



Swimming Newfoundland and Labrador 2008-2009 Championship Time Standards



Short Course

		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	
Female	12 & U			3:09.24	6:36.97	13:36.90	26:13.49			3:25.48			3:50.87				3:26.60	3:31.92	7:26.45
	13 - 14		1:21.24	2:56.98	6:11.24	12:43.94	24:31.48		1:29.67	3:12.16		1:40.69	3:35.90		1:27.93	3:13.21	3:18.18	6:57.50	
	15 - 17	35.20	1:16.83	2:47.37	5:51.10	12:02.50	23:11.65	39.64	1:24.81	3:01.74	44.04	1:35.22	3:24.19	37.83	1:23.16	3:02.73	3:07.43	6:34.85	
	18 & O	33.55	1:13.25	2:39.57	5:34.72	11:28.80	22:06.74	37.79	1:20.85	2:53.26	41.99	1:30.78	3:14.67	36.07	1:19.28	2:54.20	2:58.68	6:16.44	

		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	
Male	12 & U			3:04.82	6:32.15	13:41.60	26:01.18			3:20.31			3:45.90				3:21.33	3:26.16	7:18.05
	13 - 14		1:16.98	2:49.93	6:00.56	12:35.41	23:55.42		1:24.14	3:04.18		1:35.76	3:27.71		1:23.15	3:05.02	3:09.56	6:42.76	
	15 - 17	32.74	1:11.99	2:38.91	5:37.18	11:46.44	22:22.37	36.51	1:18.68	2:52.24	41.09	1:29.55	3:14.24	35.31	1:17.76	2:53.02	2:57.27	6:16.65	
	18 & O	30.96	1:08.08	2:30.29	5:18.89	11:08.12	21:09.54	34.53	1:14.41	2:42.89	38.86	1:24.69	3:03.70	33.39	1:13.54	2:43.63	2:47.65	5:56.22	

Long Course

		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	
Female	12 & U			3:13.01	6:44.16	13:45.70	26:26.35			3:31.26			3:56.68				3:28.31	3:36.26	7:33.82
	13 - 14		1:23.10	3:00.50	6:17.96	12:52.17	24:43.51		1:32.76	3:17.56		1:43.12	3:41.34		1:28.70	3:14.81	3:22.24	7:04.40	
	15 - 17	35.81	1:18.59	2:50.71	5:57.46	12:10.28	23:23.03	41.47	1:27.73	3:06.85	45.19	1:37.52	3:29.33	38.17	1:23.89	3:04.24	3:11.27	6:41.37	
	18 & O	34.14	1:14.93	2:42.74	5:40.78	11:36.22	22:17.58	39.53	1:23.64	2:58.13	43.09	1:32.97	3:19.56	36.38	1:19.98	2:55.65	3:02.35	6:22.65	

		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	
Male	12 & U			3:09.58	6:41.38	13:58.40	26:30.66			3:28.81			3:53.06				3:26.04	3:32.50	7:31.27
	13 - 14		1:19.47	2:54.30	6:09.05	12:50.86	24:22.52		1:28.73	3:11.99		1:38.98	3:34.29		1:25.11	3:09.44	3:15.38	6:54.92	
	15 - 17	33.66	1:14.31	2:43.00	5:45.12	12:00.89	22:47.71	38.68	1:22.98	2:59.55	42.32	1:32.56	3:26.29	36.22	1:19.59	2:57.16	3:02.72	6:28.02	
	18 & O	31.84	1:10.28	2:34.16	5:26.40	11:21.78	21:33.51	36.58	1:18.47	2:49.80	40.03	1:27.54	3:09.52	34.25	1:15.27	2:47.55	2:52.80	6:06.97	