



ANNEXE 1 - INVITATION POINTE-CLAIRE TEMPS DE QUALIFICATION

APPENDIX 1 - POINTE-CLAIRE INVITATIONAL STANDARDS

Pointe-Claire Invitational Time Standards												
Filles - Girls (25m)												
Level	11-12		Competition Group B					Competition Group A				
Age	11	12	13	14	15	16	17+	13	14	15	16	17+
50 Free	36.95	35.10	33.55	32.88	32.22	31.58	30.95	29.77	29.17	28.59	28.02	27.46
100 Free	1:21.11	1:17.06	1:13.13	1:11.67	1:10.23	1:08.83	1:07.45	1:04.69	1:03.40	1:02.13	1:00.89	59.67
200 Free	2:56.15	2:47.34	2:37.71	2:34.56	2:31.47	2:28.44	2:25.47	2:19.57	2:16.78	2:14.05	2:11.37	2:08.74
400 Free	6:08.53	5:50.11	5:30.66	5:24.05	5:17.57	5:11.22	5:04.99	4:52.54	4:46.69	4:40.96	4:35.34	4:29.83
800 Free	12:54.52	12:15.79	11:11.23	10:57.81	10:44.65	10:31.76	10:19.12	10:02.00	9:50.00	9:38.00	9:26.00	9:15.00
1500 Free	19:43.50	19:43.50	21:24.27	20:58.59	20:33.41	20:08.75	19:44.57	19:43.50	19:19.83	18:56.63	18:33.90	18:11.62
100 Back	1:34.93	1:30.19	1:21.08	1:19.46	1:17.87	1:16.31	1:14.79	1:11.67	1:10.24	1:08.84	1:07.46	1:06.11
200 Back	3:16.60	3:06.77	2:54.01	2:50.53	2:47.12	2:43.78	2:40.50	2:33.93	2:30.85	2:27.83	2:24.88	2:21.98
100 Breast	1:45.11	1:39.86	1:32.14	1:30.30	1:28.49	1:26.72	1:24.99	1:21.47	1:19.84	1:18.24	1:16.68	1:15.15
200 Breast	3:43.38	3:32.21	3:19.42	3:15.43	3:11.53	3:07.70	3:03.94	2:56.43	2:52.91	2:49.45	2:46.06	2:42.74
100 Fly	1:32.34	1:27.73	1:18.66	1:17.08	1:15.54	1:14.03	1:12.55	1:09.54	1:08.15	1:06.79	1:05.45	1:04.14
200 Fly	3:16.69	3:06.86	2:54.11	2:50.62	2:47.21	2:43.87	2:40.59	2:37.91	2:34.75	2:31.65	2:28.62	2:25.65
200 IM	3:18.04	3:08.14	2:57.89	2:54.33	2:50.84	2:47.43	2:44.08	2:37.32	2:34.18	2:31.09	2:28.07	2:25.11
400 IM	7:02.10	6:41.00	6:15.96	6:08.44	6:01.07	5:53.85	5:46.78	5:37.45	5:30.70	5:24.09	5:17.61	5:11.26

Pointe-Claire Invitational Time Standards												
Filles - Girls (50m)												
Level	11-12		Competition Group B					Competition Group A				
Age	11	12	13	14	15	16	17+	13	14	15	16	17+
50 Free	38.49	36.57	34.59	33.90	33.22	32.56	31.90	30.69	30.08	29.47	28.89	28.31
100 Free	1:24.49	1:20.27	1:15.39	1:13.88	1:12.41	1:10.96	1:09.54	1:06.69	1:05.36	1:04.05	1:02.77	1:01.51
200 Free	3:03.49	2:54.32	2:42.59	2:39.34	2:36.15	2:33.03	2:29.97	2:23.89	2:21.01	2:18.19	2:15.43	2:12.72
400 Free	6:23.89	6:04.70	5:40.89	5:34.07	5:27.39	5:20.84	5:14.43	5:01.59	4:55.56	4:49.65	4:43.85	4:38.18
800 Free	13:26.79	12:46.45	11:31.99	11:18.15	11:04.59	10:51.30	10:38.27	10:20.99	10:08.00	9:56.00	9:44.00	9:32.00
1500 Free	20:20.10	20:20.10	22:03.99	21:37.51	21:11.56	20:46.13	20:21.21	20:20.10	19:55.70	19:31.78	19:08.35	18:45.38
100 Back	1:38.89	1:33.95	1:23.59	1:21.92	1:20.28	1:18.67	1:17.10	1:13.89	1:12.41	1:10.96	1:09.55	1:08.15
200 Back	3:24.79	3:14.55	2:59.39	2:55.80	2:52.29	2:48.84	2:45.46	2:38.69	2:35.52	2:32.41	2:29.36	2:26.37
100 Breast	1:49.49	1:44.02	1:34.99	1:33.09	1:31.23	1:29.40	1:27.62	1:23.99	1:22.31	1:20.66	1:19.05	1:17.47
200 Breast	3:52.69	3:41.06	3:25.59	3:21.48	3:17.45	3:13.50	3:09.63	3:01.89	2:58.25	2:54.69	2:51.19	2:47.77
100 Fly	1:36.19	1:31.38	1:21.09	1:19.47	1:17.88	1:16.32	1:14.80	1:11.69	1:10.26	1:08.85	1:07.47	1:06.13
200 Fly	3:24.89	3:14.65	2:59.49	2:55.90	2:52.38	2:48.94	2:45.56	2:42.79	2:39.53	2:36.34	2:33.22	2:30.15
200 IM	3:26.29	3:15.98	3:03.39	2:59.72	2:56.13	2:52.61	2:49.15	2:42.19	2:38.95	2:35.77	2:32.65	2:29.60
400 IM	7:19.69	6:57.71	6:27.59	6:19.84	6:12.24	6:04.80	5:57.50	5:47.89	5:40.93	5:34.11	5:27.43	5:20.88



Pointe-Claire Invitational Time Standards

Garçons - Boys (25m)

Level	11-12		Competition Group B					Competition Group A				
Age	11	12	13	14	15	16	17+	13	14	15	16	17+
50 Free	35.89	34.10	31.03	30.41	29.80	29.21	28.62	27.44	26.89	26.35	25.83	25.31
100 Free	1:18.23	1:14.32	1:07.89	1:06.53	1:05.20	1:03.90	1:02.62	1:00.13	58.93	57.75	56.59	55.46
200 Free	2:50.77	2:42.24	2:27.72	2:24.77	2:21.87	2:19.03	2:16.25	2:10.75	2:08.13	2:05.57	2:03.06	2:00.60
400 Free	6:00.47	5:42.45	5:14.37	5:08.08	5:01.92	4:55.88	4:49.96	4:38.09	4:32.53	4:27.08	4:21.74	4:16.50
800 Free	12:40.02	12:02.02	10:44.07	10:31.19	10:18.57	10:06.19	9:54.07	9:38.40	9:26.83	9:15.50	9:04.39	8:53.50
1500 Free	18:24.72	18:24.72	20:29.37	20:04.78	19:40.69	19:17.07	18:53.93	18:24.72	18:02.63	17:40.98	17:19.76	16:58.96
100 Back	1:32.92	1:28.27	1:15.94	1:14.42	1:12.93	1:11.48	1:10.05	1:07.21	1:05.87	1:04.55	1:03.26	1:01.99
200 Back	3:12.76	3:03.12	2:44.60	2:41.31	2:38.08	2:34.92	2:31.82	2:25.59	2:22.68	2:19.82	2:17.03	2:14.29
100 Breast	1:42.42	1:37.30	1:25.45	1:23.74	1:22.06	1:20.42	1:18.81	1:15.55	1:14.04	1:12.56	1:11.11	1:09.69
200 Breast	3:35.70	3:24.92	3:05.84	3:02.13	2:58.48	2:54.91	2:51.42	2:44.41	2:41.12	2:37.90	2:34.74	2:31.64
100 Fly	1:30.23	1:25.72	1:13.23	1:11.76	1:10.33	1:08.92	1:07.54	1:04.79	1:03.49	1:02.22	1:00.98	59.76
200 Fly	3:14.01	3:04.31	2:44.11	2:40.83	2:37.62	2:34.46	2:31.37	2:27.14	2:24.20	2:21.31	2:18.49	2:15.72
200 IM	3:16.50	3:06.68	2:46.83	2:43.49	2:40.22	2:37.02	2:33.88	2:27.62	2:24.67	2:21.78	2:18.94	2:16.16
400 IM	6:52.98	6:32.33	5:53.75	5:46.67	5:39.74	5:32.95	5:26.29	5:16.79	5:10.46	5:04.25	4:58.16	4:52.20

Pointe-Claire Invitational Time Standards

Garçons - Boys (50m)

Level	11-12		Competition Group B					Competition Group A				
Age	11	12	13	14	15	16	17+	13	14	15	16	17+
50 Free	37.39	35.52	31.99	31.35	30.72	30.11	29.51	28.29	27.72	27.17	26.63	26.09
100 Free	1:21.49	1:17.42	1:09.99	1:08.59	1:07.22	1:05.87	1:04.56	1:01.99	1:00.75	59.54	58.34	57.18
200 Free	2:57.89	2:49.00	2:32.29	2:29.24	2:26.26	2:23.33	2:20.47	2:14.79	2:12.09	2:09.45	2:06.86	2:04.33
400 Free	6:15.49	5:56.72	5:24.09	5:17.61	5:11.26	5:05.03	4:58.93	4:46.69	4:40.96	4:35.34	4:29.83	4:24.43
800 Free	13:11.69	12:32.11	11:03.99	10:50.71	10:37.70	10:24.94	10:12.44	9:56.29	9:44.36	9:32.68	9:21.22	9:10.00
1500 Free	18:58.89	18:58.89	21:07.39	20:42.04	20:17.20	19:52.86	19:29.00	18:58.89	18:36.11	18:13.79	17:51.91	17:30.48
100 Back	1:36.79	1:31.95	1:18.29	1:16.72	1:15.19	1:13.69	1:12.21	1:09.29	1:07.90	1:06.55	1:05.22	1:03.91
200 Back	3:20.79	3:10.75	2:49.69	2:46.30	2:42.97	2:39.71	2:36.52	2:30.09	2:27.09	2:24.15	2:21.26	2:18.44
100 Breast	1:46.69	1:41.36	1:28.09	1:26.33	1:24.60	1:22.91	1:21.25	1:17.89	1:16.33	1:14.81	1:13.31	1:11.84
200 Breast	3:44.69	3:33.46	3:11.59	3:07.76	3:04.00	3:00.32	2:56.72	2:49.49	2:46.10	2:42.78	2:39.52	2:36.33
100 Fly	1:33.99	1:29.29	1:15.49	1:13.98	1:12.50	1:11.05	1:09.63	1:06.79	1:05.45	1:04.15	1:02.86	1:01.61
200 Fly	3:22.09	3:11.99	2:49.19	2:45.81	2:42.49	2:39.24	2:36.06	2:31.69	2:28.66	2:25.68	2:22.77	2:19.91
200 IM	3:24.69	3:14.46	2:51.99	2:48.55	2:45.18	2:41.88	2:38.64	2:32.19	2:29.15	2:26.16	2:23.24	2:20.38
400 IM	7:10.19	6:48.68	6:04.69	5:57.40	5:50.25	5:43.24	5:36.38	5:26.59	5:20.06	5:13.66	5:07.38	5:01.24