

NWT Swimming Time Standards 2019-2020

Female - Short Course

NWT 'B'	NWT 'A'
Time	Time

00:32.12	00:31.27	50 Free
01:09.24	01:07.41	100 Free
02:30.16	02:26.19	200 Free
05:29.35	05:18.04	400 Free
11:13.14	10:50.02	800 Free
21:31.52	20:47.18	1500 Free
00:36.77	00:35.80	50 Back
01:18.32	01:16.25	100 Back
02:49.57	02:45.09	200 Back
00:40.75	00:39.67	50 Breast
01:29.44	01:27.07	100 Breast
03:15.22	03:10.06	200 Breast
00:34.28	00:33.37	50 Fly
01:15.93	01:13.92	100 Fly
02:46.28	02:41.88	200 Fly
02:51.73	02:47.19	200 IM
06:14.55	06:01.69	400 IM

Female - Long Course

NWT 'B'	NWT 'A'
Time	Time

00:32.80	00:31.93
01:10.71	01:08.84
02:33.23	02:29.17
05:36.10	05:24.56
11:26.88	11:03.30
21:57.96	21:12.71
00:37.46	00:36.46
01:19.90	01:17.79
02:52.97	02:48.40
00:41.54	00:40.44
01:31.25	01:28.84
03:19.19	03:13.93
00:34.96	00:34.03
01:17.52	01:15.47
02:49.68	02:45.20
02:55.24	02:50.61
06:22.12	06:09.00

Male - Short Course

NWT 'B'	NWT 'A'
Time	Time

00:28.60	00:27.85	50 Free
01:02.20	01:00.55	100 Free
02:16.99	02:13.37	200 Free
05:07.33	04:56.77	400 Free
10:42.03	10:19.99	800 Free
20:27.91	19:45.75	1500 Free
00:32.80	00:31.93	50 Back
01:10.48	01:08.62	100 Back
02:35.49	02:31.38	200 Back
00:36.21	00:35.25	50 Breast
01:19.45	01:17.35	100 Breast
02:55.47	02:50.83	200 Breast
00:30.76	00:29.95	50 Fly
01:08.44	01:06.63	100 Fly
02:34.59	02:30.50	200 Fly
02:36.97	02:32.82	200 IM
05:46.12	05:34.24	400 IM

Male - Long Course

NWT 'B'	NWT 'A'
Time	Time

00:29.17	00:28.40
01:03.56	01:01.88
02:19.72	02:16.03
05:13.62	05:02.85
10:55.08	10:32.59
20:52.96	20:09.94
00:33.48	00:32.60
01:11.96	01:10.06
02:38.67	02:34.48
00:37.00	00:36.02
01:21.04	01:18.90
02:58.99	02:54.26
00:31.33	00:30.50
01:09.80	01:07.96
02:37.65	02:33.48
02:40.15	02:35.92
05:53.23	05:41.10