

2007-2008 Provincial Team Standards

Short Course

Female	50 FR	100 FR	200 FR	400 FR	800 FR	1500 FR	50 BA	100 BA	200 BA	50 BR	100 BR	200 BR	50 FL	100 FL	200 FL	200 IM	400 IM
14 & U		1:04.23	2:19.69	4:56.78	10:15.49	20:44.55		1:13.70	2:39.56		1:22.66	2:59.73		1:10.72	2:42.64	2:39.66	5:39.08
15 – 17	28.41	1:02.28	2:10.73	4:40.66	9:39.66	19:05.44	33.40	1:10.31	2:30.75	36.96	1:20.29	2:52.37	31.60	1:06.75	2:29.72	2:33.01	5:24.37
18 & O	27.60	1:00.50	2:08.90	4:32.65	9:23.10	18:27.95	32.45	1:08.30	2:27.40	35.90	1:18.00	2:47.45	30.70	1:04.85	2:25.45	2:28.65	5:15.10

Male	50 FR	100 FR	200 FR	400 FR	800 FR	1500 FR	50 BA	100 BA	200 BA	50 BR	100 BR	200 BR	50 FL	100 FL	200 FL	200 IM	400 IM
14 & U		59.70	2:15.00	4:45.60	10:07.14	19:03.31		1:08.97	2:32.09		1:18.85	2:54.69		1:05.78	2:36.26	2:33.84	5:26.99
15 – 17	26.35	56.98	2:05.49	4:26.77	9:17.11	17:21.97	30.62	1:05.21	2:19.95	34.38	1:14.89	2:41.20	28.51	1:02.53	2:22.88	2:22.05	5:03.21
18 & O	25.60	55.35	2:01.90	4:19.15	9:01.20	16:52.20	29.75	1:03.35	2:15.95	33.40	1:12.75	2:36.60	27.70	1:00.75	2:18.80	2:18.00	4:54.55

Long Course

Female	50 FR	100 FR	200 FR	400 FR	800 FR	1500 FR	50 BA	100 BA	200 BA	50 BR	100 BR	200 BR	50 FL	100 FL	200 FL	200 IM	400 IM
14 & U		1:05.52	2:22.49	5:02.72	10:27.80	21:09.45		1:15.18	2:42.65		1:24.32	3:03.33		1:12.14	2:45.90	2:42.86	5:45.87
15 – 17	28.98	1:03.53	2:15.35	4:46.28	9:51.26	19:23.35	34.07	1:11.72	2:34.77	37.70	1:21.90	2:55.82	32.24	1:08.09	2:32.72	2:36.08	5:30.86
18 & O	28.15	1:01.70	2:11.50	4:38.05	9:34.35	18:50.10	33.15	1:09.65	2:30.30	36.60	1:19.55	2:50.80	31.30	1:06.15	2:28.35	2:31.65	5:21.45

Male	50 FR	100 FR	200 FR	400 FR	800 FR	1500 FR	50 BA	100 BA	200 BA	50 BR	100 BR	200 BR	50 FL	100 FL	200 FL	200 IM	400 IM
14 & U		1:00.90	2:17.71	4:51.32	10:19.29	19:26.18		1:10.35	2:35.14		1:20.43	2:58.19		1:07.10	2:39.39	2:36.92	5:33.53
15 – 17	26.88	58.12	2:08.00	4:32.11	9:28.26	17:42.81	31.24	1:06.52	2:22.75	35.07	1:16.39	2:44.43	29.09	1:03.79	2:25.74	2:24.90	5:09.28
18 & O	26.15	56.45	2:04.40	4:24.30	9:12.00	17:20.40	30.35	1:04.65	2:18.65	34.05	1:14.00	2:39.70	28.20	1:02.00	2:21.60	2:20.75	5:00.40

NOTE:

Swimmers must achieve **two (2)** standards in order to be selected to the Provincial Team.