

## Jr. Provincial Standards 2009-2012 - Long Course



### Female

EVENTS	10 & U Standard	A	B	C	D	E
50 FR	<b>00:34.36</b>	00:36.08	00:37.79	00:39.51	00:41.23	00:42.95
100 FR	<b>01:16.82</b>	01:20.66	01:24.51	01:28.35	01:32.19	01:36.03
200 FR	<b>02:48.27</b>	02:56.69	03:05.10	03:13.52	03:21.93	03:30.34
400 FR	<b>05:54.41</b>	06:12.13	06:29.85	06:47.57	07:05.29	07:23.01
800 FR						
1500 FR						
100 BK	<b>01:28.27</b>	01:32.69	01:37.10	01:41.51	01:45.93	01:50.34
200 BK	<b>03:10.57</b>	03:20.10	03:29.62	03:39.15	03:48.68	03:58.21
100 BR	<b>01:38.42</b>	01:43.34	01:48.26	01:53.18	01:58.10	02:03.03
200 BR						
100 FL	<b>01:36.56</b>	01:41.38	01:46.21	01:51.04	01:55.87	02:00.69
200 FL						
200 IM	<b>03:08.16</b>	03:17.57	03:26.98	03:36.38	03:45.79	03:55.20
400 IM						
<b>PREREQUISITES</b>						
<b>400 FR</b>	<b>06:26.31</b>					
<b>200 IM</b>	<b>03:25.09</b>					
800 FR						
400 IM						

### Male

EVENTS	11&U	A	B	C	D	E
50 FR	<b>00:32.82</b>	00:34.46	00:36.10	00:37.74	00:39.38	00:41.03
100 FR	<b>01:12.44</b>	01:16.06	01:19.68	01:23.30	01:26.92	01:30.55
200 FR	<b>02:36.51</b>	02:44.33	02:52.16	02:59.98	03:07.81	03:15.63
400 FR	<b>05:32.89</b>	05:49.53	06:06.18	06:22.82	06:39.47	06:56.11
800 FR						
1500 FR						
100 BK	<b>01:22.82</b>	01:26.96	01:31.10	01:35.24	01:39.38	01:43.52
200 BK	<b>02:55.49</b>	03:04.26	03:13.04	03:21.81	03:30.59	03:39.36
100 BR	<b>01:36.71</b>	01:41.54	01:46.38	01:51.22	01:56.05	02:00.89
200 BR						
100 FL	<b>01:27.42</b>	01:31.79	01:36.16	01:40.54	01:44.91	01:49.28
200 FL						
200 IM	<b>02:59.57</b>	03:08.55	03:17.53	03:26.51	03:35.48	03:44.46
400 IM						
<b>PRE-REQUISITES</b>						
<b>400 FR</b>	<b>06:02.85</b>					
<b>200 IM</b>	<b>03:15.73</b>					
800 FR						
400 IM						

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### Female

EVENTS	11	A	B	C	D	E
50 FR	<b>00:32.57</b>	00:34.20	00:35.83	00:37.46	00:39.09	00:40.72
100 FR	<b>01:11.00</b>	01:14.55	01:18.10	01:21.65	01:25.20	01:28.75
200 FR	<b>02:35.93</b>	02:43.73	02:51.53	02:59.32	03:07.12	03:14.92
400 FR	<b>05:28.60</b>	05:45.03	06:01.47	06:17.90	06:34.33	06:50.76
800 FR	<b>11:20.21</b>	11:54.22	12:28.23	13:02.24	13:36.25	14:10.26
1500 FR	<b>None</b>					
100 BK	<b>01:21.01</b>	01:25.06	01:29.11	01:33.16	01:37.21	01:41.26
200 BK	<b>02:53.95</b>	03:02.65	03:11.35	03:20.05	03:28.74	03:37.44
100 BR	<b>01:33.02</b>	01:37.67	01:42.32	01:46.97	01:51.62	01:56.27
200 BR	<b>03:18.29</b>	03:28.20	03:38.11	03:48.03	03:57.94	04:07.86
100 FL	<b>01:23.72</b>	01:27.91	01:32.09	01:36.28	01:40.47	01:44.65
200 FL	<b>03:13.51</b>	03:23.19	03:32.86	03:42.54	03:52.21	04:01.89
200 IM	<b>02:55.96</b>	03:04.76	03:13.56	03:22.36	03:31.15	03:39.95
400 IM	<b>06:21.39</b>	06:40.46	06:59.53	07:18.60	07:37.67	07:56.74

### PREREQUISITES

<b>400 FR</b>	
<b>200 IM</b>	<b>03:11.80</b>
800 FR	<b>12:21.43</b>
400 IM	

### Male

EVENTS	12	A	B	C	D	E
50 FR	<b>00:30.36</b>	00:31.88	00:33.40	00:34.91	00:36.43	00:37.95
100 FR	<b>01:06.73</b>	01:10.06	01:13.40	01:16.74	01:20.07	01:23.41
200 FR	<b>02:25.48</b>	02:32.75	02:40.03	02:47.30	02:54.57	03:01.85
400 FR	<b>05:07.90</b>	05:23.29	05:38.69	05:54.08	06:09.48	06:24.87
800 FR	<b>10:37.36</b>	11:09.22	11:41.09	12:12.96	12:44.83	13:16.69
1500 FR	<b>None</b>					
100 BK	<b>01:16.62</b>	01:20.45	01:24.28	01:28.11	01:31.94	01:35.77
200 BK	<b>02:43.17</b>	02:51.33	02:59.49	03:07.65	03:15.80	03:23.96
100 BR	<b>01:26.30</b>	01:30.62	01:34.94	01:39.25	01:43.57	01:47.88
200 BR	<b>03:05.18</b>	03:14.44	03:23.69	03:32.95	03:42.21	03:51.47
100 FL	<b>01:17.86</b>	01:21.75	01:25.64	01:29.54	01:33.43	01:37.32
200 FL	<b>02:59.56</b>	03:08.54	03:17.52	03:26.49	03:35.47	03:44.45
200 IM	<b>02:44.65</b>	02:52.88	03:01.11	03:09.34	03:17.57	03:25.81
400 IM	<b>05:56.95</b>	06:14.79	06:32.64	06:50.49	07:08.34	07:26.18

### PRE-REQUISITES

<b>400 FR</b>	
<b>200 IM</b>	<b>02:59.47</b>
800 FR	<b>11:34.72</b>
400 IM	

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### Female

EVENTS	12					
	Standard	A	B	C	D	E
50 FR	<b>00:30.82</b>	00:32.36	00:33.90	00:35.45	00:36.99	00:38.53
100 FR	<b>01:07.68</b>	01:11.06	01:14.45	01:17.83	01:21.22	01:24.60
200 FR	<b>02:26.06</b>	02:33.37	02:40.67	02:47.97	02:55.27	03:02.58
400 FR	<b>05:08.44</b>	05:23.86	05:39.28	05:54.71	06:10.13	06:25.55
800 FR	<b>10:44.00</b>	11:16.20	11:48.40	12:20.60	12:52.80	13:25.00
1500 FR	<b>None</b>					
100 BK	<b>01:16.19</b>	01:20.00	01:23.81	01:27.62	01:31.43	01:35.24
200 BK	<b>02:43.00</b>	02:51.15	02:59.30	03:07.44	03:15.59	03:23.74
100 BR	<b>01:26.40</b>	01:30.72	01:35.04	01:39.36	01:43.68	01:48.00
200 BR	<b>03:05.09</b>	03:14.35	03:23.60	03:32.86	03:42.11	03:51.37
100 FL	<b>01:18.66</b>	01:22.59	01:26.52	01:30.46	01:34.39	01:38.32
200 FL	<b>02:59.03</b>	03:07.98	03:16.93	03:25.88	03:34.84	03:43.79
200 IM	<b>02:45.34</b>	02:53.61	03:01.88	03:10.14	03:18.41	03:26.68
400 IM	<b>05:53.19</b>	06:10.85	06:28.51	06:46.17	07:03.83	07:21.49

### PREREQUISITES

<b>400 FR</b>	
<b>200 IM</b>	
800 FR	<b>11:41.96</b>
400 IM	<b>06:29.61</b>

### Male

EVENTS	13					
	A	B	C	D	E	
50 FR	<b>00:28.94</b>	00:30.38	00:31.83	00:33.28	00:34.72	00:36.17
100 FR	<b>01:03.56</b>	01:06.74	01:09.92	01:13.09	01:16.27	01:19.45
200 FR	<b>02:17.35</b>	02:24.22	02:31.09	02:37.95	02:44.82	02:51.69
400 FR	<b>04:52.27</b>	05:06.88	05:21.50	05:36.11	05:50.72	06:05.34
800 FR	<b>10:05.00</b>	10:35.25	11:05.50	11:35.75	12:06.00	12:36.24
1500 FR						
100 BK	<b>01:12.54</b>	01:16.17	01:19.79	01:23.42	01:27.05	01:30.67
200 BK	<b>02:35.12</b>	02:42.88	02:50.64	02:58.39	03:06.15	03:13.90
100 BR	<b>01:22.45</b>	01:26.57	01:30.70	01:34.82	01:38.94	01:43.06
200 BR	<b>02:56.15</b>	03:04.95	03:13.76	03:22.57	03:31.38	03:40.18
100 FL	<b>01:12.12</b>	01:15.72	01:19.33	01:22.94	01:26.54	01:30.15
200 FL	<b>02:42.47</b>	02:50.60	02:58.72	03:06.84	03:14.97	03:23.09
200 IM	<b>02:35.96</b>	02:43.76	02:51.56	02:59.36	03:07.16	03:14.96
400 IM	<b>05:28.80</b>	05:45.24	06:01.68	06:18.12	06:34.56	06:51.00

### PRE-REQUISITES

<b>400 FR</b>	
<b>200 IM</b>	
800 FR	<b>10:59.45</b>
400 IM	<b>05:58.39</b>

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### Female

EVENTS	13					
	Standard	A	B	C	D	E
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

### PREREQUISITES

400 FR

200 IM

800 FR 11:05.17

400 IM 06:09.61

### Male

EVENTS	14					
		A	B	C	D	E
50 FR	00:27.42	00:28.79	00:30.16	00:31.53	00:32.90	00:34.27
100 FR	01:00.23	01:03.24	01:06.25	01:09.26	01:12.27	01:15.29
200 FR	02:11.82	02:18.41	02:25.00	02:31.59	02:38.18	02:44.77
400 FR	04:40.61	04:54.64	05:08.68	05:22.71	05:36.74	05:50.77
800 FR	09:40.87	10:09.91	10:38.95	11:08.00	11:37.04	12:06.08
1500 FR	18:42.46	19:38.58	20:34.70	21:30.83	22:26.95	23:23.07
100 BK	01:08.46	01:11.88	01:15.31	01:18.73	01:22.15	01:25.57
200 BK	02:26.71	02:34.04	02:41.38	02:48.71	02:56.05	03:03.39
100 BR	01:18.15	01:22.05	01:25.96	01:29.87	01:33.78	01:37.68
200 BR	02:49.98	02:58.47	03:06.97	03:15.47	03:23.97	03:32.47
100 FL	01:07.65	01:11.03	01:14.42	01:17.80	01:21.18	01:24.56
200 FL	02:36.00	02:43.81	02:51.61	02:59.41	03:07.21	03:15.01
200 IM	02:29.70	02:37.19	02:44.67	02:52.16	02:59.64	03:07.13
400 IM	05:20.43	05:36.45	05:52.47	06:08.49	06:24.51	06:40.53

### PRE-REQUISITES

400 FR

200 IM

800 FR 10:33.15

400 IM 05:49.27

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### Female

EVENTS	14					
	Standard	A	B	C	D	E
50 FR	<b>00:29.46</b>	00:30.93	00:32.40	00:33.88	00:35.35	00:36.82
100 FR	<b>01:03.50</b>	01:06.67	01:09.85	01:13.02	01:16.20	01:19.37
200 FR	<b>02:17.63</b>	02:24.51	02:31.39	02:38.27	02:45.15	02:52.03
400 FR	<b>04:48.66</b>	05:03.09	05:17.53	05:31.96	05:46.39	06:00.83
800 FR	<b>09:57.52</b>	10:27.40	10:57.28	11:27.15	11:57.03	12:26.90
1500 FR	<b>19:14.64</b>	20:12.37	21:10.11	22:07.84	23:05.57	24:03.30
100 BK	<b>01:12.01</b>	01:15.61	01:19.21	01:22.81	01:26.41	01:30.01
200 BK	<b>02:34.14</b>	02:41.85	02:49.55	02:57.26	03:04.97	03:12.67
100 BR	<b>01:21.01</b>	01:25.06	01:29.11	01:33.16	01:37.21	01:41.26
200 BR	<b>02:54.96</b>	03:03.71	03:12.45	03:21.20	03:29.95	03:38.70
100 FL	<b>01:12.70</b>	01:16.34	01:19.97	01:23.61	01:27.24	01:30.88
200 FL	<b>02:42.66</b>	02:50.79	02:58.92	03:07.06	03:15.19	03:23.32
200 IM	<b>02:35.36</b>	02:43.13	02:50.90	02:58.66	03:06.43	03:14.20
400 IM	<b>05:31.43</b>	05:48.01	06:04.58	06:21.15	06:37.72	06:54.29

### PREREQUISITES

<b>400 FR</b>	
<b>200 IM</b>	
800 FR	<b>10:51.30</b>
400 IM	<b>06:01.26</b>

### Male

EVENTS	15					
	A	B	C	D	E	
50 FR	<b>00:27.03</b>	00:28.38	00:29.73	00:31.08	00:32.44	00:33.79
100 FR	<b>00:59.16</b>	01:02.12	01:05.08	01:08.03	01:10.99	01:13.95
200 FR	<b>02:08.47</b>	02:14.90	02:21.32	02:27.74	02:34.17	02:40.59
400 FR	<b>04:36.21</b>	04:50.02	05:03.83	05:17.64	05:31.45	05:45.26
800 FR	<b>09:31.75</b>	10:00.33	10:28.92	10:57.51	11:26.09	11:54.68
1500 FR	<b>18:24.83</b>	19:20.07	20:15.31	21:10.55	22:05.79	23:01.03
100 BK	<b>01:07.75</b>	01:11.14	01:14.53	01:17.92	01:21.30	01:24.69
200 BK	<b>02:25.80</b>	02:33.09	02:40.38	02:47.67	02:54.96	03:02.25
100 BR	<b>01:17.40</b>	01:21.27	01:25.14	01:29.01	01:32.88	01:36.75
200 BR	<b>02:48.15</b>	02:56.56	03:04.97	03:13.37	03:21.78	03:30.19
100 FL	<b>01:06.77</b>	01:10.11	01:13.45	01:16.79	01:20.12	01:23.46
200 FL	<b>02:30.47</b>	02:37.99	02:45.52	02:53.04	03:00.56	03:08.09
200 IM	<b>02:27.00</b>	02:34.35	02:41.69	02:49.04	02:56.39	03:03.74
400 IM	<b>05:11.82</b>	05:27.41	05:43.00	05:58.59	06:14.18	06:29.77

### PRE-REQUISITES

<b>400 FR</b>	
<b>200 IM</b>	
800 FR	<b>10:23.21</b>
400 IM	<b>05:39.88</b>



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Female**

EVENTS	15-17					
	& Senior	A	B	C	D	E
50 FR	<b>00:28.89</b>	00:30.33	00:31.78	00:33.22	00:34.67	00:36.11
100 FR	<b>01:02.17</b>	01:05.28	01:08.39	01:11.50	01:14.60	01:17.71
200 FR	<b>02:13.75</b>	02:20.44	02:27.13	02:33.81	02:40.50	02:47.19
400 FR	<b>04:42.86</b>	04:57.00	05:11.15	05:25.29	05:39.43	05:53.58
800 FR	<b>09:47.40</b>	10:16.77	10:46.14	11:15.51	11:44.88	12:14.25
1500 FR	<b>19:00.95</b>	19:58.00	20:55.05	21:52.09	22:49.14	23:46.19
100 BK	<b>01:09.67</b>	01:13.15	01:16.64	01:20.12	01:23.60	01:27.09
200 BK	<b>02:28.82</b>	02:36.26	02:43.70	02:51.14	02:58.58	03:06.02
100 BR	<b>01:19.36</b>	01:23.33	01:27.30	01:31.26	01:35.23	01:39.20
200 BR	<b>02:50.47</b>	02:58.99	03:07.52	03:16.04	03:24.56	03:33.09
100 FL	<b>01:09.43</b>	01:12.90	01:16.37	01:19.84	01:23.32	01:26.79
200 FL	<b>02:35.47</b>	02:43.24	02:51.02	02:58.79	03:06.56	03:14.34
200 IM	<b>02:32.17</b>	02:39.78	02:47.39	02:55.00	03:02.60	03:10.21
400 IM	<b>05:22.21</b>	05:38.32	05:54.43	06:10.54	06:26.65	06:42.76

**PREREQUISITES**

<b>400 FR</b>	
<b>200 IM</b>	
800 FR	<b>None</b>
400 IM	<b>None</b>

**Male**

EVENTS	16/17					
	& Senior	A	B	C	D	E
50 FR	<b>00:26.19</b>	00:27.50	00:28.81	00:30.12	00:31.43	00:32.74
100 FR	<b>00:57.18</b>	01:00.04	01:02.90	01:05.76	01:08.62	01:11.48
200 FR	<b>02:04.48</b>	02:10.70	02:16.93	02:23.15	02:29.38	02:35.60
400 FR	<b>04:27.34</b>	04:40.71	04:54.07	05:07.44	05:20.81	05:34.18
800 FR	<b>09:18.57</b>	09:46.50	10:14.43	10:42.36	11:10.29	11:38.22
1500 FR	<b>17:59.37</b>	18:53.33	19:47.30	20:41.27	21:35.24	22:29.21
100 BK	<b>01:04.79</b>	01:08.03	01:11.27	01:14.51	01:17.75	01:20.99
200 BK	<b>02:20.01</b>	02:27.01	02:34.01	02:41.01	02:48.01	02:55.01
100 BR	<b>01:14.20</b>	01:17.91	01:21.62	01:25.33	01:29.04	01:32.75
200 BR	<b>02:43.12</b>	02:51.28	02:59.43	03:07.59	03:15.74	03:23.90
100 FL	<b>01:03.41</b>	01:06.58	01:09.75	01:12.92	01:16.09	01:19.26
200 FL	<b>02:24.22</b>	02:31.43	02:38.64	02:45.85	02:53.06	03:00.27
200 IM	<b>02:20.63</b>	02:27.66	02:34.69	02:41.72	02:48.76	02:55.79
400 IM	<b>04:55.05</b>	05:09.80	05:24.55	05:39.30	05:54.06	06:08.81

**PRE-REQUISITES**

<b>400 FR</b>	
<b>200 IM</b>	
800 FR	<b>None</b>
400 IM	<b>None</b>