

Pointe-Claire Invitational Time Standards

Filles | Girls - Short Course Meters (25m)

Level	Competition Group 2						Competition Group 1					
Age	11	12	13	14	15	16+	11	12	13	14	15	16+
50 Free	35.06	33.31	31.61	30.98	30.36	29.75	31.56	29.98	28.61	28.03	27.47	26.92
100 Free	1:17.05	1:13.20	1:09.47	1:08.08	1:06.72	1:05.39	1:09.59	1:06.11	1:02.75	1:01.49	1:00.26	59.06
200 Free	2:47.34	2:38.98	2:29.83	2:26.83	2:23.89	2:21.02	2:31.00	2:23.45	2:15.39	2:12.68	2:10.02	2:07.42
400 Free	5:50.11	5:32.60	5:14.13	5:07.85	5:01.69	4:55.66	5:15.93	5:00.13	4:43.77	4:38.09	4:32.53	4:27.08
800 Free	12:15.79	11:39.00	11:11.23	10:57.81	10:44.65	10:31.76	11:03.93	10:30.73	9:56.34	9:44.41	9:32.72	9:21.27
1500 Free	19:31.66	19:31.66	21:24.27	20:58.58	20:33.41	20:08.74	19:31.66	19:31.66	19:31.66	19:08.23	18:45.26	18:22.76
100 Back	1:30.19	1:25.68	1:17.03	1:15.49	1:13.98	1:12.50	1:16.21	1:12.40	1:09.52	1:08.13	1:06.77	1:05.43
200 Back	3:06.77	2:57.43	2:45.31	2:42.00	2:38.76	2:35.59	2:41.46	2:33.39	2:29.31	2:26.33	2:23.40	2:20.53
100 Breast	1:39.85	1:34.86	1:27.53	1:25.78	1:24.07	1:22.39	1:25.72	1:21.43	1:19.03	1:17.45	1:15.90	1:14.38
200 Breast	3:32.21	3:21.60	3:09.45	3:05.66	3:01.95	2:58.31	3:03.54	2:54.37	2:51.14	2:47.72	2:44.36	2:41.08
100 Fly	1:27.73	1:23.34	1:14.72	1:13.23	1:11.77	1:10.33	1:13.91	1:10.21	1:07.45	1:06.10	1:04.78	1:03.49
200 Fly	3:06.86	2:57.52	2:45.40	2:42.09	2:38.85	2:35.67	2:41.56	2:33.48	2:33.17	2:30.11	2:27.10	2:24.16
200 IM	3:08.14	2:58.73	2:48.99	2:45.61	2:42.30	2:39.06	2:42.61	2:34.48	2:32.60	2:29.55	2:26.56	2:23.63
400 IM	6:41.00	6:20.95	5:57.16	5:50.02	5:43.02	5:36.16	5:46.74	5:29.41	5:27.33	5:20.78	5:14.37	5:08.08

Pointe-Claire Invitational Time Standards

Filles | Girls - Long Course Meters (50m)

Level Age	Competition Group 2						Competition Group 1					
	11	12	13	14	15	16+	11	12	13	14	15	16+
50 Free	36.52	34.69	32.59	31.94	31.30	30.67	32.87	31.23	29.49	28.90	28.32	27.76
100 Free	1:20.27	1:16.25	1:11.62	1:10.19	1:08.78	1:07.41	1:12.49	1:08.87	1:04.69	1:03.40	1:02.13	1:00.89
200 Free	2:54.32	2:45.60	2:34.46	2:31.37	2:28.34	2:25.38	2:37.29	2:29.43	2:19.57	2:16.78	2:14.05	2:11.37
400 Free	6:04.70	5:46.46	5:23.85	5:17.37	5:11.02	5:04.80	5:29.09	5:12.64	4:52.54	4:46.69	4:40.96	4:35.34
800 Free	12:46.45	12:08.13	11:31.99	11:18.15	11:04.59	10:51.30	11:31.59	10:57.01	10:14.78	10:02.48	9:50.43	9:38.63
1500 Free	20:07.90	20:07.90	22:03.99	21:37.51	21:11.56	20:46.13	20:07.90	20:07.90	20:07.90	19:43.74	19:20.07	18:56.86
100 Back	1:33.95	1:29.25	1:19.41	1:17.82	1:16.27	1:14.74	1:19.39	1:15.42	1:11.67	1:10.24	1:08.84	1:07.46
200 Back	3:14.55	3:04.82	2:50.42	2:47.01	2:43.67	2:40.40	2:48.19	2:39.78	2:33.93	2:30.85	2:27.83	2:24.88
100 Breast	1:44.02	1:38.81	1:30.24	1:28.44	1:26.67	1:24.93	1:29.29	1:24.83	1:21.47	1:19.84	1:18.24	1:16.68
200 Breast	3:41.06	3:30.00	3:15.31	3:11.40	3:07.58	3:03.82	3:11.19	3:01.63	2:56.43	2:52.90	2:49.45	2:46.06
100 Fly	1:31.38	1:26.81	1:17.04	1:15.49	1:13.98	1:12.51	1:16.99	1:13.14	1:09.54	1:08.15	1:06.79	1:05.45
200 Fly	3:14.65	3:04.91	2:50.52	2:47.11	2:43.76	2:40.49	2:48.29	2:39.88	2:37.91	2:34.75	2:31.65	2:28.62
200 IM	3:15.98	3:06.18	2:54.22	2:50.74	2:47.32	2:43.97	2:49.39	2:40.92	2:37.32	2:34.18	2:31.09	2:28.07
400 IM	6:57.71	6:36.82	6:08.21	6:00.85	5:53.63	5:46.56	6:01.19	5:43.13	5:37.45	5:30.70	5:24.09	5:17.61

Pointe-Claire Invitational Time Standards

Hommes | Men - Short Course Meters (25m)

Level	Competition Group 2							Competition Group 1						
Age	11	12	13	14	15	16	17+	11	12	13	14	15	16	17+
50 Free	33.49	31.82	30.61	30.00	29.40	28.81	28.24	30.58	29.05	26.92	25.84	25.32	24.82	24.32
100 Free	1:14.32	1:10.60	1:07.89	1:06.53	1:05.20	1:03.90	1:02.62	1:07.09	1:03.74	58.93	57.16	56.02	54.90	53.80
200 Free	2:42.24	2:34.12	2:27.72	2:24.77	2:21.87	2:19.03	2:16.25	2:26.39	2:19.07	2:08.13	2:04.29	2:01.80	1:59.37	1:56.98
400 Free	5:42.45	5:25.32	5:14.37	5:08.08	5:01.92	4:55.88	4:49.96	5:09.01	4:53.56	4:32.53	4:24.35	4:19.06	4:13.88	4:08.81
800 Free	12:02.02	11:25.92	10:44.07	10:31.19	10:18.57	10:06.19	9:54.07	10:51.45	10:18.87	9:32.62	9:21.16	9:09.94	8:58.94	8:48.16
1500 Free	18:13.68	18:13.68	20:29.37	20:04.78	19:40.69	19:17.07	18:53.93	18:13.68	18:13.68	18:13.68	17:51.80	17:30.37	17:09.36	16:48.77
100 Back	1:28.27	1:23.86	1:15.94	1:14.42	1:12.93	1:11.48	1:10.05	1:18.23	1:14.32	1:05.87	1:03.89	1:02.61	1:01.36	1:00.13
200 Back	3:03.12	2:53.96	2:44.60	2:41.31	2:38.08	2:34.92	2:31.82	2:45.30	2:37.04	2:22.68	2:18.40	2:15.63	2:12.91	2:10.26
100 Breast	1:37.30	1:32.44	1:25.45	1:23.74	1:22.06	1:20.42	1:18.81	1:26.77	1:22.44	1:14.04	1:11.82	1:10.38	1:08.98	1:07.60
200 Breast	3:24.92	3:14.67	3:05.84	3:02.13	2:58.48	2:54.91	2:51.42	3:04.89	2:55.64	2:41.12	2:36.28	2:33.16	2:30.09	2:27.09
100 Fly	1:25.72	1:21.43	1:13.23	1:11.76	1:10.33	1:08.92	1:07.54	1:15.45	1:11.67	1:03.49	1:01.59	1:00.35	0:59.15	57.96
200 Fly	3:04.31	2:55.09	2:44.11	2:40.83	2:37.62	2:34.46	2:31.37	2:46.26	2:37.95	2:24.20	2:19.87	2:17.07	2:14.33	2:11.65
200 IM	3:06.68	2:57.34	2:46.83	2:43.49	2:40.22	2:37.02	2:33.88	2:46.93	2:38.59	2:24.67	2:20.33	2:17.53	2:14.77	2:12.08
400 IM	6:32.33	6:12.72	5:53.75	5:46.67	5:39.74	5:32.95	5:26.29	5:53.94	5:36.25	5:10.46	5:01.14	4:55.12	4:49.22	4:43.43

Pointe-Claire Invitational Time Standards

Hommes | Men - Long Course Meters (50m)

Level	Competition Group 2							Competition Group 1						
Age	11	12	13	14	15	16	17+	11	12	13	14	15	16	17+
50 Free	34.89	33.15	31.56	30.93	30.31	29.70	29.11	31.85	30.26	27.75	26.64	26.11	25.59	25.07
100 Free	1:17.42	1:13.54	1:09.99	1:08.59	1:07.22	1:05.87	1:04.56	1:09.89	1:06.40	1:00.75	58.93	57.75	56.59	55.46
200 Free	2:49.00	2:40.55	2:32.29	2:29.24	2:26.26	2:23.33	2:20.47	2:32.49	2:24.87	2:12.09	2:08.13	2:05.57	2:03.06	2:00.60
400 Free	5:56.72	5:38.88	5:24.09	5:17.61	5:11.26	5:05.03	4:58.93	5:21.89	5:05.80	4:40.96	4:32.53	4:27.08	4:21.74	4:16.50
800 Free	12:32.11	11:54.50	11:03.99	10:50.71	10:37.70	10:24.94	10:12.44	11:18.59	10:44.66	9:50.33	9:38.52	9:26.95	9:15.61	9:04.50
1500 Free	18:47.50	18:47.50	21:07.39	20:42.04	20:17.20	19:52.86	19:29.00	18:47.50	18:47.50	18:47.50	18:24.95	18:02.85	17:41.20	17:19.97
100 Back	1:31.95	1:27.35	1:18.29	1:16.72	1:15.19	1:13.69	1:12.21	1:21.49	1:17.42	1:07.90	1:05.87	1:04.55	1:03.26	1:01.99
200 Back	3:10.75	3:01.21	2:49.69	2:46.30	2:42.97	2:39.71	2:36.52	2:52.19	2:43.58	2:27.09	2:22.68	2:19.82	2:17.03	2:14.29
100 Breast	1:41.36	1:36.29	1:28.09	1:26.33	1:24.60	1:22.91	1:21.25	1:30.39	1:25.87	1:16.33	1:14.04	1:12.56	1:11.11	1:09.69
200 Breast	3:33.46	3:22.78	3:11.59	3:07.76	3:04.00	3:00.32	2:56.72	3:12.59	3:02.96	2:46.10	2:41.12	2:37.89	2:34.74	2:31.64
100 Fly	1:29.29	1:24.83	1:15.49	1:13.98	1:12.50	1:11.05	1:09.63	1:18.59	1:14.66	1:05.45	1:03.49	1:02.22	1:00.98	0:59.76
200 Fly	3:11.99	3:02.39	2:49.19	2:45.81	2:42.49	2:39.24	2:36.06	2:53.19	2:44.53	2:28.66	2:24.20	2:21.31	2:18.49	2:15.72
200 IM	3:14.46	3:04.73	2:51.99	2:48.55	2:45.18	2:41.88	2:38.64	2:53.89	2:45.20	2:29.15	2:24.67	2:21.78	2:18.94	2:16.16
400 IM	6:48.68	6:28.25	6:04.69	5:57.40	5:50.25	5:43.24	5:36.38	6:08.69	5:50.26	5:20.06	5:10.46	5:04.25	4:58.16	4:52.20