



SWIM MANITOBA

reviewed 2023-2024

2023 - 2024 10 & Under Manitoba Provincial Time Standards		
10 & Under	FEMALE	10 & Under
LCM	Event	SCM
43.76	50 Free	42:90
1:36.49	100 Free	1:34.60
3:34.57	200 Free	3:28.32
7:20.56	400 Free	7:07.74
52.73	50 Back	51:70
1:49.96	100 Back	1:47.80
4:06.05	200 Back	3:58.89
59.19	50 Breast	58.03
2:04.88	100 Breast	2:02.43
4:29.31	200 Breast	4:21.47
53.86	50 Fly	52:80
1:57.81	100 Fly	1:55.50
	100 IM *	1:50.00
3:58.98	200 IM	3:52.01
Note: 100 IM * cannot be used to qualify for Long Course competitions		



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2023 - 2024 10 & Under Manitoba Provincial Time Standards		
10 & Under	MALE	10 & Under
LCM	Event	SCM
43.76	50 Free	42.90
1:36.49	100 Free	1:34.60
3:31.66	200 Free	3:25.50
7:17.51	400 Free	7:04.78
52.73	50 Back	51.70
1:50.17	100 Back	1:48.01
4:00.25	200 Back	3:53.25
58.32	50 Breast	57.18
2:06.36	100 Breast	2:03.88
4:30.93	200 Breast	4:23.04
53.86	50 Fly	52.80
1:57.81	100 Fly	1:55.50
	100 IM *	1:50.02
3:57.89	200 IM	3:50.90
Note: 100 IM * cannot be used to qualify for Long Course competitions		