



**PROVINCIAL TIME LEVELS  
LONG COURSE 2005-08**

**FEMALES 10 & UNDER**

<b>EVENTS</b>	<b>Prov</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
50 FR	00:34.36	00:36.08	00:37.79	00:39.51	00:41.23	00:42.95
100 FR	01:16.82	01:20.66	01:24.51	01:28.35	01:32.19	01:36.03
200 FR	02:48.27	02:56.69	03:05.10	03:13.52	03:21.93	03:30.34
400 FR	06:13.95	06:32.65	06:51.35	07:10.04	07:28.74	07:47.44
800 FR	None	None	None	None	None	None
1500 FR	None	None	None	None	None	None
100 BK	01:28.27	01:32.69	01:37.10	01:41.51	01:45.93	01:50.34
200 BK	03:10.57	03:20.10	03:29.62	03:39.15	03:48.68	03:58.21
100 BR	01:38.42	01:43.34	01:48.26	01:53.18	01:58.10	02:03.03
200 BR	None	None	None	None	None	None
100 FL	01:36.56	01:41.38	01:46.21	01:51.04	01:55.87	02:00.69
200 FL	None	None	None	None	None	None
200 IM	03:08.16	03:17.57	03:26.98	03:36.38	03:45.79	03:55.20
400 IM	None	None	None	None	None	None

**FEMALES 11 YRS**

<b>EVENTS</b>	<b>Prov</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
50 FR	00:32.57	00:34.20	00:35.83	00:37.46	00:39.09	00:40.72
100 FR	01:11.00	01:14.55	01:18.10	01:21.65	01:25.20	01:28.75
200 FR	02:35.93	02:43.73	02:51.53	02:59.32	03:07.12	03:14.92
400 FR	05:28.60	05:45.03	06:01.47	06:17.90	06:34.33	06:50.76
800 FR	11:20.21	11:54.22	12:28.23	13:02.24	13:36.25	14:10.26
1500 FR	None	None	None	None	None	None
100 BK	01:21.01	01:25.06	01:29.11	01:33.16	01:37.21	01:41.26
200 BK	02:53.95	03:02.65	03:11.35	03:20.05	03:28.74	03:37.44
100 BR	01:33.02	01:37.67	01:42.32	01:46.97	01:51.62	01:56.27
200 BR	03:18.29	03:28.20	03:38.11	03:48.03	03:57.94	04:07.86
100 FL	01:23.72	01:27.91	01:32.09	01:36.28	01:40.47	01:44.65
200 FL	03:26.88	03:37.22	03:47.56	03:57.91	04:08.25	04:18.59
200 IM	02:55.96	03:04.76	03:13.56	03:22.36	03:31.15	03:39.95
400 IM	06:23.35	06:42.52	07:01.69	07:20.85	07:40.02	07:59.19

**FEMALES 12 YRS**

<b>EVENTS</b>	<b>Prov</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
50 FR	00:30.82	00:32.36	00:33.90	00:35.45	00:36.99	00:38.53
100 FR	01:07.68	01:11.06	01:14.45	01:17.83	01:21.22	01:24.60
200 FR	02:26.06	02:33.37	02:40.67	02:47.97	02:55.27	03:02.58
400 FR	05:11.11	05:26.66	05:42.22	05:57.77	06:13.33	06:28.88
800 FR	10:44.00	11:16.20	11:48.40	12:20.60	12:52.80	13:25.00
1500 FR	None	None	None	None	None	None
100 BK	01:16.19	01:20.00	01:23.81	01:27.62	01:31.43	01:35.24
200 BK	02:43.00	02:51.15	02:59.30	03:07.44	03:15.59	03:23.74
100 BR	01:26.40	01:30.72	01:35.04	01:39.36	01:43.68	01:48.00
200 BR	03:05.09	03:14.35	03:23.60	03:32.86	03:42.11	03:51.37
100 FL	01:18.66	01:22.59	01:26.52	01:30.46	01:34.39	01:38.32
200 FL	03:02.58	03:11.71	03:20.84	03:29.97	03:39.10	03:48.23
200 IM	02:45.34	02:53.61	03:01.88	03:10.14	03:18.41	03:26.68
400 IM	05:57.44	06:15.31	06:33.18	06:51.05	07:08.93	07:26.80

**FEMALES 13 YRS**

<b>EVENTS</b>	<b>Prov</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
50 FR	00:30.09	00:31.60	00:33.10	00:34.61	00:36.11	00:37.62
100 FR	01:05.64	01:08.92	01:12.21	01:15.49	01:18.77	01:22.05
200 FR	02:20.79	02:27.83	02:34.87	02:41.91	02:48.95	02:55.99
400 FR	04:54.81	05:09.55	05:24.29	05:39.03	05:53.77	06:08.51
800 FR	10:10.25	10:40.77	11:11.28	11:41.79	12:12.31	12:42.82
1500 FR	19:39.24	20:38.20	21:37.17	22:36.13	23:35.09	24:34.05
100 BK	01:13.16	01:16.82	01:20.48	01:24.14	01:27.80	01:31.46
200 BK	02:36.87	02:44.71	02:52.55	03:00.40	03:08.24	03:16.08
100 BR	01:24.49	01:28.72	01:32.94	01:37.16	01:41.39	01:45.61
200 BR	02:59.78	03:08.77	03:17.76	03:26.75	03:35.74	03:44.73
100 FL	01:13.51	01:17.19	01:20.86	01:24.54	01:28.22	01:31.89
200 FL	02:44.16	02:52.37	03:00.58	03:08.79	03:17.00	03:25.21
200 IM	02:40.29	02:48.30	02:56.32	03:04.33	03:12.35	03:20.36
400 IM	05:39.09	05:56.05	06:13.00	06:29.95	06:46.91	07:03.86

**FEMALES 14 YRS**

<b>EVENTS</b>	<b>Prov</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
50 FR	00:29.46	00:30.93	00:32.40	00:33.88	00:35.35	00:36.82
100 FR	01:03.50	01:06.67	01:09.85	01:13.02	01:16.20	01:19.37
200 FR	02:17.63	02:24.51	02:31.39	02:38.27	02:45.15	02:52.03
400 FR	04:48.66	05:03.09	05:17.53	05:31.96	05:46.39	06:00.83
800 FR	09:57.52	10:27.40	10:57.28	11:27.15	11:57.03	12:26.90
1500 FR	19:14.64	20:12.37	21:10.11	22:07.84	23:05.57	24:03.30
100 BK	01:12.01	01:15.61	01:19.21	01:22.81	01:26.41	01:30.01
200 BK	02:34.14	02:41.85	02:49.55	02:57.26	03:04.97	03:12.67
100 BR	01:21.01	01:25.06	01:29.11	01:33.16	01:37.21	01:41.26
200 BR	02:54.96	03:03.71	03:12.45	03:21.20	03:29.95	03:38.70
100 FL	01:12.70	01:16.34	01:19.97	01:23.61	01:27.24	01:30.88
200 FL	02:42.66	02:50.79	02:58.92	03:07.06	03:15.19	03:23.32
200 IM	02:35.36	02:43.13	02:50.90	02:58.66	03:06.43	03:14.20
400 IM	05:31.43	05:48.01	06:04.58	06:21.15	06:37.72	06:54.29

**FEMALES 15-17 YRS**

	<b>Prov</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
50 FR	00:28.89	00:30.33	00:31.78	00:33.22	00:34.67	00:36.11
100 FR	01:02.25	01:05.36	01:08.48	01:11.59	01:14.70	01:17.81
200 FR	02:13.75	02:20.44	02:27.13	02:33.81	02:40.50	02:47.19
400 FR	04:42.86	04:57.00	05:11.15	05:25.29	05:39.43	05:53.58
800 FR	09:47.40	10:16.77	10:46.14	11:15.51	11:44.88	12:14.25
1500 FR	19:00.95	19:58.00	20:55.04	21:52.09	22:49.14	23:46.18
100 BK	01:10.05	01:13.55	01:17.06	01:20.56	01:24.06	01:27.56
200 BK	02:30.39	02:37.91	02:45.43	02:52.95	03:00.47	03:07.99
100 BR	01:19.68	01:23.66	01:27.65	01:31.63	01:35.62	01:39.60
200 BR	02:51.34	02:59.91	03:08.47	03:17.04	03:25.61	03:34.18
100 FL	01:09.62	01:13.10	01:16.58	01:20.06	01:23.54	01:27.03
200 FL	02:35.47	02:43.24	02:51.02	02:58.79	03:06.56	03:14.34
200 IM	02:32.45	02:40.07	02:47.70	02:55.32	03:02.94	03:10.56
400 IM	05:23.58	05:39.76	05:55.94	06:12.12	06:28.30	06:44.48