

### NWT Swimming Time Standards 15-16

	Female - Short Course				Female - Long Course			
	2015-16		2015-16		2015-16		2015-16	
	AB A 15-16	NWT 'B' Time	NWT 'A' Time	AB A 15-16	NWT 'B' Time	NWT 'A' Time	AB A 15-16	NWT 'A' Time
50 Free	00:28.80	00:32.26	00:31.39	00:29.30	00:32.82	00:31.94	00:29.30	00:32.82
100 Free	01:02.30	01:09.78	01:07.91	01:03.50	01:11.12	01:09.21	01:03.50	01:11.12
200 Free	02:14.50	02:30.64	02:26.60	02:17.20	02:33.66	02:29.55	02:17.20	02:33.66
400 Free	04:45.10	05:25.01	05:16.46	04:50.80	05:31.51	05:22.79	04:50.80	05:31.51
800 Free	09:51.30	11:14.08	10:56.34	10:03.10	11:27.53	11:09.44	10:03.10	11:27.53
1500 Free	19:11.40	21:52.60	21:18.05	19:34.50	22:18.93	21:43.70	19:34.50	22:18.93
50 Back	00:32.90	00:36.85	00:35.86	00:33.50	00:37.52	00:36.52	00:33.50	00:37.52
100 Back	01:09.50	01:17.84	01:15.76	01:10.90	01:19.41	01:17.28	01:10.90	01:19.41
200 Back	02:29.20	02:47.10	02:42.63	02:32.20	02:50.46	02:45.90	02:32.20	02:50.46
50 Breast	00:37.30	00:41.78	00:40.66	00:38.00	00:42.56	00:41.42	00:38.00	00:42.56
100 Breast	01:20.10	01:29.71	01:27.31	01:21.70	01:31.50	01:29.05	01:21.70	01:31.50
200 Breast	02:52.60	03:13.31	03:08.13	02:56.10	03:17.23	03:11.95	02:56.10	03:17.23
50 Fly	00:31.50	00:35.28	00:34.34	00:32.10	00:35.95	00:34.99	00:32.10	00:35.95
100 Fly	01:09.10	01:17.39	01:15.32	01:10.50	01:18.96	01:16.85	01:10.50	01:18.96
200 Fly	02:34.50	02:53.04	02:48.41	02:37.50	02:56.40	02:51.67	02:37.50	02:56.40
200 IM	02:32.60	02:50.91	02:46.33	02:35.60	02:54.27	02:49.60	02:35.60	02:54.27
400 IM	05:23.30	06:08.56	05:58.86	05:29.80	06:15.97	06:06.08	05:29.80	06:15.97
<b>Male - Short Course</b>								
	2015-16		2015-16		2015-16		2015-16	
	AB A 16-17	NWT 'B' Time	NWT 'A' Time	AB A 16-17	NWT 'B' Time	NWT 'A' Time	AB A 16-17	NWT 'A' Time
	AB A 16-17	NWT 'B' Time	NWT 'A' Time	AB A 16-17	NWT 'B' Time	NWT 'A' Time	AB A 16-17	NWT 'A' Time
50 Free	00:25.90	00:29.01	00:28.23	00:26.50	00:29.68	00:28.88	00:25.90	00:29.68
100 Free	00:56.50	01:03.28	01:01.59	00:57.60	01:04.51	01:02.78	00:56.50	01:04.51
200 Free	02:02.90	02:17.65	02:13.96	02:05.30	02:20.34	02:16.58	02:02.90	02:20.34
400 Free	04:22.50	04:59.25	04:51.37	04:27.80	05:05.29	04:57.26	04:22.50	05:05.29
800 Free	09:15.60	10:33.38	10:16.72	09:26.70	10:46.04	10:29.04	09:15.60	10:46.04
1500 Free	17:44.20	20:13.19	19:41.26	18:05.50	20:37.47	20:04.90	17:44.20	20:37.47
50 Back	00:30.10	00:33.71	00:32.81	00:30.70	00:34.38	00:33.46	00:30.10	00:34.38
100 Back	01:03.40	01:11.01	01:09.11	01:04.70	01:12.46	01:10.52	01:03.40	01:12.46
200 Back	02:17.40	02:33.89	02:29.77	02:20.20	02:37.02	02:32.82	02:17.40	02:37.02
50 Breast	00:33.80	00:37.86	00:36.84	00:34.50	00:38.64	00:37.60	00:33.80	00:38.64
100 Breast	01:12.60	01:21.31	01:19.13	01:14.00	01:22.88	01:20.66	01:12.60	01:22.88
200 Breast	02:38.00	02:56.96	02:52.22	02:41.20	03:00.54	02:55.71	02:38.00	03:00.54
50 Fly	00:28.60	00:32.03	00:31.17	00:29.10	00:32.59	00:31.72	00:28.60	00:32.59
100 Fly	01:02.80	01:10.11	01:08.23	01:03.80	01:11.46	01:09.54	01:02.80	01:11.46
200 Fly	02:20.50	02:37.36	02:33.14	02:23.30	02:40.50	02:36.20	02:20.50	02:40.50
200 IM	02:20.20	02:37.02	02:32.82	02:23.00	02:40.16	02:35.87	02:20.20	02:40.16
400 IM	04:59.00	05:40.86	05:31.89	05:05.00	05:47.70	05:38.55	04:59.00	05:47.70