

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	29.37	29.80			
1:16.00	1:13.00	1:09.80	1:09.30	1:08.58	1:07.81	100 Free	1:02.84	1:04.37	1:06.00	1:07.03	1:11.00	1:17.00
2:47.42	2:40.72	2:33.19	2:31.16	2:29.20	2:27.00	200 Free	2:18.71	2:22.09	2:26.47	2:29.96	2:37.00	2:50.14
5:54.33	5:40.00	5:29.75	5:21.89	5:16.35	5:12.79	400 Free	4:56.60	5:03.82	5:13.18	5:24.85	5:41.95	6:03.78
12:08.71	11:39.56	11:18.15	11:01.99	10:50.60	10:43.27	800 Free	10:09.26	10:24.10	10:43.33	11:07.30	11:42.42	12:27.26
23:14.15	22:18.38	21:37.43	21:06.51	20:44.72	20:30.70	1500 Free	19:32.46	20:01.02	20:38.03	21:24.15	22:31.74	23:58.02
			36.25	35.67	35.27	50 Back	31.89	33.44	34.47			
1:25.62	1:22.00	1:19.68	1:17.78	1:16.44	1:15.58	100 Back	1:09.04	1:11.83	1:14.04	1:16.80	1:20.84	1:26.00
3:05.61	2:58.19	2:52.74	2:48.62	2:45.21	2:41.45	200 Back	2:33.49	2:37.23	2:42.08	2:48.12	2:56.97	3:08.27
			39.56	38.88	38.44	50 Breast	35.53	36.40	37.52			
1:34.69	1:30.90	1:28.12	1:26.02	1:24.54	1:23.59	100 Breast	1:17.67	1:19.56	1:22.01	1:25.07	1:29.55	1:35.27
3:26.61	3:18.35	3:12.28	3:07.70	3:04.47	3:02.39	200 Breast	2:49.42	2:53.55	2:58.90	3:05.56	3:15.33	3:27.80
			33.74	33.16	32.60	50 Fly	30.37	31.11	32.07			
1:22.59	1:19.29	1:16.86	1:15.03	1:13.74	1:12.91	100 Fly	1:07.30	1:08.94	1:11.06	1:13.71	1:17.59	1:22.54
3:02.96	2:55.64	2:50.27	2:46.21	2:43.35	2:41.51	200 Fly	2:31.46	2:35.15	2:39.93	2:45.89	2:54.62	3:05.77
3:08.09	3:00.57	2:55.04	2:50.87	2:47.93	2:46.04	200 IM	2:34.77	2:38.54	2:43.43	2:49.52	2:58.44	3:09.83
6:40.80	6:24.77	6:13.00	6:04.11	5:57.85	5:51.13	400 IM	5:32.24	5:42.87	5:53.44	6:06.61	6:20.00	6:50.54
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.												

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	29.24	29.96	30.60			
1:18.00	1:15.00	1:11.39	1:10.89	1:09.95	1:09.17	100 Free	1:04.10	1:05.66	1:07.59	1:08.62	1:13.00	1:18.60
2:50.77	2:43.93	2:36.38	2:34.35	2:32.39	2:30.19	200 Free	2:21.48	2:24.93	2:29.40	2:33.15	2:40.00	2:53.54
6:01.00	5:46.00	5:36.35	5:28.33	5:22.68	5:19.05	400 Free	5:02.53	5:09.90	5:19.44	5:31.35	5:48.79	6:11.00
12:23.28	11:53.55	11:31.71	11:15.23	11:03.61	10:56.14	800 Free	10:21.45	10:36.58	10:56.20	11:20.65	11:56.47	12:42.21
23:42.03	22:45.15	22:03.38	21:31.84	21:09.61	20:55.31	1500 Free	19:55.91	20:25.04	21:02.79	21:49.83	22:58.77	24:26.78
			36.85	36.38	35.98	50 Back	32.49	34.11	35.16			
1:27.33	1:23.00	1:21.23	1:19.12	1:17.97	1:17.09	100 Back	1:10.24	1:13.27	1:15.52	1:18.34	1:22.46	1:27.72
3:09.32	3:01.00	2:56.19	2:51.21	2:47.61	2:43.84	200 Back	2:36.56	2:40.37	2:45.32	2:51.48	3:00.51	3:12.04
			40.35	39.66	39.21	50 Breast	36.24	37.13	38.27			
1:36.58	1:32.72	1:29.88	1:27.74	1:26.23	1:25.26	100 Breast	1:19.22	1:21.15	1:23.65	1:26.77	1:31.34	1:37.18
3:30.74	3:22.32	3:16.13	3:11.45	3:08.16	3:06.04	200 Breast	2:52.81	2:57.02	3:02.48	3:09.27	3:19.24	3:31.96
			34.41	33.82	33.30	50 Fly	30.98	31.73	32.71			
1:24.24	1:20.88	1:18.40	1:16.53	1:15.21	1:14.37	100 Fly	1:08.65	1:10.32	1:12.48	1:15.18	1:19.14	1:24.19
3:06.62	2:59.15	2:53.68	2:49.53	2:46.62	2:44.74	200 Fly	2:34.49	2:38.25	2:43.13	2:49.21	2:58.11	3:09.49
3:11.85	3:04.00	2:58.54	2:54.29	2:51.29	2:49.36	200 IM	2:37.87	2:41.71	2:46.70	2:52.91	3:02.01	3:13.63
6:48.82	6:32.47	6:20.46	6:11.39	6:04.79	5:57.52	400 IM	5:38.63	5:49.73	6:00.51	6:13.94	6:26.00	6:58.75
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.												