

### NWT Swimming Time Standards 17-18

#### Female - Short Course

|            | 2017-18<br>AB A 15-16 | NWT 'B'<br>Time | NWT 'A'<br>Time |
|------------|-----------------------|-----------------|-----------------|
| 50 Free    | 00:28.80              | 00:32.26        | 00:31.39        |
| 100 Free   | 01:02.10              | 01:09.55        | 01:07.69        |
| 200 Free   | 02:14.10              | 02:30.19        | 02:26.17        |
| 400 Free   | 04:45.40              | 05:28.21        | 05:16.79        |
| 800 Free   | 09:50.10              | 11:18.62        | 10:55.01        |
| 1500 Free  | 18:46.60              | 21:35.59        | 20:50.53        |
| 50 Back    | 00:32.50              | 00:36.40        | 00:35.42        |
| 100 Back   | 01:09.90              | 01:18.29        | 01:16.19        |
| 200 Back   | 02:31.00              | 02:49.12        | 02:44.59        |
| 50 Breast  | 00:36.60              | 00:40.99        | 00:39.89        |
| 100 Breast | 01:19.80              | 01:29.38        | 01:26.98        |
| 200 Breast | 02:51.90              | 03:12.53        | 03:07.37        |
| 50 Fly     | 00:30.00              | 00:33.60        | 00:32.70        |
| 100 Fly    | 01:08.20              | 01:16.38        | 01:14.34        |
| 200 Fly    | 02:32.10              | 02:50.35        | 02:45.79        |
| 200 IM     | 02:32.60              | 02:50.91        | 02:46.33        |
| 400 IM     | 05:25.60              | 06:14.44        | 06:01.42        |

#### Female - Long Course

|            | 2017-18<br>AB A 15-16 | NWT 'B'<br>Time | NWT 'A'<br>Time |
|------------|-----------------------|-----------------|-----------------|
| 50 Free    | 00:29.40              | 00:32.93        | 00:32.05        |
| 100 Free   | 01:03.30              | 01:10.90        | 01:09.00        |
| 200 Free   | 02:16.80              | 02:33.22        | 02:29.11        |
| 400 Free   | 04:45.40              | 05:28.21        | 05:16.79        |
| 800 Free   | 10:01.90              | 11:32.19        | 11:08.11        |
| 1500 Free  | 19:09.10              | 22:01.46        | 21:15.50        |
| 50 Back    | 00:33.20              | 00:37.18        | 00:36.19        |
| 100 Back   | 01:11.30              | 01:19.86        | 01:17.72        |
| 200 Back   | 02:34.10              | 02:52.59        | 02:47.97        |
| 50 Breast  | 00:37.30              | 00:41.78        | 00:40.66        |
| 100 Breast | 01:21.40              | 01:31.17        | 01:28.73        |
| 200 Breast | 02:55.30              | 03:16.34        | 03:11.08        |
| 50 Fly     | 00:30.60              | 00:34.27        | 00:33.35        |
| 100 Fly    | 01:09.50              | 01:17.84        | 01:15.76        |
| 200 Fly    | 02:35.20              | 02:53.82        | 02:49.17        |
| 200 IM     | 02:35.70              | 02:54.38        | 02:49.71        |
| 400 IM     | 05:32.10              | 06:21.92        | 06:08.63        |

#### Male - Short Course

|            | 2017-18<br>AB A 16-17 | NWT 'B'<br>Time | NWT 'A'<br>Time |
|------------|-----------------------|-----------------|-----------------|
| 50 Free    | 00:25.90              | 00:29.01        | 00:28.23        |
| 100 Free   | 00:55.80              | 01:02.50        | 01:00.82        |
| 200 Free   | 02:02.30              | 02:16.98        | 02:13.31        |
| 400 Free   | 04:22.70              | 05:02.10        | 04:51.60        |
| 800 Free   | 09:11.30              | 10:33.99        | 10:11.94        |
| 1500 Free  | 17:42.20              | 20:21.53        | 19:39.04        |
| 50 Back    | 00:29.50              | 00:33.04        | 00:32.15        |
| 100 Back   | 01:03.70              | 01:11.34        | 01:09.43        |
| 200 Back   | 02:18.90              | 02:35.57        | 02:31.40        |
| 50 Breast  | 00:33.50              | 00:37.52        | 00:36.52        |
| 100 Breast | 01:12.40              | 01:21.09        | 01:18.92        |
| 200 Breast | 02:37.90              | 02:56.85        | 02:52.11        |
| 50 Fly     | 00:27.50              | 00:30.80        | 00:29.98        |
| 100 Fly    | 01:01.10              | 01:08.43        | 01:06.60        |
| 200 Fly    | 02:17.40              | 02:33.89        | 02:29.77        |
| 200 IM     | 02:18.80              | 02:35.46        | 02:31.29        |
| 400 IM     | 04:59.40              | 05:44.31        | 05:32.33        |

#### Male - Long Course

|            | 2017-18<br>AB A 16-17 | NWT 'B'<br>Time | NWT 'A'<br>Time |
|------------|-----------------------|-----------------|-----------------|
| 50 Free    | 00:26.40              | 00:29.57        | 00:28.78        |
| 100 Free   | 00:56.90              | 01:03.73        | 01:02.02        |
| 200 Free   | 02:04.70              | 02:19.66        | 02:15.92        |
| 400 Free   | 04:27.90              | 05:08.08        | 04:57.37        |
| 800 Free   | 09:22.40              | 10:46.76        | 10:24.26        |
| 1500 Free  | 18:03.40              | 20:45.91        | 20:02.57        |
| 50 Back    | 00:30.10              | 00:33.71        | 00:32.81        |
| 100 Back   | 01:05.00              | 01:12.80        | 01:10.85        |
| 200 Back   | 02:21.60              | 02:38.59        | 02:34.34        |
| 50 Breast  | 00:34.10              | 00:38.19        | 00:37.17        |
| 100 Breast | 01:13.80              | 01:22.66        | 01:20.44        |
| 200 Breast | 02:41.10              | 03:00.43        | 02:55.60        |
| 50 Fly     | 00:28.10              | 00:31.47        | 00:30.63        |
| 100 Fly    | 01:02.40              | 01:09.89        | 01:08.02        |
| 200 Fly    | 02:20.20              | 02:37.02        | 02:32.82        |
| 200 IM     | 02:21.50              | 02:38.48        | 02:34.24        |
| 400 IM     | 05:05.40              | 05:51.21        | 05:38.99        |