



SWIM-NATATION
MANITOBA

Short Course Time Standards 2008 - 2012

May be reviewed at the end of the 2008/2009 season

Published Sept 30, 2008

Stroke	11 & Under Girls		12 year old Girls		13 year old Girls		14 year old Girls		15 & Over Girls	
	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:39.72	0:35.30	0:37.53	0:33.36	0:36.45	0:32.40	0:35.75	0:31.78	0:34.90	0:31.02
100 Free	1:27.56	1:17.83	1:22.24	1:13.10	1:19.10	1:10.31	1:17.36	1:08.76	1:14.93	1:06.60
200 Free	3:09.05	2:48.04	2:55.64	2:36.13	2:50.90	2:31.91	2:47.33	2:28.74	2:42.07	2:24.06
400 Free	6:39.87	5:55.44	6:11.95	5:30.63	6:01.94	5:21.72	5:53.59	5:14.30	5:42.56	5:04.50
800 Free	13:59.25	12:26.00	12:52.66	11:26.81	12:25.72	11:02.86	12:11.86	10:50.54	11:52.19	10:33.06
1500 Free	27:26.66	24:23.70	25:53.45	23:00.85	24:30.66	21:47.25	24:01.83	21:21.62	23:24.12	20:48.11
50 Back	0:46.59	0:41.41	0:43.94	0:39.06	0:42.21	0:37.52	0:41.44	0:36.84	0:39.90	0:35.47
100 Back	1:39.29	1:28.26	1:33.08	1:22.74	1:29.57	1:19.62	1:27.20	1:17.51	1:24.30	1:14.93
200 Back	3:30.97	3:07.53	3:19.04	2:56.93	3:10.50	2:49.34	3:07.08	2:46.30	3:00.33	2:40.29
50 Breast	0:52.89	0:47.01	0:49.14	0:43.68	0:48.09	0:42.75	0:46.70	0:41.51	0:45.38	0:40.34
100 Breast	1:52.93	1:40.38	1:46.23	1:34.43	1:41.64	1:30.35	1:39.93	1:28.83	1:35.99	1:25.32
200 Breast	4:00.84	3:34.08	3:46.09	3:20.97	3:38.61	3:14.32	3:35.14	3:11.24	3:27.26	3:04.23
50 Fly	0:45.09	0:40.08	0:42.25	0:37.55	0:40.88	0:36.34	0:39.47	0:35.09	0:38.16	0:33.92
100 Fly	1:42.57	1:31.17	1:33.99	1:23.54	1:29.76	1:19.79	1:26.51	1:16.89	1:23.32	1:14.06
200 Fly	3:52.41	3:26.21	3:28.37	3:05.22	3:21.53	2:59.13	3:15.22	2:53.53	3:07.18	2:46.38
100 IM	1:45.26	1:33.57	1:38.78	1:27.80	1:37.30	1:26.49	1:35.33	1:24.74	1:31.63	1:21.45
200 IM	3:34.64	3:10.79	3:19.37	2:57.22	3:13.54	2:52.04	3:09.29	2:48.26	3:03.48	2:43.09
400 IM	7:36.73	6:45.98	7:03.39	6:16.35	6:52.35	6:06.54	6:43.30	5:58.49	6:29.52	5:46.24



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	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:36.70	0:32.63	0:34.80	0:30.94	0:33.39	0:29.68	0:32.67	0:29.13	0:31.16	0:27.70
100 Free	1:21.09	1:12.08	1:16.22	1:07.75	1:13.17	1:05.04	1:11.50	1:03.55	1:07.61	1:00.10
200 Free	2:55.40	2:35.91	2:46.43	2:27.94	2:38.61	2:20.99	2:35.62	2:18.33	2:27.52	2:11.13
400 Free	6:14.14	5:32.57	5:55.25	5:15.78	5:38.42	5:00.81	5:33.64	4:56.57	5:14.70	4:39.73
800 Free	13:18.72	11:49.98	12:28.15	11:05.02	11:58.17	10:38.37	11:50.96	10:31.97	11:06.35	9:52.31
1500 Free	25:22.65	22:33.47	23:40.36	21:02.54	22:49.57	20:17.40	22:23.46	19:54.19	21:13.80	18:52.27
50 Back	0:43.26	0:38.45	0:41.23	0:36.65	0:39.37	0:35.00	0:38.39	0:34.12	0:35.92	0:31.93
100 Back	1:33.29	1:22.92	1:27.01	1:17.34	1:23.56	1:14.27	1:21.30	1:12.27	1:15.54	1:07.15
200 Back	3:17.87	2:55.88	3:06.14	2:45.45	2:58.95	2:39.06	2:55.39	2:35.90	2:44.63	2:26.34
50 Breast	0:49.66	0:44.15	0:46.95	0:41.74	0:44.41	0:39.48	0:43.18	0:38.39	0:40.43	0:35.94
100 Breast	1:47.20	1:35.29	1:40.33	1:29.18	1:35.02	1:24.47	1:32.72	1:22.42	1:26.16	1:16.59
200 Breast	3:46.74	3:21.54	3:36.70	3:12.62	3:28.08	3:04.96	3:21.92	2:59.48	3:08.31	2:47.39
50 Fly	0:41.90	0:37.25	0:39.42	0:35.04	0:37.45	0:33.29	0:36.61	0:32.55	0:34.19	0:30.39
100 Fly	1:35.15	1:24.58	1:27.83	1:18.08	1:22.13	1:13.00	1:20.06	1:11.17	1:14.39	1:06.12
200 Fly	3:35.38	3:11.45	3:18.77	2:56.68	3:05.02	2:44.46	3:03.78	2:43.36	2:47.70	2:29.07
100 IM	1:39.83	1:28.74	1:36.09	1:25.41	1:30.23	1:20.20	1:28.35	1:18.54	1:22.99	1:13.77
200 IM	3:20.21	2:57.96	3:08.73	2:47.76	3:01.02	2:40.91	2:58.26	2:38.46	2:46.93	2:28.38
400 IM	7:08.44	6:20.84	6:46.61	6:01.43	6:30.18	5:46.83	6:20.93	5:38.60	5:58.03	5:18.25