

## Jr. Provincial **Short Course** Standards 2009-2012

| EVENTS  | Female   |          |          |          |          |                   |
|---------|----------|----------|----------|----------|----------|-------------------|
|         | 10 & U   | 11       | 12       | 13       | 14       | 15-17<br>& Senior |
| 50 FR   | 00:33.52 | 00:31.78 | 00:30.07 | 00:29.36 | 00:28.74 | 00:28.19          |
| 100 FR  | 01:14.95 | 01:09.27 | 01:06.03 | 01:04.04 | 01:01.95 | 01:00.66          |
| 200 FR  | 02:44.17 | 02:32.13 | 02:22.50 | 02:17.36 | 02:14.27 | 02:10.49          |
| 400 FR  | 05:45.77 | 05:20.59 | 05:00.92 | 04:47.62 | 04:41.62 | 04:35.96          |
| 800 FR  | None     | 11:03.62 | 10:28.29 | 09:55.37 | 09:42.95 | 09:33.07          |
| 1500 FR | None     | None     | None     | 19:10.48 | 18:46.48 | 18:33.12          |
| 100 BK  | 01:26.12 | 01:19.03 | 01:14.33 | 01:11.38 | 01:10.25 | 01:07.97          |
| 200 BK  | 03:05.92 | 02:49.71 | 02:39.02 | 02:33.04 | 02:30.38 | 02:25.19          |
| 100 BR  | 01:36.02 | 01:30.75 | 01:24.29 | 01:22.43 | 01:19.03 | 01:17.43          |
| 200 BR  | None     | 03:13.45 | 03:00.58 | 02:55.40 | 02:50.69 | 02:46.31          |
| 100 FL  | 01:34.20 | 01:21.68 | 01:16.74 | 01:11.72 | 01:10.93 | 01:07.74          |
| 200 FL  | None     | 03:08.79 | 02:54.66 | 02:40.16 | 02:38.69 | 02:31.68          |
| 200 IM  | 03:03.57 | 02:51.67 | 02:41.31 | 02:36.38 | 02:31.57 | 02:28.46          |
| 400 IM  | None     | 06:12.09 | 05:44.58 | 05:30.82 | 05:23.35 | 05:14.35          |

**PREREQUISITES (formula = Prov. STD + 9%)**

|               |          |          |          |          |          |      |
|---------------|----------|----------|----------|----------|----------|------|
| <b>400 FR</b> | 06:16.89 |          |          |          |          |      |
| <b>IM</b>     | 03:20.09 |          |          |          |          |      |
| 800 FR        |          | 12:03.35 | 11:24.84 | 10:48.95 | 10:35.42 | None |
| IM            |          | 03:07.12 | 06:15.59 | 06:00.59 | 05:52.45 | None |

| EVENTS  | Male     |          |          |          |          |                   |
|---------|----------|----------|----------|----------|----------|-------------------|
|         | 11&U     | 12       | 13       | 14       | 15       | 16/17<br>& Senior |
| 50 FR   | 00:32.02 | 00:29.62 | 00:28.23 | 00:26.75 | 00:26.37 | 00:25.55          |
| 100 FR  | 1:10.67  | 01:05.10 | 01:02.01 | 00:58.76 | 00:57.71 | 00:55.79          |
| 200 FR  | 2:32.69  | 02:21.93 | 02:14.00 | 02:08.60 | 02:05.34 | 02:01.44          |
| 400 FR  | 5:24.77  | 05:00.39 | 04:45.14 | 04:33.77 | 04:29.47 | 04:20.82          |
| 800 FR  | None     | 10:21.81 | 09:50.24 | 09:26.70 | 09:17.80 | 09:04.95          |
| 1500 FR | None     | None     | None     | 18:15.08 | 17:57.88 | 17:33.04          |
| 100 BK  | 1:20.80  | 01:14.75 | 01:10.77 | 01:06.79 | 01:06.10 | 01:03.21          |
| 200 BK  | 2:51.21  | 02:39.19 | 02:31.34 | 02:23.13 | 02:22.24 | 02:16.59          |
| 100 BR  | 1:34.35  | 01:24.20 | 01:20.44 | 01:16.24 | 01:15.51 | 01:12.39          |
| 200 BR  | None     | 03:00.66 | 02:51.85 | 02:45.83 | 02:44.05 | 02:39.14          |
| 100 FL  | 1:25.29  | 01:15.96 | 01:10.36 | 01:06.00 | 01:05.14 | 01:01.86          |
| 200 FL  | None     | 02:55.18 | 02:38.51 | 02:32.20 | 02:26.80 | 02:20.71          |
| 200 IM  | 2:55.19  | 02:40.63 | 02:32.16 | 02:26.05 | 02:23.41 | 02:17.20          |
| 400 IM  | None     | 05:48.24 | 05:20.78 | 05:12.61 | 05:04.21 | 04:47.85          |

**PRE-REQUISITES (formula = Prov. STD + 9%)**

|               |          |          |          |          |          |      |
|---------------|----------|----------|----------|----------|----------|------|
| <b>400 FR</b> | 05:54.00 |          |          |          |          |      |
| <b>IM</b>     | 03:10.96 |          |          |          |          |      |
| <b>800 FR</b> |          | 11:17.77 | 10:43.36 | 10:17.70 | 10:08.00 | None |
| <b>IM</b>     |          | 02:55.09 | 05:49.65 | 05:40.74 | 05:31.59 | None |