

NWT Swimming Time Standards 2021-2022

	Female - Short Course				Female - Long Course			
	2019-2020 AB 15 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time	2019-2020 AB 15 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time
50 Free	00:28.30	00:31.13	00:31.98	00:33.11	00:28.90	00:31.79	00:32.66	00:33.81
100 Free	01:01.00	01:07.10	01:08.93	01:11.37	01:02.30	01:08.53	01:10.40	01:12.89
200 Free	02:12.30	02:25.53	02:29.50	02:34.79	02:15.00	02:28.50	02:32.55	02:37.95
400 Free	04:42.70	05:16.62	05:27.93	05:39.24	04:48.50	05:23.12	05:34.66	05:46.20
800 Free	09:37.80	10:47.14	11:10.25	11:33.36	09:49.60	11:00.35	11:23.94	11:47.52
1500 Free	18:28.60	20:41.63	21:25.98	22:10.32	18:51.30	21:07.06	21:52.31	22:37.56
50 Back	00:32.40	00:35.64	00:36.61	00:37.91	00:33.00	00:36.30	00:37.29	00:38.61
100 Back	01:09.00	01:15.90	01:17.97	01:20.73	01:10.40	01:17.44	01:19.55	01:22.37
200 Back	02:29.40	02:44.34	02:48.82	02:54.80	02:32.40	02:47.64	02:52.21	02:58.31
50 Breast	00:35.90	00:39.49	00:40.57	00:42.00	00:36.60	00:40.26	00:41.36	00:42.82
100 Breast	01:18.80	01:26.68	01:29.04	01:32.20	01:20.40	01:28.44	01:30.85	01:34.07
200 Breast	02:52.00	03:09.20	03:14.36	03:21.24	02:55.50	03:13.05	03:18.31	03:25.33
50 Fly	00:30.20	00:33.22	00:34.13	00:35.33	00:30.80	00:33.88	00:34.80	00:36.04
100 Fly	01:06.90	01:13.59	01:15.60	01:18.27	01:08.30	01:15.13	01:17.18	01:19.91
200 Fly	02:26.50	02:41.15	02:45.54	02:51.40	02:29.50	02:44.45	02:48.93	02:54.92
200 IM	02:31.30	02:46.43	02:50.97	02:57.02	02:34.40	02:49.84	02:54.47	03:00.65
400 IM	05:21.50	06:00.08	06:12.94	06:25.80	05:28.00	06:07.36	06:20.48	06:33.60

	Male - Short Course				Male - Long Course			
	2019-2020 AB 16 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time	2019-2020 AB 16 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time
50 Free	00:25.20	00:27.72	00:28.48	00:29.48	00:25.70	00:28.27	00:29.04	00:30.07
100 Free	00:54.80	01:00.28	01:01.92	01:04.12	00:56.00	01:01.60	01:03.28	01:05.52
200 Free	02:00.70	02:12.77	02:16.39	02:21.22	02:03.10	02:15.41	02:19.10	02:24.03
400 Free	04:23.80	04:55.46	05:06.01	05:16.56	04:29.20	05:01.50	05:12.27	05:23.04
800 Free	09:11.10	10:17.23	10:39.28	11:01.32	09:22.30	10:29.78	10:52.27	11:14.76
1500 Free	17:34.00	19:40.48	20:22.64	21:04.80	17:55.50	20:04.56	20:47.58	21:30.60
50 Back	00:28.90	00:31.79	00:32.66	00:33.81	00:29.50	00:32.45	00:33.33	00:34.51
100 Back	01:02.10	01:08.31	01:10.17	01:12.66	01:03.40	01:09.74	01:11.64	01:14.18
200 Back	02:17.00	02:30.70	02:34.81	02:40.29	02:19.80	02:33.78	02:37.97	02:43.57
50 Breast	00:31.90	00:35.09	00:36.05	00:37.32	00:32.60	00:35.86	00:36.84	00:38.14
100 Breast	01:10.00	01:17.00	01:19.10	01:21.90	01:11.40	01:18.54	01:20.68	01:23.54
200 Breast	02:34.60	02:50.06	02:54.70	03:00.88	02:37.70	02:53.47	02:58.20	03:04.51
50 Fly	00:27.10	00:29.81	00:30.62	00:31.71	00:27.60	00:30.36	00:31.19	00:32.29
100 Fly	01:00.30	01:06.33	01:08.14	01:10.55	01:01.50	01:07.65	01:09.49	01:11.96
200 Fly	02:16.20	02:29.82	02:33.91	02:39.35	02:18.90	02:32.79	02:36.96	02:42.51
200 IM	02:18.30	02:32.13	02:36.28	02:41.81	02:21.10	02:35.21	02:39.44	02:45.09
400 IM	04:57.10	05:32.75	05:44.64	05:56.52	05:03.20	05:39.58	05:51.71	06:03.84