

2008-2010 ALBERTA "A" TIME STANDARDS

GIRLS

EVENT		10 & U	11	12	13	14	15-16	Senior
50 Free	SC	36.10	33.20	31.50	30.40	29.60	29.10	28.80
	LC	36.80	33.90	32.10	31.00	30.20	29.70	29.40
100 Free	SC	1:20.90	1:13.80	1:09.00	1:06.30	1:04.50	1:03.40	1:02.50
	LC	1:22.50	1:15.30	1:10.40	1:07.60	1:05.80	1:04.70	1:03.80
200 Free	SC	2:53.80	2:38.50	2:29.40	2:24.20	2:20.60	2:17.50	2:15.60
	LC	2:57.30	2:41.70	2:32.40	2:27.10	2:23.40	2:20.20	2:18.30
400 Free	SC	6:11.70	5:37.30	5:16.80	5:03.10	4:54.00	4:49.50	4:49.50
	LC	6:19.20	5:44:00	5:23.20	5:09.20	4:59.90	4:55.30	4:55.30
800 Free	SC		11:56.60	11:09.70	10:38.50	10:17.70	10:09.00	10:09.00
	LC		12:10.90	11:23.10	10:51.30	10:30.10	10:21.20	10:21.20
1500 Free	SC		23:20.90	22:03.40	20:55.10	20:09.50	20:05.60	20:05.60
	LC		23:48.90	22:26.40	21:20.10	20:33.70	20:29.70	20:29.70
50 Back	SC	41.60	38.30	36.40	34.80	33.80	33.60	33.40
	LC	42.50	39.10	37.10	35.50	34.50	34.30	34.10
100 Back	SC	1:31.90	1:24.20	1:19.00	1:16.00	1:13.90	1:12.50	1:11.20
	LC	1:33.70	1:25.90	1:20.60	1:17.50	1:15.40	1:13.90	1:12.60
200 Back	SC	3:13.30	2:57.30	2:47.90	2:42.10	2:38.20	2:36.00	2:34.40
	LC	3:17.20	3:00.90	2:51.30	2:45.30	2:41.40	2:39.10	2:37.50
50 Breast	SC	47.00	43.00	40.70	38.80	38.00	37.80	37.60
	LC	47.90	43.90	41.50	39.60	38.80	38.60	38.40
100 Breas	SC	1:46.10	1:35.80	1:29.70	1:26.00	1:23.60	1:22.90	1:22.10
	LC	1:48.20	1:37.70	1:31.50	1:27.70	1:25.30	1:24.60	1:23.80
200 Breas	SC	3:42.40	3:22.40	3:11.30	3:04.30	2:59.70	2:58.40	2:56.60
	LC	3:46.90	3:26.50	3:15.10	3:08.00	3:03.30	3:01.90	3:00.10
50 Fly	SC	41.00	36.90	34.40	33.30	32.60	31.80	31.30
	LC	41.90	37.60	35.10	34.00	33.30	32.40	31.90
100 Fly	SC	1:41.50	1:29.50	1:21.50	1:17.00	1:14.00	1:12.20	1:11.50
	LC	1:43.50	1:31.30	1:23.10	1:18.50	1:15.50	1:13.70	1:12.90
200 Fly	SC	3:32.80	3:16.70	3:05.90	2:55.20	2:48.00	2:38.50	2:38.50
	LC	3:37.10	3:20.60	3:09.60	2:58.70	2:51.40	2:41.70	2:41.70
200 IM	SC	3:15.30	3:00.20	2:50.20	2:42.70	2:38.80	2:35.40	2:33.80
	LC	3:19.20	3:03.80	2:53.60	2:46.00	2:42.00	2:38.50	2:36.90
400 IM	SC		6:25.90	6:02.70	5:46.90	5:38.80	5:31.40	5:31.40
	LC		6:33.50	6:10.00	5:53.80	5:45.60	5:38.10	5:38.10

2008-2010 ALBERTA "A" TIME STANDARDS

BOYS

EVENT		10 & U	11	12	13	14	15-16	Senior
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50 Free	SC	35.30	32.50	30.90	29.10	27.90	26.50	25.20
	LC	36.00	33.20	31.50	29.70	28.50	27.00	25.70
100 Free	SC	1:20.10	1:13.40	1:09.50	1:04.40	1:01.00	57.80	54.80
	LC	1:21.70	1:14.90	1:10.90	1:05.70	1:02.20	59.00	55.90
200 Free	SC	2:51.20	2:38.00	2:30.30	2:20.10	2:13.30	2:06.60	2:01.70
	LC	2:54.60	2:41.20	2:33.30	2:22.90	2:16.00	2:09.10	2:04.10
400 Free	SC	6:14.00	5:39.60	5:19.20	5:01.20	4:47.10	4:30.10	4:20.60
	LC	6:21.50	5:46.40	5:25.60	5:07.20	4:52.80	4:35.50	4:25.80
800 Free	SC		11:52.40	11:06.40	10:23.60	9:55.10	9:18.70	9:10.80
	LC		12:06.70	11:19.70	10:36.10	10:07.00	9:29.90	9:21.80
1500 Free	SC		22:51.50	21:42.00	20:23.10	19:21.70	18:19.00	18:08.10
	LC		23:18.90	22:08.00	20:47.50	19:45.00	18:41.00	18:29.90
50 Back	SC	41.80	38.10	36.50	34.30	32.60	30.80	29.50
	LC	42.70	38.90	37.20	34.90	33.20	31.50	30.10
100 Back	SC	1:32.50	1:24.50	1:19.80	1:14.20	1:10.40	1:06.20	1:04.50
	LC	1:34.40	1:26.20	1:21.40	1:15.70	1:11.80	1:07.50	1:05.80
200 Back	SC	3:16.50	2:59.70	2:49.90	2:39.20	2:32.00	2:23.80	2:21.30
	LC	3:20.40	3:03.30	2:53.30	2:42.40	2:35.00	2:26.60	2:24.10
50 Breast	SC	47.50	43.30	40.90	38.00	36.00	34.30	32.30
	LC	48.40	44.20	41.70	38.80	36.70	35.00	33.00
100 Breas	SC	1:46.40	1:36.30	1:30.30	1:25.10	1:21.00	1:16.10	1:12.70
	LC	1:48.50	1:38.20	1:32.10	1:26.80	1:22.60	1:17.60	1:14.20
200 Breas	SC	3:46.00	3:25.60	3:13.60	3:03.60	2:55.60	2:46.00	2:42.40
	LC	3:50.50	3:29.70	3:17.50	3:07.20	2:59.10	2:49.30	2:45.50
50 Fly	SC	41.30	37.20	34.80	32.30	30.70	28.80	27.00
	LC	42.20	38.00	35.50	33.00	31.30	29.40	27.60
100 Fly	SC	1:45.40	1:30.50	1:21.30	1:15.70	1:11.30	1:05.00	1:01.50
	LC	1:47.50	1:32.30	1:22.90	1:17.20	1:12.70	1:06.30	1:02.70
200 Fly	SC	3:38.40	3:19.70	3:08.70	2:55.60	2:45.50	2:30.80	2:27.80
	LC	3:42.70	3:23.70	3:12.50	2:59.10	2:48.80	2:33.80	2:30.80
200 IM	SC	3:14.30	2:59.20	2:50.40	2:40.50	2:32.90	2:23.80	2:19.10
	LC	3:18.20	3:02.80	2:53.80	2:43.70	2:35.90	2:26.60	2:21.90
400 IM	SC		6:29.10	6:08.60	5:46.10	5:28.60	5:09.00	5:02.80
	LC		6:36.90	6:16.00	5:53.00	5:35.20	5:15.20	5:08.90