

	Girls		Short Course Yards (SCY)			Boys		
15 & Over	13-14	11-12	10 & Under	P1	10 & Under	11-12	13-14	15 & Over
01:25.49	01:27.59	01:31.89	01:44.39	50 Freestyle	01:36.89	01:25.39	01:19.69	01:15.69
03:03.89	03:01.29	03:19.99	03:53.69	100 Freestyle	03:41.79	03:09.99	02:55.69	02:49.29
06:51.39	06:46.59	07:09.89	08:29.99	200 Freestyle	06:52.39	05:50.29	05:19.89	05:05.29
01:33.19	01:36.29	01:41.99	02:00.49	50 Backstroke	01:38.79	01:21.99	01:12.09	01:07.49
03:11.39	03:16.99	03:28.09	04:00.39	100 Backstroke	03:28.99	02:55.59	02:33.59	02:25.39
01:33.49	01:39.69	01:44.29	02:04.19	50 Breaststroke	01:48.89	01:31.59	01:29.89	01:14.09
04:34.19	04:42.79	05:06.79	06:07.29	100 Breaststroke	04:18.19	03:45.59	03:25.99	03:19.89
01:45.39	01:52.09	01:55.39	02:17.69	50 Butterfly	02:16.29	01:52.89	01:41.69	01:33.19
02:51.19	03:15.79	03:15.79	03:50.69	75 IM	03:53.39	03:17.49	02:29.99	02:23.19
03:53.19	04:26.69	04:26.69	05:14.29	100 IM	05:11.79	04:23.79	03:20.29	03:11.29
06:05.09	06:17.49	06:43.99	07:50.39	150 IM	07:26.59	06:47.99	06:07.69	05:54.59
08:17.29	08:09.59	09:10.19	10:40.69	200 IM	09:56.49	08:24.59	07:26.49	07:06.69
15 & Over	13-14	11-12	10 & Under	P2	10 & Under	11-12	13-14	15 & Over
00:47.09	00:48.19	00:50.59	00:57.39	50 Freestyle	00:51.89	00:45.79	00:42.79	00:37.59
01:38.69	01:40.99	01:56.99	02:14.19	100 Freestyle	02:00.39	01:43.19	01:35.49	01:23.69
03:23.99	03:28.29	04:02.29	04:23.59	200 Freestyle	04:18.89	03:39.89	03:14.99	03:02.49
08:18.19	08:26.99	09:13.49	10:15.99	500 Freestyle	10:57.49	09:25.09	08:14.29	07:52.09
00:53.29	00:52.59	00:57.79	01:07.49	50 Backstroke	01:01.29	00:53.39	00:46.99	00:41.89
02:09.09	02:12.89	02:28.49	02:54.89	100 Backstroke	02:54.89	02:26.99	02:08.49	02:01.69
01:05.59	01:09.89	01:13.19	01:27.09	50 Breaststroke	01:20.19	01:07.39	01:00.19	00:54.59
02:14.09	02:18.29	02:37.59	02:59.69	100 Breaststroke	02:47.79	02:20.29	02:02.69	01:57.09
00:53.99	00:56.89	01:07.39	01:23.79	50 Butterfly	00:56.39	00:48.09	00:43.29	00:38.59
02:22.09	02:26.69	02:42.29	03:28.49	100 Butterfly	03:06.49	02:27.69	02:15.69	01:57.59
02:01.49	02:18.99	02:18.99	02:43.69	100 IM	02:20.09	02:01.89	01:48.49	01:32.49
04:16.59	04:22.69	04:41.19	05:27.49	200 IM	05:00.09	04:21.19	04:01.89	03:26.39
15 & Over	13-14	11-12	10 & Under	P3	10 & Under	11-12	13-14	15 & Over
00:36.89	00:37.69	00:39.59	00:44.99	50 Freestyle	00:43.29	00:38.19	00:34.69	00:32.89
01:20.79	01:23.49	01:36.69	01:52.99	100 Freestyle	01:36.89	01:21.59	01:14.09	01:10.79
03:11.59	03:17.59	03:49.79	04:34.99	200 Freestyle	03:39.59	03:06.49	02:50.29	02:42.59
07:49.19	08:02.29	08:31.19	09:45.99	500 Freestyle	09:15.49	07:57.39	07:18.49	06:58.79
19:07.29	19:32.19	20:43.19	-	1000/800 Freestyle	-	17:46.19	16:02.99	15:31.49
30:29.89	31:05.19	-	-	1650/1500 Freestyle	-	-	28:22.29	27:10.89
00:45.39	00:46.89	00:50.19	01:00.29	50 Backstroke	00:55.59	00:46.09	00:40.59	00:37.99
01:33.29	01:35.99	01:47.29	02:06.39	100 Backstroke	01:55.49	01:36.99	01:24.89	01:20.39
04:05.49	04:11.89	04:31.69	-	200 Backstroke	-	03:40.99	03:17.89	03:08.79
00:50.29	00:53.59	00:56.09	01:06.79	50 Breaststroke	01:06.09	00:55.49	00:49.59	00:44.99
01:50.09	01:53.59	02:03.19	02:27.49	100 Breaststroke	02:18.79	01:55.99	01:41.49	01:36.89
04:28.99	04:36.39	04:57.49	-	200 Breaststroke	-	04:51.49	04:19.49	04:07.99
00:44.59	00:47.49	00:48.89	01:00.79	50 Butterfly	00:51.29	00:42.49	00:38.29	00:35.09
01:35.59	01:38.59	01:49.09	02:20.19	100 Butterfly	02:03.59	01:34.99	01:21.79	01:17.89
03:53.99	04:01.59	04:18.69	-	200 Butterfly	-	04:30.19	03:59.89	03:49.79
01:35.99	01:49.79	01:49.79	02:09.39	100 IM	01:53.49	01:35.99	01:21.59	01:17.99
03:14.99	03:21.59	03:35.69	04:11.19	200 IM	04:03.09	03:25.59	03:01.99	02:53.89
09:03.19	09:19.69	09:59.29	-	400 IM	-	08:11.39	07:20.09	06:59.89

	Girls		Long Course Meters (LCM)			Boys		
15 & Over	13-14	11-12	10 & Under	P1	10 & Under	11-12	13-14	15 & Over
01:28.29	01:31.19	01:34.59	01:47.79	50 Freestyle	01:44.19	01:31.09	01:23.19	01:20.09
03:10.69	03:17.49	03:28.29	04:03.59	100 Freestyle	03:51.49	03:18.59	03:05.49	02:58.99
06:48.69	06:47.29	07:51.69	08:29.59	200 Freestyle	07:51.39	06:42.29	06:08.19	05:51.49
01:35.39	01:39.89	01:45.19	02:05.69	50 Backstroke	01:53.49	01:34.69	01:24.49	01:19.09
03:22.39	03:28.89	03:52.49	04:31.09	100 Backstroke	04:02.39	03:27.79	03:00.19	02:50.99
01:47.09	01:53.19	01:57.79	02:21.49	50 Breaststroke	02:04.19	01:44.79	01:33.39	01:26.19
05:14.69	05:26.39	05:51.19	07:05.69	100 Breaststroke	04:33.49	03:55.39	03:29.89	03:16.39
01:54.49	02:04.89	02:10.59	02:35.09	50 Butterfly	02:33.19	02:09.79	01:58.79	01:52.49
06:39.99	06:52.69	07:20.79	08:35.89	150 IM	08:29.69	07:10.59	06:26.89	06:12.79
09:04.89	09:21.99	10:00.39	11:42.59	200 IM	11:20.79	09:35.19	08:36.79	08:17.89
15 & Over	13-14	11-12	10 & Under	P2	10 & Under	11-12	13-14	15 & Over
00:50.89	00:52.59	00:54.49	01:02.09	50 Freestyle	00:56.89	00:49.79	00:45.49	00:44.59
01:51.59	01:55.49	02:01.79	02:22.49	100 Freestyle	02:11.59	01:50.69	01:41.39	01:36.89
03:49.29	03:57.59	04:12.59	05:00.19	200 Freestyle	04:41.79	04:00.49	03:40.09	03:30.09
07:16.99	07:32.69	08:03.19	09:18.59	500 Freestyle	09:29.19	08:08.29	07:26.39	07:07.99
00:57.09	00:59.79	01:02.99	01:15.19	50 Backstroke	01:10.39	00:58.69	00:52.39	00:49.09
02:30.09	02:34.99	02:52.49	03:21.09	100 Backstroke	03:22.79	02:53.89	02:30.79	02:23.09
01:15.09	01:19.39	01:22.59	01:39.29	50 Breaststroke	01:31.49	01:17.19	01:08.79	01:03.49
02:33.99	02:39.69	02:51.79	03:28.19	100 Breaststroke	03:15.49	02:43.39	02:22.89	02:16.29
01:00.59	01:03.39	01:06.29	01:22.09	50 Butterfly	01:03.39	00:52.89	00:47.29	00:44.49
02:40.99	02:46.59	03:06.09	03:57.29	100 Butterfly	03:32.69	02:44.49	02:24.79	02:18.39
04:43.89	04:52.79	05:12.79	06:06.09	200 IM	05:32.59	04:46.59	04:14.99	04:05.69
15 & Over	13-14	11-12	10 & Under	P3	10 & Under	11-12	13-14	15 & Over
00:41.89	00:43.19	00:44.89	00:51.09	50 Freestyle	00:49.79	00:43.49	00:39.79	00:38.29
01:32.19	01:35.49	01:40.69	01:57.79	100 Freestyle	01:51.29	01:33.59	01:25.69	01:21.89
03:37.49	03:45.39	03:59.59	04:44.69	200 Freestyle	04:10.99	03:34.19	03:15.99	03:07.19
06:55.69	07:10.69	07:39.59	08:51.29	500 Freestyle	08:24.89	07:13.19	06:35.99	06:19.69
16:56.09	17:34.29	18:51.49	-	1000/800 Freestyle	-	16:05.59	14:29.69	13:57.49
30:52.89	32:04.89	-	-	1650/1500 Freestyle	-		27:51.49	26:43.49
00:52.49	00:54.99	00:57.89	01:09.19	50 Backstroke	01:03.89	00:53.29	00:47.59	00:44.49
01:48.49	01:51.99	02:04.59	02:25.29	100 Backstroke	02:13.89	01:54.79	01:39.59	01:34.49
04:42.59	04:52.59	05:15.09	-	200 Backstroke	-	04:19.49	03:52.39	03:40.29
00:57.59	01:00.89	01:03.29	01:16.09	50 Breaststroke	01:15.29	01:03.59	00:56.69	00:52.29
02:06.39	02:11.09	02:20.99	02:50.89	100 Breaststroke	02:41.69	02:15.09	01:58.19	01:52.69
05:07.29	05:18.69	05:42.49	-	200 Breaststroke	-	05:38.09	05:00.89	04:48.59
00:50.59	00:52.89	00:55.29	01:08.49	50 Butterfly	00:57.69	00:48.09	00:42.99	00:40.09
01:48.29	01:51.99	02:05.09	02:39.59	100 Butterfly	02:20.89	01:48.99	01:33.09	01:28.99
04:24.99	04:36.09	04:57.79	-	200 Butterfly	-	05:13.29	04:34.79	04:22.79
03:44.29	03:51.39	04:07.19	04:49.29	200 IM	04:37.39	03:54.39	03:30.59	03:22.89
10:19.19	10:39.59	11:26.69	-	400 IM	-	09:30.69	08:29.19	08:08.39

	Girls		Short Course Meters (SCM)			Boys		
15 & Over	13-14	11-12	10 & Under	P1	10 & Under	11-12	13-14	15 & Over
01:34.49	01:36.79	01:41.49	01:55.39	50 Freestyle	01:46.99	01:34.39	01:28.39	01:23.49
03:23.19	03:20.49	03:40.69	04:18.49	100 Freestyle	04:05.09	03:29.79	03:14.29	03:08.09
07:34.49	07:29.29	07:55.19	09:23.39	200 Freestyle	07:35.69	06:27.09	05:53.49	05:37.49
01:42.99	01:46.29	01:52.79	02:12.99	50 Backstroke	01:49.19	01:30.49	01:19.69	01:14.59
03:31.59	03:37.59	03:49.99	04:25.69	100 Backstroke	03:50.99	03:14.09	02:49.59	02:40.79
01:43.39	01:50.19	01:55.29	02:17.19	50 Breaststroke	02:00.59	01:41.19	01:39.49	01:21.89
05:03.09	05:12.69	05:39.09	06:46.09	100 Breaststroke	04:45.49	04:09.39	03:47.39	03:40.89
01:56.39	02:03.79	02:07.19	02:32.19	50 Butterfly	02:30.49	02:04.49	01:52.29	01:42.99
03:13.49	03:15.19	03:36.59	04:14.99	75 IM	04:17.89	03:38.29	02:45.69	02:38.19
04:23.49	04:25.89	04:54.99	05:47.29	100 IM	05:44.39	04:51.59	04:07.89	03:56.69
06:43.49	06:56.99	07:26.49	08:39.69	150 IM	08:13.49	07:30.79	06:46.29	06:31.79
09:09.49	09:00.89	10:08.19	11:14.09	200 IM	10:59.19	09:17.59	08:13.29	07:51.39
15 & Over	13-14	11-12	10 & Under	P2	10 & Under	11-12	13-14	15 & Over
00:51.99	00:53.29	00:55.79	01:03.49	50 Freestyle	00:57.29	00:50.59	00:47.39	00:44.59
01:49.09	01:51.69	02:09.09	02:28.39	100 Freestyle	02:12.99	01:53.99	01:45.59	01:39.49
03:45.39	03:50.19	04:27.79	04:51.19	200 Freestyle	04:45.99	04:02.89	03:35.49	03:37.19
07:15.89	07:23.69	08:04.29	08:58.89	500 Freestyle	09:35.29	08:14.39	07:12.49	07:24.89
00:58.89	00:57.99	01:03.89	01:14.49	50 Backstroke	01:07.69	00:58.99	00:51.89	00:49.79
02:22.69	02:26.79	02:44.09	03:13.29	100 Backstroke	03:13.29	02:42.49	02:21.89	02:24.79
01:12.49	01:17.29	01:20.89	01:36.19	50 Breaststroke	01:28.79	01:14.49	01:06.59	01:04.89
02:28.19	02:32.89	02:54.19	03:18.59	100 Breaststroke	03:05.49	02:34.99	02:15.49	02:19.39
00:59.69	01:02.79	01:14.19	01:32.69	50 Butterfly	01:02.29	00:52.99	00:47.79	00:45.89
02:36.89	02:42.09	02:59.29	03:50.49	100 Butterfly	03:25.89	02:43.19	02:29.79	02:19.99
02:17.29	02:18.49	02:33.69	03:00.99	100 IM	02:34.69	02:14.79	01:59.89	01:50.09
04:43.59	04:50.19	05:10.79	06:01.69	200 IM	05:31.59	04:48.59	04:27.29	04:05.59
15 & Over	13-14	11-12	10 & Under	P3	10 & Under	11-12	13-14	15 & Over
00:40.69	00:41.69	00:43.69	00:49.69	50 Freestyle	00:47.79	00:42.19	00:38.39	00:36.29
01:29.29	01:32.29	01:46.69	02:04.89	100 Freestyle	01:47.09	01:29.99	01:21.89	01:18.59
03:31.69	03:38.29	04:13.99	05:03.79	200 Freestyle	04:02.59	03:26.09	03:08.19	02:59.69
06:50.49	07:02.09	07:27.29	08:32.69	500 Freestyle	08:06.09	06:57.69	06:23.59	06:06.49
16:43.79	17:05.59	18:07.89	-	1000/800 Freestyle	-	15:32.99	14:02.69	13:34.99
30:18.89	30:53.99	-	-	1650/1500 Freestyle	-	-	28:11.99	27:01.19
00:50.19	00:51.79	00:55.39	01:06.59	50 Backstroke	01:01.39	00:50.89	00:44.79	00:41.99
01:43.09	01:46.09	01:58.59	02:19.69	100 Backstroke	02:07.59	01:47.29	01:33.69	01:28.79
04:31.39	04:38.19	05:00.19	-	200 Backstroke	-	04:04.19	03:38.49	03:28.59
00:55.59	00:59.19	01:01.99	01:13.79	50 Breaststroke	01:13.09	01:01.39	00:54.89	00:49.69
02:01.69	02:05.59	02:16.19	02:43.09	100 Breaststroke	02:33.39	02:08.19	01:52.09	01:46.99
04:57.39	05:05.29	05:28.79	-	200 Breaststroke	-	05:22.09	04:46.69	04:33.89
00:49.29	00:52.39	00:53.89	01:07.19	50 Butterfly	00:56.69	00:46.89	00:42.29	00:38.79
01:45.49	01:48.99	02:00.59	02:34.99	100 Butterfly	02:16.39	01:44.99	01:30.19	01:26.09
04:18.39	04:26.89	04:45.89	-	200 Butterfly	-	04:58.49	04:25.09	04:13.99
01:48.49	01:49.49	02:01.49	02:22.99	100 IM	02:05.29	01:46.09	01:30.19	01:26.09
03:35.49	03:42.69	03:58.49	04:37.49	200 IM	04:28.59	03:47.19	03:20.99	03:12.09
10:00.19	10:18.39	11:02.19	-	400 IM	-	09:02.99	08:06.29	07:43.99