



2023-2024 Men LCM Senior Provincials - Minimal Qualifying Standards																
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14	
Backstroke	50	02:38.57	01:44.37	01:22.69	01:13.74	00:58.91										
	100	05:28.46	03:44.26				01:58.91	01:51.35	01:41.90	01:32.87	01:28.20	01:50.53	01:36.58	01:30.42	01:25.01	
Breaststroke	50	04:52.72	04:37.72	01:18.96												
	100				02:45.47	02:32.32	02:03.98	02:01.12	01:50.36	01:42.87		01:59.75	01:46.64	01:36.93	01:38.22	
Butterfly	50	01:26.21	01:16.37	01:09.37	01:02.37	00:56.85	00:48.94	00:46.05				01:23.54	01:52.30	01:28.77	01:20.59	01:21.37
	100								01:33.02	01:25.85	01:23.54	01:52.30	01:28.77	01:20.59	01:21.37	
Freestyle	50	02:08.22	01:54.35	01:16.33	01:00.16	00:50.67	00:46.55	00:41.91	00:39.41	00:37.17	00:34.09	00:39.86	00:35.55	00:34.09	00:34.09	
	100	04:46.37	04:11.89	02:51.82	02:16.74	01:52.97	01:40.07	01:33.84	01:26.51	01:21.94	01:15.62	01:33.79	01:21.13	01:15.70	01:13.74	
	200	10:42.72	07:39.39	06:37.17	05:04.12	04:15.12			07:53.86	07:12.58	06:32.86	06:16.14	05:54.39	07:33.26	07:25.74	06:00.55
	400															
Medley	150	14:25.46	11:52.72	06:36.16	04:25.60											
	200						06:33.61	04:20.14	03:59.95	03:30.33	03:22.32	03:08.65	03:57.89	03:59.31	03:07.03	03:08.09

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Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14	
Backstroke	50	02:41.74	01:46.46	01:24.34	01:15.21	01:00.09										
	100	05:35.03	03:48.75				01:58.91	01:51.35	01:39.90	01:31.05	01:26.47	01:52.74	01:36.58	01:28.65	01:23.34	
Breaststroke	50	04:58.57	04:43.27	01:20.54												
	100				02:48.78	02:35.37	02:03.98	02:01.12	01:48.20	01:40.85		02:02.14	01:46.64	01:35.03	01:36.29	
Butterfly	50	01:27.93	01:17.90	01:10.76	01:03.62	00:57.99	00:48.94	00:46.05								
	100								01:31.20	01:24.17	01:21.90	01:54.55	01:28.77	01:19.01	01:19.77	
Freestyle	50	02:10.78	01:56.64	01:17.86	01:01.36	00:51.68	00:46.55	00:41.91	00:38.64	00:36.44	00:33.42	00:40.66	00:35.55	00:33.42	00:33.42	
	100	04:52.10	04:16.93	02:55.26	02:19.47	01:55.23	01:40.07	01:33.84	01:24.81	01:20.33	01:14.14	01:35.67	01:21.13	01:14.22	01:12.29	
	200	10:55.57	07:48.58	06:45.11	05:10.20	04:20.22			07:53.86	07:12.58	06:25.16	06:08.76	05:47.44	07:42.33	07:25.74	05:53.48
	400															
Medley	150	14:42.77	12:06.97	06:44.08	04:30.91											
	200						06:41.48	04:20.14	03:59.95	03:26.21	03:18.35	03:04.95	04:02.65	03:59.31	03:03.36	03:04.40

2023-2024 Women LCM Senior Provincials - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
Backstroke	50	03:10.90	02:39.02	01:44.60	01:28.39	01:11.51									
	100	06:21.82	05:03.70				02:12.65	02:06.09	01:54.95	01:46.75	01:41.30	02:04.72	01:54.76	01:38.97	01:41.69
Breaststroke	50	03:49.10	02:13.63	01:35.75											
	100				03:22.28	02:46.89	02:33.66	02:27.06	02:09.48	01:58.55		02:21.56	02:08.12	01:43.30	01:51.51
Butterfly	50	03:04.55	02:45.45	02:00.90	01:41.82	01:19.23	00:59.48	00:56.35							
	100								01:50.09	01:41.76	01:38.10	02:00.90	01:52.02	01:35.16	01:34.38
Freestyle	50	02:45.46	01:54.22	01:53.85	01:06.98	01:03.40	00:52.90	00:50.58	00:44.67	00:41.27	00:38.59	00:47.21	00:43.40	00:37.64	00:37.64
	100	05:56.37	04:08.18	03:35.30	02:45.46	02:12.81	01:56.74	01:49.18	01:39.11	01:29.59	01:26.74	01:45.67	01:35.27	01:24.37	01:24.27
	200	13:02.73	08:54.54	07:58.22	06:53.63	04:59.23									03:01.46
	400						08:18.29	08:05.51	07:22.61	06:49.04	06:33.14	08:20.52	09:03.57	06:17.93	
Medley	150	12:05.45	10:10.90	06:21.82	05:12.97										
	200						06:33.61	04:45.98	04:43.02	03:58.57	03:43.14	03:38.89	04:26.63	04:23.48	03:24.33

2023-2024 Women SCM Senior Provincial - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
Backstroke	50	03:14.72	02:42.20	01:46.69	01:30.16	01:12.94									
	100	06:29.46	05:09.77				02:12.65	02:06.09	01:52.70	01:44.66	01:39.31	02:07.21	01:54.76	01:37.03	01:39.70
Breaststroke	50	03:53.68	02:16.30	01:37.67											
	100				03:26.33	02:50.23	02:33.66	02:27.06	02:06.94	01:56.23		02:24.39	02:08.12	01:41.27	01:49.32
Butterfly	50	03:08.24	02:48.76	02:03.32	01:43.86	01:20.81	00:59.48	00:56.35							
	100								01:47.93	01:39.76	01:36.18	02:03.32	01:52.02	01:33.29	01:32.53
Freestyle	50	02:48.77	01:56.50	01:56.13	01:08.32	01:04.67	00:52.90	00:50.58	00:43.79	00:40.46	00:37.83	00:48.15	00:43.40	00:36.90	00:36.90
	100	06:03.50	04:13.14	03:39.61	02:48.77	02:15.47	01:56.74	01:49.18	01:37.17	01:27.83	01:25.04	01:47.78	01:35.27	01:22.72	01:22.62
	200	13:18.38	09:05.23	08:07.78	07:01.90	05:05.21									02:57.90
	400						08:18.29	08:05.51	07:13.93	06:41.02	06:25.43	08:30.53	09:03.57	06:10.52	
Medley	150	12:19.96	10:23.12	06:29.46	05:19.23										
	200						06:41.48	04:45.98	04:43.02	03:53.89	03:38.76	03:34.60	04:31.96	04:23.48	03:20.32