



# SWIM ALBERTA

## Provincial Standards

Female			Male			
12 & U	13-14	15 & O	EVENT	13 & U	14-15	16 & O
33.0	31.0	30.6	50 Free SC	31.1	28.5	27.2
33.7	31.6	31.2		LC	31.7	29.1
1:12.9	1:07.5	1:05.9	100 Free SC	1:08.5	1:02.4	59.2
1:14.3	1:08.9	1:07.3		LC	1:09.9	1:03.6
2:40.1	2:27.0	2:22.9	200 Free SC	2:30.7	2:17.7	2:10.3
2:43.3	2:30.0	2:25.9		LC	2:33.7	2:20.4
5:42.8	5:15.6	5:05.3	400 Free SC	5:24.2	4:58.7	4:44.9
5:49.7	5:21.9	5:11.5		LC	5:30.7	5:04.7
11:40.7	10:45.0	10:24.0	800 Free SC	11:17.4	10:24.0	9:55.2
11:54.7	10:57.9	10:36.8		LC	11:30.9	10:36.5
38.4	35.5	34.9	50 Back SC	36.4	33.2	31.2
39.1	36.3	35.7		LC	37.1	33.9
1:22.9	1:16.5	1:14.5	100 Back SC	1:18.5	1:11.2	1:07.1
1:24.6	1:18.0	1:16.0		LC	1:20.0	1:12.6
2:59.3	2:45.6	2:41.3	200 Back SC	2:50.7	2:34.3	2:28.0
3:02.9	2:48.9	2:44.6		LC	2:54.1	2:37.4
43.6	40.5	38.8	50 Breast SC	41.1	37.3	34.5
44.5	41.4	39.6		LC	41.9	38.1
1:35.2	1:28.4	1:25.1	100 Breast SC	1:29.7	1:21.9	1:15.5
1:37.1	1:30.2	1:26.8		LC	1:31.4	1:23.5
3:27.3	3:12.5	3:05.8	200 Breast SC	3:15.8	3:00.3	2:46.9
3:31.5	3:16.4	3:09.6		LC	3:19.7	3:03.9
36.9	34.1	32.6	50 Fly SC	34.7	31.4	29.2
37.6	34.8	33.3		LC	35.4	32.0
1:26.2	1:17.7	1:12.2	100 Fly SC	1:19.9	1:10.9	1:05.1
1:27.9	1:19.3	1:13.7		LC	1:21.5	1:12.3
3:08.8	2:50.3	2:38.2	200 Fly SC	3:00.4	2:40.1	2:27.0
3:12.5	2:53.7	2:41.5		LC	3:04.0	2:43.3
3:01.6	2:47.7	2:43.4	200 IM SC	2:50.6	2:35.6	2:29.4
3:05.2	2:51.0	2:46.7		LC	2:54.0	2:38.7
6:25.8	5:56.3	5:47.2	400 IM SC	6:06.5	5:34.2	5:20.9
6:33.5	6:03.4	5:54.3		LC	6:13.8	5:40.9

All time standards are set to the tenth. Swimmers must equal or better the standard to qualify.  
 For example: 1:50.9 = 1:50.90 (1:50.90 qualifies, 1:50.91 does not qualify)