

Jr. Provincial Standards 2009-2012 - Short Course

Female

EVENTS	10 & U					
	Standard	A	B	C	D	E
50 FR	00:33.52	00:35.20	00:36.87	00:38.55	00:40.22	00:41.90
100 FR	01:14.95	01:18.70	01:22.45	01:26.19	01:29.94	01:33.69
200 FR	02:44.17	02:52.38	03:00.59	03:08.80	03:17.00	03:25.21
400 FR	05:45.77	06:03.06	06:20.35	06:37.64	06:54.92	07:12.21
800 FR						
1500 FR						
100 BK	01:26.12	01:30.43	01:34.73	01:39.04	01:43.34	01:47.65
200 BK	03:05.92	03:15.22	03:24.51	03:33.81	03:43.10	03:52.40
100 BR	01:36.02	01:40.82	01:45.62	01:50.42	01:55.22	02:00.02
200 BR						
100 FL	01:34.20	01:38.91	01:43.62	01:48.33	01:53.04	01:57.75
200 FL						
200 IM	03:03.57	03:12.75	03:21.93	03:31.11	03:40.28	03:49.46
400 IM						
PREREQUISITES						
400 FR	06:16.89					
200 IM	03:20.09					
800 FR						
400 IM						

Male

EVENTS	11&U					
	Standard	A	B	C	D	E
50 FR	00:32.02	00:33.62	00:35.22	00:36.82	00:38.42	00:40.03
100 FR	1:10.67	01:14.20	01:17.74	01:21.27	01:24.80	01:28.34
200 FR	2:32.69	02:40.32	02:47.96	02:55.59	03:03.23	03:10.86
400 FR	5:24.77	05:41.01	05:57.25	06:13.49	06:29.72	06:45.96
800 FR						
1500 FR						
100 BK	1:20.80	01:24.84	01:28.88	01:32.92	01:36.96	01:41.00
200 BK	2:51.21	02:59.77	03:08.33	03:16.89	03:25.45	03:34.01
100 BR	1:34.35	01:39.07	01:43.78	01:48.50	01:53.22	01:57.94
200 BR						
100 FL	1:25.29	01:29.55	01:33.82	01:38.08	01:42.35	01:46.61
200 FL						
200 IM	2:55.19	03:03.95	03:12.71	03:21.47	03:30.23	03:38.99
400 IM						
PRE-REQUISITES						
400 FR	05:54.00					
200 IM	03:10.96					
800 FR						
400 IM						

Jr. Provincial Standards 2009-2012 - Short Course

Female

EVENTS

	11					
	Standard	A	B	C	D	E
50 FR	00:31.78	00:33.37	00:34.96	00:36.55	00:38.14	00:39.73
100 FR	01:09.27	01:12.73	01:16.20	01:19.66	01:23.12	01:26.59
200 FR	02:32.13	02:39.74	02:47.34	02:54.95	03:02.56	03:10.16
400 FR	05:20.59	05:36.62	05:52.65	06:08.68	06:24.71	06:40.74
800 FR	11:03.62	11:36.80	12:09.98	12:43.16	13:16.34	13:49.53
1500 FR	None					
100 BK	01:19.03	01:22.98	01:26.93	01:30.88	01:34.84	01:38.79
200 BK	02:49.71	02:58.20	03:06.68	03:15.17	03:23.65	03:32.14
100 BR	01:30.75	01:35.29	01:39.83	01:44.36	01:48.90	01:53.44
200 BR	03:13.45	03:23.12	03:32.79	03:42.47	03:52.14	04:01.81
100 FL	01:21.68	01:25.76	01:29.85	01:33.93	01:38.02	01:42.10
200 FL	03:08.79	03:18.23	03:27.67	03:37.11	03:46.55	03:55.99
200 IM	02:51.67	03:00.25	03:08.84	03:17.42	03:26.00	03:34.59
400 IM	06:12.09	06:30.69	06:49.30	07:07.90	07:26.51	07:45.11

PREREQUISITES

400 FR

200 IM 03:07.12

800 FR 12:03.35

400 IM

Male

EVENTS

	12					
	Standard	A	B	C	D	E
50 FR	00:29.62	00:31.10	00:32.58	00:34.06	00:35.54	00:37.03
100 FR	01:05.10	01:08.36	01:11.61	01:14.86	01:18.12	01:21.38
200 FR	02:21.93	02:29.03	02:36.12	02:43.22	02:50.32	02:57.41
400 FR	05:00.39	05:15.41	05:30.43	05:45.45	06:00.47	06:15.49
800 FR	10:21.81	10:52.90	11:23.99	11:55.08	12:26.17	12:57.26
1500 FR						
100 BK	01:14.75	01:18.49	01:22.23	01:25.96	01:29.70	01:33.44
200 BK	02:39.19	02:47.15	02:55.11	03:03.07	03:11.03	03:18.99
100 BR	01:24.20	01:28.41	01:32.62	01:36.83	01:41.04	01:45.25
200 BR	03:00.66	03:09.69	03:18.73	03:27.76	03:36.79	03:45.83
100 FL	01:15.96	01:19.76	01:23.56	01:27.35	01:31.15	01:34.95
200 FL	02:55.18	03:03.94	03:12.70	03:21.46	03:30.22	03:38.97
200 IM	02:40.63	02:48.66	02:56.69	03:04.72	03:12.76	03:20.79
400 IM	05:48.24	06:05.65	06:23.06	06:40.48	06:57.89	07:15.30

PRE-REQUISITES

400 FR

200 IM 02:55.09

800 FR 11:17.77

400 IM

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Female

EVENTS	12					
	Standard	A	B	C	D	E
50 FR	00:30.07	00:31.57	00:33.08	00:34.58	00:36.08	00:37.59
100 FR	01:06.03	01:09.33	01:12.63	01:15.93	01:19.24	01:22.54
200 FR	02:22.50	02:29.63	02:36.75	02:43.87	02:51.00	02:58.13
400 FR	05:00.92	05:15.97	05:31.01	05:46.06	06:01.10	06:16.15
800 FR	10:28.29	10:59.70	11:31.12	12:02.53	12:33.95	13:05.36
1500 FR	None					
100 BK	01:14.33	01:18.05	01:21.76	01:25.48	01:29.20	01:32.91
200 BK	02:39.02	02:46.97	02:54.92	03:02.87	03:10.82	03:18.77
100 BR	01:24.29	01:28.50	01:32.72	01:36.93	01:41.15	01:45.36
200 BR	03:00.58	03:09.61	03:18.64	03:27.67	03:36.70	03:45.72
100 FL	01:16.74	01:20.58	01:24.41	01:28.25	01:32.09	01:35.92
200 FL	02:54.66	03:03.39	03:12.13	03:20.86	03:29.59	03:38.33
200 IM	02:41.31	02:49.38	02:57.44	03:05.51	03:13.57	03:21.64
400 IM	05:44.58	06:01.81	06:19.04	06:36.27	06:53.50	07:10.73

PREREQUISITES

400 FR

200 IM

800 FR 11:24.84

400 IM 06:15.59

Male

EVENTS	13					
	Standard	A	B	C	D	E
50 FR	00:28.23	00:29.64	00:31.05	00:32.46	00:33.88	00:35.29
100 FR	01:02.01	01:05.11	01:08.21	01:11.31	01:14.41	01:17.51
200 FR	02:14.00	02:20.70	02:27.40	02:34.10	02:40.80	02:47.50
400 FR	04:45.14	04:59.40	05:13.65	05:27.91	05:42.17	05:56.43
800 FR	09:50.24	10:19.75	10:49.26	11:18.78	11:48.29	12:17.80
1500 FR	None					
100 BK	01:10.77	01:14.31	01:17.85	01:21.39	01:24.92	01:28.46
200 BK	02:31.34	02:38.91	02:46.47	02:54.04	03:01.61	03:09.17
100 BR	01:20.44	01:24.46	01:28.48	01:32.51	01:36.53	01:40.55
200 BR	02:51.85	03:00.44	03:09.04	03:17.63	03:26.22	03:34.81
100 FL	01:10.36	01:13.88	01:17.40	01:20.91	01:24.43	01:27.95
200 FL	02:38.51	02:46.44	02:54.36	03:02.29	03:10.21	03:18.14
200 IM	02:32.16	02:39.77	02:47.38	02:54.98	03:02.59	03:10.20
400 IM	05:20.78	05:36.82	05:52.86	06:08.90	06:24.94	06:40.97

PRE-REQUISITES

400 FR

200 IM

800 FR 10:43.36

400 IM 05:49.65

Jr. Provincial Standards 2009-2012 - Short Course

Female

EVENTS

13

	Standard	A	B	C	D	E
50 FR	00:29.36	00:30.83	00:32.30	00:33.76	00:35.23	00:36.70
100 FR	01:04.04	01:07.24	01:10.44	01:13.65	01:16.85	01:20.05
200 FR	02:17.36	02:24.23	02:31.10	02:37.96	02:44.83	02:51.70
400 FR	04:47.62	05:02.00	05:16.38	05:30.76	05:45.14	05:59.53
800 FR	09:55.37	10:25.14	10:54.91	11:24.68	11:54.44	12:24.21
1500 FR	19:10.48	20:08.00	21:05.53	22:03.05	23:00.58	23:58.10
100 BK	01:11.38	01:14.95	01:18.52	01:22.09	01:25.66	01:29.22
200 BK	02:33.04	02:40.69	02:48.34	02:56.00	03:03.65	03:11.30
100 BR	01:22.43	01:26.55	01:30.67	01:34.79	01:38.92	01:43.04
200 BR	02:55.40	03:04.17	03:12.94	03:21.71	03:30.48	03:39.25
100 FL	01:11.72	01:15.31	01:18.89	01:22.48	01:26.06	01:29.65
200 FL	02:40.16	02:48.17	02:56.18	03:04.18	03:12.19	03:20.20
200 IM	02:36.38	02:44.20	02:52.02	02:59.84	03:07.66	03:15.48
400 IM	05:30.82	05:47.36	06:03.90	06:20.44	06:36.98	06:53.53

PREREQUISITES

400 FR

200 IM

800 FR 10:48.95

400 IM 06:00.59

Male

EVENTS

14

	Standard	A	B	C	D	E
50 FR	00:26.75	00:28.09	00:29.43	00:30.76	00:32.10	00:33.44
100 FR	00:58.76	01:01.70	01:04.64	01:07.57	01:10.51	01:13.45
200 FR	02:08.60	02:15.03	02:21.46	02:27.89	02:34.32	02:40.75
400 FR	04:33.77	04:47.46	05:01.15	05:14.84	05:28.52	05:42.21
800 FR	09:26.70	09:55.04	10:23.37	10:51.70	11:20.04	11:48.38
1500 FR	18:15.08	19:09.83	20:04.59	20:59.34	21:54.10	22:48.85
100 BK	01:06.79	01:10.13	01:13.47	01:16.81	01:20.15	01:23.49
200 BK	02:23.13	02:30.29	02:37.44	02:44.60	02:51.76	02:58.91
100 BR	01:16.24	01:20.05	01:23.86	01:27.68	01:31.49	01:35.30
200 BR	02:45.83	02:54.12	03:02.41	03:10.70	03:19.00	03:27.29
100 FL	01:06.00	01:09.30	01:12.60	01:15.90	01:19.20	01:22.50
200 FL	02:32.20	02:39.81	02:47.42	02:55.03	03:02.64	03:10.25
200 IM	02:26.05	02:33.35	02:40.65	02:47.96	02:55.26	03:02.56
400 IM	05:12.61	05:28.24	05:43.87	05:59.50	06:15.13	06:30.76

PRE-REQUISITES

400 FR

200 IM

800 FR 10:17.70

400 IM 05:40.74

Jr. Provincial Standards 2009-2012 - Short Course

Female

EVENTS

14

	Standard	A	B	C	D	E
50 FR	00:28.74	00:30.18	00:31.61	00:33.05	00:34.49	00:35.93
100 FR	01:01.95	01:05.05	01:08.15	01:11.24	01:14.34	01:17.44
200 FR	02:14.27	02:20.98	02:27.70	02:34.41	02:41.12	02:47.84
400 FR	04:41.62	04:55.70	05:09.78	05:23.86	05:37.94	05:52.03
800 FR	09:42.95	10:12.10	10:41.25	11:10.39	11:39.54	12:08.69
1500 FR	18:46.48	19:42.80	20:39.13	21:35.45	22:31.78	23:28.10
100 BK	01:10.25	01:13.76	01:17.28	01:20.79	01:24.30	01:27.81
200 BK	02:30.38	02:37.90	02:45.42	02:52.94	03:00.46	03:07.97
100 BR	01:19.03	01:22.98	01:26.93	01:30.88	01:34.84	01:38.79
200 BR	02:50.69	02:59.22	03:07.76	03:16.29	03:24.83	03:33.36
100 FL	01:10.93	01:14.48	01:18.02	01:21.57	01:25.12	01:28.66
200 FL	02:38.69	02:46.62	02:54.56	03:02.49	03:10.43	03:18.36
200 IM	02:31.57	02:39.15	02:46.73	02:54.31	03:01.88	03:09.46
400 IM	05:23.35	05:39.52	05:55.69	06:11.85	06:28.02	06:44.19

PREREQUISITES

400 FR

200 IM

800 FR 10:35.42

400 IM 05:52.45

Male

EVENTS

15

	Standard	A	B	C	D	E
50 FR	00:26.37	00:27.69	00:29.01	00:30.33	00:31.64	00:32.96
100 FR	00:57.71	01:00.60	01:03.48	01:06.37	01:09.25	01:12.14
200 FR	02:05.34	02:11.61	02:17.87	02:24.14	02:30.41	02:36.68
400 FR	04:29.47	04:42.94	04:56.42	05:09.89	05:23.36	05:36.84
800 FR	09:17.80	09:45.69	10:13.58	10:41.47	11:09.36	11:37.25
1500 FR	17:57.88	18:51.77	19:45.67	20:39.56	21:33.46	22:27.35
100 BK	01:06.10	01:09.41	01:12.71	01:16.01	01:19.32	01:22.62
200 BK	02:22.24	02:29.35	02:36.46	02:43.58	02:50.69	02:57.80
100 BR	01:15.51	01:19.29	01:23.06	01:26.84	01:30.61	01:34.39
200 BR	02:44.05	02:52.25	03:00.46	03:08.66	03:16.86	03:25.06
100 FL	01:05.14	01:08.40	01:11.65	01:14.91	01:18.17	01:21.43
200 FL	02:26.80	02:34.14	02:41.48	02:48.82	02:56.16	03:03.50
200 IM	02:23.41	02:30.58	02:37.75	02:44.92	02:52.09	02:59.26
400 IM	05:04.21	05:19.42	05:34.63	05:49.84	06:05.05	06:20.26

PRE-REQUISITES

400 FR

200 IM

800 FR 10:08.00

400 IM 05:31.59

Jr. Provincial Standards 2009-2012 - Short Course

Female

EVENTS 15-17 & Senior

		A	B	C	D	E
50 FR	00:28.19	00:29.60	00:31.01	00:32.42	00:33.83	00:35.24
100 FR	01:00.66	01:03.69	01:06.73	01:09.76	01:12.79	01:15.82
200 FR	02:10.49	02:17.01	02:23.54	02:30.06	02:36.59	02:43.11
400 FR	04:35.96	04:49.76	05:03.56	05:17.35	05:31.15	05:44.95
800 FR	09:33.07	10:01.72	10:30.38	10:59.03	11:27.68	11:56.34
1500 FR	18:33.12	19:28.78	20:24.43	21:20.09	22:15.74	23:11.40
100 BK	01:07.97	01:11.37	01:14.77	01:18.17	01:21.56	01:24.96
200 BK	02:25.19	02:32.45	02:39.71	02:46.97	02:54.23	03:01.49
100 BR	01:17.43	01:21.30	01:25.17	01:29.04	01:32.92	01:36.79
200 BR	02:46.31	02:54.63	03:02.94	03:11.26	03:19.57	03:27.89
100 FL	01:07.74	01:11.13	01:14.51	01:17.90	01:21.29	01:24.68
200 FL	02:31.68	02:39.26	02:46.85	02:54.43	03:02.02	03:09.60
200 IM	02:28.46	02:35.88	02:43.31	02:50.73	02:58.15	03:05.58
400 IM	05:14.35	05:30.07	05:45.79	06:01.50	06:17.22	06:32.94

PREREQUISITES

400 FR

200 IM

800 FR None

400 IM None

Male

EVENTS 16/17 & Senior

		A	B	C	D	E
50 FR	00:25.55	00:26.83	00:28.11	00:29.38	00:30.66	00:31.94
100 FR	00:55.79	00:58.58	01:01.37	01:04.16	01:06.95	01:09.74
200 FR	02:01.44	02:07.51	02:13.58	02:19.66	02:25.73	02:31.80
400 FR	04:20.82	04:33.86	04:46.90	04:59.94	05:12.98	05:26.02
800 FR	09:04.95	09:32.20	09:59.45	10:26.69	10:53.94	11:21.19
1500 FR	17:33.04	18:25.69	19:18.34	20:11.00	21:03.65	21:56.30
100 BK	01:03.21	01:06.37	01:09.53	01:12.69	01:15.85	01:19.01
200 BK	02:16.59	02:23.42	02:30.25	02:37.08	02:43.91	02:50.74
100 BR	01:12.39	01:16.01	01:19.63	01:23.25	01:26.87	01:30.49
200 BR	02:39.14	02:47.10	02:55.05	03:03.01	03:10.97	03:18.93
100 FL	01:01.86	01:04.95	01:08.05	01:11.14	01:14.23	01:17.32
200 FL	02:20.71	02:27.75	02:34.78	02:41.82	02:48.85	02:55.89
200 IM	02:17.20	02:24.06	02:30.92	02:37.78	02:44.64	02:51.50
400 IM	04:47.85	05:02.24	05:16.64	05:31.03	05:45.42	05:59.81

PRE-REQUISITES

400 FR

200 IM

800 FR None

400 IM None