

NWT Swimming Time Standards 14-15

Female - Short Course

	2013-14 Senior Nat'l	NWT 'B' Time	NWT 'A' Time
50 Free	00:26.19	00:34.05	00:32.74
100 Free	00:56.51	01:13.46	01:10.64
200 Free	02:01.90	02:38.47	02:32.38
400 Free	04:18.23	05:35.70	05:22.79
800 Free	08:57.08	11:38.20	11:11.35
1500 Free	17:27.91	22:42.28	21:49.89
50 Back	00:29.70	00:38.61	00:37.13
100 Back	01:02.76	01:21.59	01:18.45
200 Back	02:14.75	02:55.17	02:48.44
50 Breast	00:33.12	00:43.06	00:41.40
100 Breast	01:11.40	01:32.82	01:29.25
200 Breast	02:34.21	03:20.47	03:12.76
50 Fly	00:28.28	00:36.76	00:35.35
100 Fly	01:02.57	01:21.34	01:18.21
200 Fly	02:17.92	02:59.30	02:52.40
200 IM	02:18.09	02:59.52	02:52.61
400 IM	04:52.18	06:19.83	06:05.22

Female - Long Course

	2013-14 Senior Nat'l	NWT 'B' Time	NWT 'A' Time
50 Free	00:27.06	00:35.18	00:33.83
100 Free	00:57.66	01:14.96	01:12.08
200 Free	02:05.36	02:42.97	02:36.70
400 Free	04:25.19	05:44.75	05:31.49
800 Free	09:13.46	11:59.50	11:31.83
1500 Free	17:51.51	23:12.96	22:19.39
50 Back	00:30.85	00:40.10	00:38.56
100 Back	01:05.32	01:24.92	01:21.65
200 Back	02:21.39	03:03.81	02:56.74
50 Breast	00:33.90	00:44.07	00:42.38
100 Breast	01:13.40	01:35.42	01:31.75
200 Breast	02:38.96	03:26.65	03:18.70
50 Fly	00:28.65	00:37.25	00:35.81
100 Fly	01:03.26	01:22.24	01:19.08
200 Fly	02:21.92	03:04.50	02:57.40
200 IM	02:22.84	03:05.69	02:58.55
400 IM	05:04.39	06:35.71	06:20.49

Male - Short Course

	2013-14 Senior Nat'l	NWT 'B' Time	NWT 'A' Time
50 Free	00:23.35	00:30.35	00:29.19
100 Free	00:50.83	01:06.08	01:03.54
200 Free	01:51.19	02:24.55	02:18.99
400 Free	03:57.80	05:09.14	04:57.25
800 Free	08:23.14	10:54.08	10:28.93
1500 Free	15:57.74	20:45.06	19:57.17
50 Back	00:26.68	00:34.68	00:33.35
100 Back	00:56.59	01:13.57	01:10.74
200 Back	02:02.46	02:39.20	02:33.08
50 Breast	00:29.52	00:38.38	00:36.90
100 Breast	01:03.85	01:23.01	01:19.81
200 Breast	02:18.83	03:00.48	02:53.54
50 Fly	00:25.36	00:32.97	00:31.70
100 Fly	00:55.92	01:12.70	01:09.90
200 Fly	02:04.65	02:42.04	02:35.81
200 IM	02:05.49	02:43.14	02:36.86
400 IM	04:29.34	05:50.14	05:36.67

Male - Long Course

	2013-14 Senior Nat'l	NWT 'B' Time	NWT 'A' Time
50 Free	00:24.11	00:31.34	00:30.14
100 Free	00:52.14	01:07.78	01:05.18
200 Free	01:54.82	02:29.27	02:23.52
400 Free	04:06.19	05:20.05	05:07.74
800 Free	08:41.04	11:17.35	10:51.30
1500 Free	16:36.12	21:34.96	20:45.15
50 Back	00:27.98	00:36.37	00:34.97
100 Back	00:59.39	01:17.21	01:14.24
200 Back	02:19.09	03:00.82	02:53.86
50 Breast	00:30.23	00:39.30	00:37.79
100 Breast	01:06.17	01:26.02	01:22.71
200 Breast	02:24.64	03:08.03	03:00.80
50 Fly	00:25.97	00:33.76	00:32.46
100 Fly	00:56.79	01:13.83	01:10.99
200 Fly	02:08.62	02:47.21	02:40.77
200 IM	02:10.62	02:49.81	02:43.27
400 IM	04:39.10	06:02.83	05:48.88