NWT Swimming Territorial Time Standards 2024-2025

Female - Short Course

	2023-2024 AB 15 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time
50 Free	00:28.20	00:31.02	00:31.87	00:32.99
100 Free	01:00.90	01:06.99	01:08.82	01:11.25
200 Free	02:12.60	02:25.86	02:29.84	02:35.14
400 Free	04:43.30	05:17.30	05:28.63	05:39.96
800 Free	09:40.60	10:50.27	11:13.50	11:36.72
1500 Free	18:31.90	20:45.33	21:29.80	22:14.28
50 Back	00:32.10	00:35.31	00:36.27	00:37.56
100 Back	01:08.70	01:15.57	01:17.63	01:20.38
200 Back	02:28.50	02:43.35	02:47.80	02:53.75
50 Breast	00:35.70	00:39.27	00:40.34	00:41.77
100 Breast	01:18.40	01:26.24	01:28.59	01:31.73
200 Breast	02:51.70	03:08.87	03:14.02	03:20.89
50 Fly	00:30.10	00:33.11	00:34.01	00:35.22
100 Fly	01:06.90	01:13.59	01:15.60	01:18.27
200 Fly	02:26.50	02:41.15	02:45.54	02:51.40
200 IM	02:31.00	02:46.10	02:50.63	02:56.67
400 IM	05:20.80	05:59.30	06:12.13	06:24.96

Female - Long Course

	2023-2024 AB 15 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time
50 Free	00:28.80	00:31.68	00:32.54	00:33.70
100 Free	01:02.20	01:08.42	01:10.29	01:12.77
200 Free	02:15.30	02:28.83	02:32.89	02:38.30
400 Free	04:49.10	05:23.79	05:35.36	05:46.92
800 Free	09:52.40	11:03.49	11:27.18	11:50.88
1500 Free	18:54.60	21:10.75	21:56.14	22:41.52
50 Back	00:32.80	00:36.08	00:37.06	00:38.38
100 Back	01:10.10	01:17.11	01:19.21	01:22.02
200 Back	02:31.50	02:46.65	02:51.20	02:57.26
50 Breast	00:36.40	00:40.04	00:41.13	00:42.59
100 Breast	01:19.90	01:27.89	01:30.29	01:33.48
200 Breast	02:55.20	03:12.72	03:17.98	03:24.98
50 Fly	00:30.70	00:33.77	00:34.69	00:35.92
100 Fly	01:08.30	01:15.13	01:17.18	01:19.91
200 Fly	02:29.50	02:44.45	02:48.93	02:54.92
200 IM	02:34.10	02:49.51	02:54.13	03:00.30
400 IM	05:27.40	06:06.69	06:19.78	06:32.88

Male - Short Course

	2023-2024 AB 16 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time
50 Free	00:25.10	00:27.61	00:28.36	00:29.37
100 Free	00:55.00	01:00.50	01:02.15	01:04.35
200 Free	02:00.80	02:12.88	02:16.50	02:21.34
400 Free	04:23.90	04:55.57	05:06.12	05:16.68
800 Free	09:11.30	10:17.46	10:39.51	11:01.56
1500 Free	17:33.00	19:39.36	20:21.48	21:03.60
50 Back	00:28.90	00:31.79	00:32.66	00:33.81
100 Back	01:02.10	01:08.31	01:10.17	01:12.66
200 Back	02:17.30	02:31.03	02:35.15	02:40.64
50 Breast	00:31.80	00:34.98	00:35.93	00:37.21
100 Breast	01:10.00	01:17.00	01:19.10	01:21.90
200 Breast	02:35.50	02:51.05	02:55.71	03:01.93
50 Fly	00:26.90	00:29.59	00:30.40	00:31.47
100 Fly	01:00.00	01:06.00	01:07.80	01:10.20
200 Fly	02:16.00	02:29.60	02:33.68	02:39.12
200 IM	02:19.50	02:33.45	02:37.64	02:43.21
400 IM	04:58.80	05:34.66	05:46.61	05:58.56

Male - Long Course

	2023-2024 AB 16 & Over	NWT 'A' Time	NWT 'B' Time	NWT 'C-19' Time
50 Free	00:25.70	00:28.27	00:29.04	00:30.07
100 Free	00:56.10	01:01.71	01:03.39	01:05.64
200 Free	02:03.30	02:15.63	02:19.33	02:24.26
400 Free	04:29.30	05:01.62	05:12.39	05:23.16
800 Free	09:22.60	10:30.11	10:52.62	11:15.12
1500 Free	17:54.50	20:03.44	20:46.42	21:29.40
50 Back	00:29.40	00:32.34	00:33.22	00:34.40
100 Back	01:03.30	01:09.63	01:11.53	01:14.06
200 Back	02:20.10	02:34.11	02:38.31	02:43.92
50 Breast	00:32.40	00:35.64	00:36.61	00:37.91
100 Breast	01:11.40	01:18.54	01:20.68	01:23.54
200 Breast	02:38.70	02:54.57	02:59.33	03:05.68
50 Fly	00:27.50	00:30.25	00:31.08	00:32.18
100 Fly	01:01.20	01:07.32	01:09.16	01:11.60
200 Fly	02:18.70	02:32.57	02:36.73	02:42.28
200 IM	02:22.30	02:36.53	02:40.80	02:46.49
400 IM	05:04.90	05:41.49	05:53.68	06:05.88