



NWT Swimming Time Standards 2024-2025 amended

Female - Short Course

Female - Long Course

	2023-2024 AB 15 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time		2023-2024 AB 15 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time
50 Free	00:28.20	00:31.02	00:32.15	00:33.84		00:28.80	00:31.68	00:32.83	00:34.56
100 Free	01:00.90	01:06.99	01:09.43	01:13.08		01:02.20	01:08.42	01:10.91	01:14.64
200 Free	02:12.60	02:25.86	02:31.16	02:39.12		02:15.30	02:28.83	02:34.24	02:42.36
400 Free	04:43.30	05:17.30	05:28.63	05:51.29		04:49.10	05:23.79	05:35.36	05:58.48
800 Free	09:40.60	10:50.27	11:13.50	11:59.94		09:52.40	11:03.49	11:27.18	12:14.58
1500 Free	18:31.90	20:45.33	21:29.80	22:58.76		18:54.60	21:10.75	21:56.14	23:26.90
50 Back	00:32.10	00:35.31	00:36.59	00:38.52		00:32.80	00:36.08	00:37.39	00:39.36
100 Back	01:08.70	01:15.57	01:18.32	01:22.44		01:10.10	01:17.11	01:19.91	01:24.12
200 Back	02:28.50	02:43.35	02:49.29	02:58.20		02:31.50	02:46.65	02:52.71	03:01.80
50 Breast	00:35.70	00:39.27	00:40.70	00:42.84		00:36.40	00:40.04	00:41.50	00:43.68
100 Breast	01:18.40	01:26.24	01:29.38	01:34.08		01:19.90	01:27.89	01:31.09	01:35.88
200 Breast	02:51.70	03:08.87	03:15.74	03:26.04		02:55.20	03:12.72	03:19.73	03:30.24
50 Fly	00:30.10	00:33.11	00:34.31	00:36.12		00:30.70	00:33.77	00:35.00	00:36.84
100 Fly	01:06.90	01:13.59	01:16.27	01:20.28		01:08.30	01:15.13	01:17.86	01:21.96
200 Fly	02:26.50	02:41.15	02:47.01	02:55.80		02:29.50	02:44.45	02:50.43	02:59.40
200 IM	02:31.00	02:46.10	02:52.14	03:01.20		02:34.10	02:49.51	02:55.67	03:04.92
400 IM	05:20.80	05:59.30	06:12.13	06:37.79		05:27.40	06:06.69	06:19.78	06:45.98

Male - Short Course

Male - Long Course

	2023-2024 AB 16 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time		2023-2024 AB 16 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time
50 Free	00:25.10	00:27.61	00:28.61	00:30.12		00:25.70	00:28.27	00:29.30	00:30.84
100 Free	00:55.00	01:00.50	01:02.70	01:06.00		00:56.10	01:01.71	01:03.95	01:07.32
200 Free	02:00.80	02:12.88	02:17.71	02:24.96		02:03.30	02:15.63	02:20.56	02:27.96
400 Free	04:23.90	04:55.57	05:06.12	05:27.24		04:29.30	05:01.62	05:12.39	05:33.93
800 Free	09:11.30	10:17.46	10:39.51	11:23.61		09:22.60	10:30.11	10:52.62	11:37.62
1500 Free	17:33.00	19:39.36	20:21.48	21:45.72		17:54.50	20:03.44	20:46.42	22:12.38
50 Back	00:28.90	00:31.79	00:32.95	00:34.68		00:29.40	00:32.34	00:33.52	00:35.28
100 Back	01:02.10	01:08.31	01:10.79	01:14.52		01:03.30	01:09.63	01:12.16	01:15.96
200 Back	02:17.30	02:31.03	02:36.52	02:44.76		02:20.10	02:34.11	02:39.71	02:48.12
50 Breast	00:31.80	00:34.98	00:36.25	00:38.16		00:32.40	00:35.64	00:36.94	00:38.88
100 Breast	01:10.00	01:17.00	01:19.80	01:24.00		01:11.40	01:18.54	01:21.40	01:25.68
200 Breast	02:35.50	02:51.05	02:57.27	03:06.60		02:38.70	02:54.57	03:00.92	03:10.44
50 Fly	00:26.90	00:29.59	00:30.67	00:32.28		00:27.50	00:30.25	00:31.35	00:33.00
100 Fly	01:00.00	01:06.00	01:08.40	01:12.00		01:01.20	01:07.32	01:09.77	01:13.44
200 Fly	02:16.00	02:29.60	02:35.04	02:43.20		02:18.70	02:32.57	02:38.12	02:46.44
200 IM	02:19.50	02:33.45	02:39.03	02:47.40		02:22.30	02:36.53	02:42.22	02:50.76
400 IM	04:58.80	05:34.66	05:46.61	06:10.51		05:04.90	05:41.49	05:53.68	06:18.08