



Winter Standards:
These times will be used for short course provincials held in February

Summer Standards:
These times will be used for long course provincials held in July

10 & Under Swim Star Standards	
Short Course (25m)	
200 IM	400 Free
3:12.00	6:05.00
Long Course (50m)	
200 IM	6:15.00
3:17.00	6:10.00

11 & Under Girls									
Short Course (25m)					Long Course (50m)				
Winter AAA	Summer AAA	AA	A	50 Free	Winter AAA	Summer AAA	AA	A	50 Free
32.62	32.29	35.23	38.05	50 Free	33.27	32.94	35.93	38.81	50 Free
1:11.56	1:10.84	1:17.28	1:23.47	100 Free	1:12.99	1:12.26	1:18.83	1:25.14	100 Free
2:35.04	2:31.18	2:48.99	3:04.20	200 Free	2:38.14	2:34.20	2:52.37	3:07.89	200 Free
5:27.38	5:24.10	5:56.84	6:28.96	400 Free	5:33.93	5:30.58	6:03.98	6:36.74	400 Free
11:23.26	11:16.42	12:24.75	13:31.78	800 Free	11:36.93	11:29.95	12:39.65	13:48.02	800 Free
1:22.76	1:21.93	1:30.21	1:38.33	100 Back	1:24.42	1:23.57	1:32.01	1:40.29	100 Back
2:55.28	2:53.52	3:11.06	3:28.25	200 Back	2:58.79	2:56.99	3:14.88	3:32.42	200 Back
1:33.04	1:32.10	1:41.41	1:50.54	100 Breast	1:34.90	1:33.94	1:43.44	1:52.75	100 Breast
3:18.67	3:16.68	3:36.55	3:56.04	200 Breast	3:22.64	3:20.61	3:40.88	4:00.76	200 Breast
1:23.82	1:22.98	1:31.36	1:39.59	100 Fly	1:25.50	1:24.64	1:33.19	1:41.58	100 Fly
3:13.29	3:11.35	3:30.69	3:49.65	200 Fly	3:17.16	3:15.18	3:34.90	3:54.24	200 Fly
2:55.71	2:53.95	3:11.52	3:28.76	200 IM	2:59.22	2:57.43	3:15.35	3:32.94	200 IM
6:18.03	6:14.24	6:52.05	7:29.14	400 IM	6:25.59	6:21.72	7:00.29	7:38.12	400 IM

12 Year Old Girls									
Short Course (25m)					Long Course (50m)				
Winter AAA	Summer AAA	AA	A	50 Free	Winter AAA	Summer AAA	AA	A	50 Free
30.78	30.47	33.24	35.90	50 Free	31.40	31.08	33.91	36.62	50 Free
1:07.51	1:06.83	1:12.91	1:18.74	100 Free	1:08.86	1:08.17	1:14.37	1:20.32	100 Free
2:26.27	2:24.80	2:39.43	2:53.78	200 Free	2:29.20	2:27.70	2:42.62	2:57.26	200 Free
5:08.85	5:05.76	5:36.64	6:06.94	400 Free	5:15.02	5:11.88	5:43.38	6:14.28	400 Free
10:44.59	10:38.14	11:42.60	12:45.84	800 Free	10:57.48	10:50.90	11:56.66	13:01.15	800 Free
1:18.09	1:17.30	1:25.12	1:32.78	100 Back	1:19.65	1:18.85	1:26.82	1:34.64	100 Back
2:45.36	2:43.70	3:00.25	3:16.47	200 Back	2:48.67	2:46.97	3:03.85	3:20.40	200 Back
1:27.74	1:26.86	1:35.64	1:44.25	100 Breast	1:29.50	1:28.60	1:37.55	1:46.33	100 Breast
3:07.43	3:05.55	3:24.30	3:42.69	200 Breast	3:11.18	3:09.26	3:28.39	3:47.14	200 Breast
1:19.08	1:18.28	1:26.20	1:33.96	100 Fly	1:20.66	1:19.85	1:27.92	1:35.84	100 Fly
3:02.35	3:00.52	3:18.76	3:36.65	200 Fly	3:06.00	3:04.13	3:22.74	3:40.99	200 Fly
2:45.77	2:44.11	3:00.69	3:16.95	200 IM	2:49.09	2:47.39	3:04.30	3:20.89	200 IM
5:56.64	5:53.07	6:28.74	7:03.72	400 IM	6:03.77	6:00.13	6:36.51	7:12.20	400 IM

13 Year Old Girls									
Short Course (25m)					Long Course (50m)				
Winter AAA	Summer AAA	AA	A	50 Free	Winter AAA	Summer AAA	AA	A	50 Free
29.95	29.65	32.34	34.93	50 Free	30.54	30.24	32.99	35.63	50 Free
1:05.58	1:04.92	1:10.82	1:16.49	100 Free	1:06.89	1:06.22	1:12.24	1:18.02	100 Free
2:21.96	2:20.54	2:34.73	2:48.66	200 Free	2:24.79	2:23.35	2:37.83	2:52.03	200 Free
4:58.13	4:55.14	5:24.96	5:54.21	400 Free	5:04.10	5:01.04	5:31.46	6:01.30	400 Free
10:22.77	10:16.54	11:18.82	12:19.92	800 Free	10:35.23	10:28.87	11:32.40	12:34.71	800 Free
1:15.08	1:14.32	1:21.83	1:29.20	100 Back	1:16.58	1:15.81	1:23.47	1:30.98	100 Back
2:39.06	2:37.46	2:53.38	3:08.99	200 Back	2:42.25	2:40.61	2:56.85	3:12.76	200 Back
1:26.16	1:25.29	1:33.91	1:42.36	100 Breast	1:27.88	1:27.00	1:35.79	1:44.41	100 Breast
3:03.69	3:01.85	3:20.22	3:38.24	200 Breast	3:07.36	3:05.49	3:24.22	3:42.60	200 Breast
1:15.95	1:15.19	1:22.79	1:30.24	100 Fly	1:17.47	1:16.69	1:24.44	1:32.04	100 Fly
2:53.83	2:52.09	3:09.47	3:26.53	200 Fly	2:57.31	2:55.53	3:13.26	3:30.66	200 Fly
2:40.67	2:39.06	2:55.13	3:10.89	200 IM	2:43.89	2:42.24	3:08.64	3:14.71	200 IM
5:44.86	5:41.41	6:15.89	6:49.72	400 IM	5:51.75	5:48.24	6:23.41	6:57.92	400 IM

14 Year Old Girls									
Short Course (25m)					Long Course (50m)				
Winter AAA	Summer AAA	AA	A	50 Free	Winter AAA	Summer AAA	AA	A	50 Free
29.24	28.94	31.58	34.11	50 Free	29.82	29.52	32.21	34.79	50 Free
1:04.15	1:03.50	1:09.28	1:14.82	100 Free	1:05.43	1:04.77	1:10.67	1:16.32	100 Free
2:18.69	2:17.30	2:31.17	2:44.77	200 Free	2:21.46	2:20.05	2:34.19	2:48.07	200 Free
4:52.91	4:49.98	5:19.27	5:48.00	400 Free	4:58.76	4:55.78	5:25.65	5:54.96	400 Free
10:14.76	10:08.61	11:10.09	12:10.40	800 Free	10:27.06	10:20.78	11:23.49	12:25.01	800 Free
1:13.41	1:12.67	1:20.01	1:27.22	100 Back	1:14.88	1:14.12	1:21.61	1:28.96	100 Back
2:37.25	2:35.67	2:51.41	3:06.83	200 Back	2:40.40	2:38.78	2:54.83	3:10.57	200 Back
1:24.93	1:24.08	1:32.58	1:40.91	100 Breast	1:26.63	1:25.76	1:34.43	1:42.93	100 Breast
3:01.64	2:59.82	3:17.98	3:35.80	200 Breast	3:05.27	3:03.42	3:21.94	3:40.12	200 Breast
1:13.02	1:12.28	1:19.59	1:26.76	100 Fly	1:14.48	1:13.73	1:21.18	1:28.49	100 Fly
2:45.25	2:43.59	3:00.12	3:16.33	200 Fly	2:48.55	2:46.86	3:03.72	3:20.26	200 Fly
2:36.78	2:35.21	2:50.90	3:06.28	200 IM	2:39.92	2:38.31	2:54.31	3:10.00	200 IM
5:36.20	5:32.83	6:06.46	6:39.44	400 IM	5:42.92	5:39.49	6:13.78	6:47.42	400 IM

15 Year Old Girls									
Short Course (25m)					Long Course (50m)				
Winter AAA	Summer AAA	AA	A	50 Free	Winter AAA	Summer AAA	AA	A	50 Free
29.00	28.71	31.32	33.83	50 Free	29.58	29.28	31.95	34.50	50 Free
1:03.01	1:02.38	1:08.05	1:13.49	100 Free	1:04.27	1:03.63	1:09.41	1:14.96	100 Free
2:16.13	2:14.76	2:28.38	2:41.74	200 Free	2:18.85	2:17.46	2:31.35	2:44.97	200 Free
4:48.20	4:45.31	5:14.14	5:42.41	400 Free	4:53.96	4:51.02	5:20.42	5:49.26	400 Free
10:03.29	9:57.25	10:57.59	11:56.77	800 Free	10:15.36	10:09.20	11:10.74	12:11.10	800 Free
1:11.73	1:11.01	1:18.18	1:25.22	100 Back	1:13.16	1:12.43	1:19.75	1:26.92	100 Back
2:33.65	2:32.11	2:47.48	3:02.56	200 Back	2:36.73	2:35.15	2:50.83	3:06.21	200 Back
1:23.14	1:22.30	1:30.62	1:38.77	100 Breast	1:24.80	1:23.95	1:32.43	1:40.75	100 Breast
2:58.71	2:56.92	3:14.79	3:32.32	200 Breast	3:02.28	3:00.46	3:18.69	3:36.57	200 Breast
1:11.38	1:10.66	1:17.80	1:24.81	100 Fly	1:12.81	1:12.07	1:19.36	1:26.50	100 Fly
2:42.31	2:40.68	2:56.92	3:12.84	200 Fly	2:45.56	2:43.89	3:00.46	3:16.70	200 Fly
2:33.50	2:31.96	2:47.31	3:02.37	200 IM	2:36.57	2:35.00	2:50.66	3:06.02	200 IM
5:31.51	5:28.19	6:01.35	6:33.87	400 IM	5:38.14	5:34.75	6:08.57	6:41.74	400 IM

Senior Girls									
Short Course (25m)					Long Course (50m)				
Winter AAA	Summer AAA	AA	A	50 Free	Winter AAA	Summer AAA	AA	A	50 Free
28.76	28.48	31.06	33.55	50 Free	29.34	29.05	31.68	34.22	50 Free
1:01.88	1:01.27	1:06.83	1:12.18	100 Free	1:03.12	1:02.50	1:08.17	1:13.62	100 Free
2:13.57	2:12.84	2:25.59	2:38.69	200 Free	2:16.24	2:15.50	2:28.50	2:41.87	200 Free
4:43.49	4:40.66	5:09.00	5:36.81	400 Free	4:49.16	4:46.27	5:15.18	5:43.55	400 Free
9:48.20	9:42.31	10:41.14	11:38.84	800 Free	9:59.96	9:53.96	10:53.96	11:52.83	800 Free
1:10.41	1:09.71	1:16.75	1:23.65	100 Back	1:11.82	1:11.10	1:18.28	1:25.33	100 Back
2:30.27	2:28.77	2:43.79	2:58.54	200 Back	2:33.28	2:31.75	2:47.07	3:02.11	200 Back
1:21.06	1:20.25	1:28.36	1:36.31	100 Breast	1:22.68	1:21.86	1:30.12	1:38.23	100 Breast
2:54.24	2:52.49	3:09.92	3:27.01	200 Breast	2:57.72	2:55.94	3:13.72	3:31.15	200 Breast
1:09.60	1:08.90	1:15.86	1:22.69	100 Fly	1:10.99	1:10.28	1:17.38	1:24.35	100 Fly
2:38.25	2:36.66	2:52.49	3:08.02	200 Fly	2:41.41	2:39.79	2:55.94	3:11.78	200 Fly
2:31.07	2:29.56	2:44.67	2:59.49	200 IM	2:34.09	2:32.55	2:47.96	3:03.08	200 IM
5:23.22	5:19.98	5:52.31	6:24.02	400 IM	5:29.68	5:26.38	5:59.36	6:31.70	400 IM

11 & Under Boys									
Short Course (25m)					Long Course (50m)				
Winter AAA	Summer AAA	AA	A	50 Free	Winter AAA	Summer AAA	AA	A	50 Free
32.76	32.43	35.38	38.21	50 Free	33.42	33.08	36.09	38.98	50 Free
1:12.52	1:11.79	1:18.32	1:24.59	100 Free	1:13.97	1:13.23	1:19.89	1:26.28	100 Free
2:37.96	2:36.38	2:52.18	3:07.67	200 Free	2:41.12	2:39.51	2:55.62	3:11.43	200 Free
5:34.89	5:31.54	6:05.03	6:37.88						