

Provincial Championship Time Standards 2025 - 2026

Female					EVENT	Male				
13 & U	14	15	16	Open		13 & U	14	15	16	Open
28.4	27.8	27.5	27.3	27.1	50 Free SC	27.5	26.2	25.6	25.3	25.0
29.0	28.4	28.0	27.8	27.7		28.1	26.7	26.2	25.8	25.5
1:02.4	1:01.2	1:00.6	1:00.2	59.9	100 Free SC	1:01.9	58.2	56.4	55.9	55.2
1:03.7	1:02.4	1:01.8	1:01.4	1:01.1		1:03.2	59.4	57.6	57.1	56.4
2:17.1	2:13.7	2:12.9	2:12.1	2:11.7	200 Free SC	2:16.3	2:08.6	2:04.6	2:03.1	2:01.4
2:19.9	2:16.4	2:15.6	2:14.8	2:14.4		2:19.1	2:11.3	2:07.1	2:05.6	2:03.9
4:51.4	4:43.0	4:41.5	4:39.9	4:39.1	400 Free SC	4:53.8	4:35.5	4:31.7	4:29.6	4:27.8
4:57.4	4:48.8	4:47.2	4:45.6	4:44.8		4:59.8	4:41.1	4:37.2	4:35.1	4:33.3
10:04.4	9:46.6	9:43.4	9:40.3	9:38.8	800 Free SC	10:08.9	9:30.0	9:21.9	9:17.5	9:13.8
10:16.7	9:58.5	9:55.3	9:52.2	9:50.6		10:21.3	9:41.6	9:33.4	9:28.9	9:25.1
19:07.5	18:33.7	18:27.9	18:22.0	18:19.1	1500 Free SC	19:32.5	18:17.6	18:02.1	17:53.7	17:46.5
19:30.9	18:56.4	18:50.5	18:44.5	18:41.5		19:56.4	18:40.0	18:24.2	18:15.6	18:08.3
33.0	32.2	31.8	31.3	31.1	50 Back SC	32.6	30.9	30.3	29.4	29.0
33.7	32.9	32.4	32.0	31.8		33.3	31.6	30.9	30.0	29.6
1:12.4	1:10.0	1:09.0	1:08.1	1:07.7	100 Back SC	1:11.7	1:07.8	1:06.2	1:04.7	1:03.8
1:13.9	1:11.4	1:10.4	1:09.5	1:09.0		1:13.1	1:09.2	1:07.5	1:06.0	1:05.1
2:35.5	2:33.0	2:28.8	2:28.1	2:26.8	200 Back SC	2:36.2	2:29.2	2:25.1	2:22.4	2:20.4
2:38.7	2:36.1	2:31.9	2:31.1	2:29.8		2:39.3	2:32.3	2:28.0	2:25.3	2:23.3
37.0	35.7	35.5	35.4	35.3	50 Breast SC	35.6	33.9	32.8	32.7	32.3
37.7	36.5	36.3	36.1	36.0		36.3	34.6	33.5	33.3	32.9
1:23.6	1:21.0	1:20.6	1:20.2	1:20.0	100 Breast SC	1:21.2	1:17.2	1:14.0	1:13.6	1:12.5
1:25.3	1:22.6	1:22.3	1:21.9	1:21.7		1:22.8	1:18.7	1:15.5	1:15.1	1:14.0
3:02.0	2:54.8	2:54.0	2:53.2	2:52.8	200 Breast SC	2:59.0	2:51.6	2:42.7	2:41.9	2:39.0
3:05.7	2:58.3	2:57.5	2:56.8	2:56.4		3:02.7	2:55.1	2:46.0	2:45.2	2:42.3
30.8	30.1	29.7	29.5	29.4	50 Fly SC	30.0	28.5	27.7	27.1	26.7
31.4	30.7	30.3	30.1	29.9		30.7	29.0	28.2	27.6	27.2
1:12.4	1:10.0	1:09.2	1:08.8	1:08.5	100 Fly SC	1:10.8	1:05.8	1:03.4	1:02.1	1:01.0
1:13.8	1:11.5	1:10.6	1:10.2	1:09.9		1:12.2	1:07.1	1:04.7	1:03.4	1:02.3
2:41.0	2:35.8	2:33.4	2:32.6	2:31.9	200 Fly SC	2:39.6	2:28.0	2:22.6	2:19.6	2:17.1
2:44.3	2:38.9	2:36.5	2:35.8	2:35.0		2:42.9	2:31.0	2:25.5	2:22.4	2:19.9
2:38.0	2:34.1	2:33.2	2:32.5	2:32.0	200 IM SC	2:36.4	2:27.2	2:23.5	2:21.1	2:19.2
2:41.3	2:37.3	2:36.4	2:35.6	2:35.1		2:39.6	2:30.3	2:26.4	2:23.9	2:22.0
5:35.0	5:27.6	5:26.1	5:24.5	5:23.8	400 IM SC	5:37.4	5:16.8	5:08.9	5:07.3	5:04.5
5:41.8	5:34.3	5:32.7	5:31.2	5:30.4		5:44.3	5:23.3	5:15.2	5:13.6	5:10.7

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)