

Provincial Trials Time Standards 2025 - 2026

Female				EVENT		Male			
13 & U	14	15	16 & O			13 & U	14	15	16 & O
30.8	30.6	30.2	30.0	50 Free	SC	30.3	28.8	28.2	27.8
31.5	31.2	30.8	30.6		LC	30.9	29.4	28.8	28.4
1:08.7	1:07.3	1:06.6	1:06.2	100 Free	SC	1:08.1	1:04.0	1:02.1	1:01.5
1:10.1	1:08.7	1:08.0	1:07.5		LC	1:09.5	1:05.3	1:03.3	1:02.8
2:30.8	2:27.1	2:26.2	2:25.3	200 Free	SC	2:30.0	2:21.5	2:17.0	2:15.4
2:33.9	2:30.1	2:29.2	2:28.3		LC	2:33.0	2:24.4	2:19.8	2:18.1
5:20.6	5:11.3	5:09.6	5:07.9	400 Free	SC	5:23.2	5:03.0	4:58.8	4:56.6
5:27.1	5:17.7	5:15.9	5:14.2		LC	5:29.8	5:09.2	5:04.9	5:02.6
11:04.8	10:45.2	10:41.8	10:38.4	800 Free	SC	11:09.7	10:27.0	10:18.1	10:13.3
11:18.4	10:58.4	10:54.9	10:51.4		LC	11:23.4	10:39.7	10:30.7	10:25.8
21:02.3	20:25.1	20:18.6	20:12.2	1500 Free	SC	21:29.8	20:07.4	19:50.3	19:41.1
21:28.0	20:50.1	20:43.5	20:37.0		LC	21:56.1	20:32.0	20:14.6	20:05.2
35.9	35.4	35.0	34.5	50 Back	SC	35.9	34.0	33.3	32.4
36.7	36.2	35.7	35.2		LC	36.6	34.7	34.0	33.0
1:17.8	1:17.0	1:15.9	1:14.9	100 Back	SC	1:18.8	1:14.5	1:12.8	1:11.2
1:19.3	1:18.6	1:17.4	1:16.5		LC	1:20.4	1:16.1	1:14.3	1:12.6
2:51.1	2:48.3	2:43.7	2:42.9	200 Back	SC	2:51.8	2:44.1	2:39.6	2:36.7
2:54.6	2:51.7	2:47.1	2:46.2		LC	2:55.3	2:47.5	2:42.8	2:39.9
40.7	39.3	39.1	38.9	50 Breast	SC	39.1	37.3	36.1	35.9
41.5	40.1	39.9	39.7		LC	39.9	38.1	36.9	36.6
1:29.6	1:29.1	1:28.7	1:28.2	100 Breast	SC	1:29.3	1:24.9	1:21.4	1:20.9
1:31.4	1:30.9	1:30.5	1:30.0		LC	1:31.1	1:26.6	1:23.0	1:22.6
3:15.4	3:12.3	3:11.4	3:10.5	200 Breast	SC	3:16.9	3:08.8	2:59.0	2:58.1
3:19.3	3:16.2	3:15.3	3:14.4		LC	3:20.9	3:12.6	3:02.6	3:01.7
33.9	33.1	32.7	32.5	50 Fly	SC	33.0	31.3	30.4	29.8
34.6	33.8	33.3	33.1		LC	33.7	31.9	31.1	30.4
1:19.6	1:17.0	1:16.1	1:15.7	100 Fly	SC	1:17.9	1:12.3	1:09.8	1:08.3
1:21.2	1:18.6	1:17.7	1:17.3		LC	1:19.4	1:13.8	1:11.2	1:09.7
2:57.1	2:51.3	2:48.8	2:47.9	200 Fly	SC	2:55.6	2:42.8	2:36.9	2:33.5
3:00.8	2:54.8	2:52.2	2:51.3		LC	2:59.2	2:46.1	2:40.1	2:36.7
2:51.2	2:49.6	2:48.6	2:47.7	200 IM	SC	2:52.0	2:42.0	2:37.8	2:35.2
2:54.7	2:53.0	2:52.0	2:51.1		LC	2:55.5	2:45.3	2:41.0	2:38.3
6:08.5	6:00.4	5:58.7	5:57.0	400 IM	SC	6:11.2	5:48.5	5:39.8	5:38.1
6:16.0	6:07.8	6:06.0	6:04.3		LC	6:18.8	5:55.6	5:46.7	5:45.0

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)