



**2018 - 2019 Para-swimming Provincial Standards – WOMEN Short Course Meters**

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	4:15.71	2:46.57	2:21.93	1:43.22	1:28.55	1:09.58	55.79	50.83	44.63	43.39	55.79	54.67	44.63	44.63
100 Free	7:44.51	5:35.48	4:43.87	3:39.35	3:09.75	2:19.15	1:57.77	1:51.57	1:39.18	1:32.98	2:03.97	2:01.49	1:45.37	1:39.18
200 Free	15:05.56	10:04.10	8:59.58	7:48.03	6:19.50									3:29.62
400 Free						10:04.90	9:17.86	9:05.47	8:03.48	7:38.69	9:17.86	9:06.71	8:15.88	
50 Back	3:52.25	2:47.74	2:34.84	1:56.13	1:41.20									
100 Back						2:44.45	2:28.76	2:16.37	2:03.97	1:51.57	2:28.76	2:25.79	2:03.97	2:03.97
50 Breast	4:30.96	3:26.45	2:34.84											
100 Breast				3:52.25	3:35.05	3:22.40	2:53.56	2:28.76	2:16.37		2:53.56	2:50.09	2:16.37	2:16.37
50 Fly	3:13.55	3:00.64	2:34.84	2:21.93	2:06.50	1:34.88	1:14.38							
100 Fly								2:28.76	2:16.37	2:03.97	2:28.76	2:25.79	2:03.97	2:16.37
150 IM	8:23.22	8:03.86	7:44.51	6:27.09										
200 IM					7:35.40	6:19.50	5:22.32	4:57.53	4:07.94	3:55.54	4:57.53	4:51.58	4:20.34	4:07.94

**2018 - 2019 Para-swimming Provincial Standards – WOMEN Long Course Meters**

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.58	0:56.93	0:51.87	0:45.54	0:44.28	0:56.93	0:49.33	0:45.54	0:45.54
100 Free	7:35.40	5:28.90	4:38.30	3:35.05	3:09.75	2:19.15	2:00.17	1:53.85	1:41.20	1:34.88	2:06.50	1:53.85	1:47.52	1:41.20
200 Free	14:47.80	9:52.25	8:49.00	7:38.85	6:19.50									3:33.90
400 Free						10:04.90	9:29.25	9:16.60	8:13.35	7:48.05	9:29.25	8:51.30	8:26.00	
50 Back	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20									
100 Back						2:44.45	2:31.80	2:19.15	2:06.50	1:53.85	2:31.80	2:19.15	2:06.50	2:06.50
50 Breast	4:25.65	3:22.40	2:31.80											
100 Breast				3:47.70	3:35.05	3:22.40	2:57.10	2:31.80	2:19.15		2:57.10	2:31.80	2:19.15	2:19.15
50 Fly	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.88	1:15.90							
100 Fly								2:31.80	2:19.15	2:06.50	2:31.80	2:19.15	2:06.50	2:19.15
150 IM	8:13.35	7:54.38	7:35.40	6:19.50										
200 IM					7:35.40	6:19.50	5:28.90	5:03.60	4:13.00	4:00.35	5:03.60	4:50.95	4:25.65	4:13.00



**2018 - 2019 Men Para-swimming Provincial Standards – Short Course Meters**

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:26.45	2:09.03	1:43.22	1:30.32	1:09.58	56.93	44.63	43.39	39.68	38.43	49.59	43.39	39.68	39.68
100 Free	6:19.50	4:30.96	3:52.25	3:13.55	2:31.80	2:00.17	1:49.68	1:43.22	1:30.32	1:25.16	1:39.18	1:32.98	1:26.78	1:26.78
200 Free	12:39.00	8:59.58	6:55.24	6:27.09	5:54.20									3:04.83
400 Free						8:51.30	8:36.12	8:23.22	7:44.51	7:31.60	8:40.67	7:51.09	7:29.67	
50 Back	3:22.40	2:34.84	2:09.03	1:43.22	1:15.90									
100 Back						2:19.15	2:09.03	2:02.58	1:43.22	1:39.71	2:16.37	2:03.97	1:51.57	1:39.18
50 Breast	4:10.70	2:34.84	2:09.03											
100 Breast				3:00.64	2:50.78	2:44.45	2:34.84	2:09.03	1:50.96		2:28.76	2:03.97	1:51.57	1:46.62
50 Fly	2:31.80	2:21.93	1:56.13	1:43.22	1:28.55	1:09.58	0:58.06							
100 Fly								2:02.58	1:43.22	1:36.19	2:03.97	1:45.37	1:39.18	1:39.18
150 IM	7:35.40	7:05.80	6:27.09	5:09.67										
200 IM					6:19.50	5:03.60	4:30.96	4:18.06	3:52.25	3:39.35	4:32.73	4:07.94	3:43.15	3:43.15

**2018 - 2019 Men Para-swimming Provincial Standards – Long Course Meters**

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:22.40	2:06.50	1:41.20	1:28.55	1:09.58	56.93	45.54	44.28	40.48	39.22	50.60	44.28	40.48	40.48
100 Free	6:19.50	4:25.65	3:47.70	3:09.75	2:31.80	2:00.17	1:47.52	1:41.20	1:28.55	1:23.49	1:41.20	1:34.88	1:28.55	1:28.55
200 Free	12:39.00	8:49.00	6:47.10	6:19.50	5:54.20									3:08.60
400 Free						8:51.30	8:26.00	8:13.35	7:35.40	7:22.75	8:51.30	8:00.70	7:38.85	
50 Back	3:22.40	2:31.80	2:06.50	1:41.20	1:15.90									
100 Back						2:19.15	2:06.50	2:00.17	1:41.20	1:37.75	2:19.15	2:06.50	1:53.85	1:41.20
50 Breast	4:10.70	2:31.80	2:06.50											
100 Breast				2:57.10	2:50.78	2:44.45	2:31.80	2:06.50	1:48.79		2:31.80	2:06.50	1:53.85	1:48.79
50 Fly	2:31.80	2:19.15	1:53.85	1:41.20	1:28.55	1:09.58	0:56.93							
100 Fly								2:00.17	1:41.20	1:34.30	2:06.50	1:47.52	1:41.20	1:41.20
150 IM	7:35.40	6:57.45	6:19.50	5:03.60										
200 IM					6:19.50	5:03.60	4:25.65	4:13.00	3:47.70	3:35.05	4:38.30	4:13.00	3:47.70	3:47.70