



Jr. Provincial Standards 2009-2012 Long Course

EVENTS	Female					
	10 & U	11	12	13	14	15-17 & Senior
50 FR	00:34.36	00:32.57	00:30.82	00:30.09	00:29.46	00:28.89
100 FR	01:16.82	01:11.00	01:07.68	01:05.64	01:03.50	01:02.17
200 FR	02:48.27	02:35.93	02:26.06	02:20.79	02:17.63	02:13.75
400 FR	05:54.41	05:28.60	05:08.44	04:54.81	04:48.66	04:42.86
800 FR	None	11:20.21	10:44.00	10:10.25	09:57.52	09:47.40
1500 FR	None	None	None	19:39.24	19:14.64	19:00.95
100 BK	01:28.27	01:21.01	01:16.19	01:13.16	01:12.01	01:09.67
200 BK	03:10.57	02:53.95	02:43.00	02:36.87	02:34.14	02:28.82
100 BR	01:38.42	01:33.02	01:26.40	01:24.49	01:21.01	01:19.36
200 BR	None	03:18.29	03:05.09	02:59.78	02:54.96	02:50.47
100 FL	01:36.56	01:23.72	01:18.66	01:13.51	01:12.70	01:09.43
200 FL	None	03:13.51	02:59.03	02:44.16	02:42.66	02:35.47
200 IM	03:08.16	02:55.96	02:45.34	02:40.29	02:35.36	02:32.17
400 IM	None	06:21.39	05:53.19	05:39.09	05:31.43	05:22.21

PREREQUISITES (formula = Prov. STD + 9%)

400 FR	06:26.45					
IM	03:25.09					
800 FR		12:21.43	11:41.96	11:05.17	10:51.30	None
IM		03:11.80	06:24.98	06:09.61	06:01.26	None

EVENTS	Male					
	11&U	12	13	14	15	16/17 & Senior
50 FR	00:32.82	00:30.36	00:28.94	00:27.42	00:27.03	00:26.19
100 FR	01:12.44	01:06.73	01:03.56	01:00.23	00:59.16	00:57.18
200 FR	02:36.51	02:25.48	02:17.35	02:11.82	02:08.47	02:04.48
400 FR	05:32.89	05:07.90	04:52.27	04:40.61	04:36.21	04:27.34
800 FR	None	10:37.36	10:05.00	09:40.87	09:31.75	09:18.57
1500 FR	None	None	None	18:42.46	18:24.83	17:59.37
100 BK	01:22.82	01:16.62	01:12.54	01:08.46	01:07.75	01:04.79
200 BK	02:55.49	02:43.17	02:35.12	02:26.71	02:25.80	02:20.01
100 BR	01:36.71	01:26.30	01:22.45	01:18.15	01:17.40	01:14.20
200 BR	None	03:05.18	02:56.15	02:49.98	02:48.15	02:43.12
100 FL	01:27.42	01:17.86	01:12.12	01:07.65	01:06.77	01:03.41
200 FL	None	02:59.56	02:42.47	02:36.00	02:30.47	02:24.22
200 IM	02:59.57	02:44.65	02:35.96	02:29.70	02:27.00	02:20.63
400 IM	None	05:56.95	05:28.80	05:20.43	05:11.82	04:55.05

PRE-REQUISITES (formula = Prov. STD + 9%)

400 FR	06:02.85					
IM	03:15.73					
800 FR		11:34.72	10:59.45	10:33.15	10:23.21	None
IM		02:59.47	05:58.39	05:49.27	05:39.88	None