

2010-2011 ALBERTA TRIALS TIME STANDARDS

BOYS

EVENT		10 & U	11	12	13	14	
200 IM	SC	3:42.90	3:34.20	3:23.60	3:10.20	2:57.00	
QT	LC	3:47.40	3:37.20	3:27.60	3:14.10	3:00.60	
400 Free	SC	7:08.20	6:46.80	6:17.90	5:55.20	5:33.90	
QT	LC	7:16.90	6:55.00	6:25.50	6:02.30	5:40.60	

2010-2011 ALBERTA "B" TIME STANDARDS

EVENT		10 & U	11	12	13	14	15 & 0
50 Free	SC	39.30	36.80	34.30	32.30	31.10	28.00
	LC	40.10	37.60	35.00	33.00	31.80	28.60
100 Free	SC	1:29.80	1:23.60	1:17.30	1:11.90	1:08.00	1:02.90
	LC	1:31.60	1:25.30	1:18.80	1:13.40	1:09.40	1:04.20
200 Free	SC	3:14.80	3:03.80	2:50.70	2:39.60	2:28.60	2:17.90
	LC	3:18.80	3:07.40	2:54.10	2:42.80	2:31.60	2:20.70
400 Free	SC	6:55.90	6:30.40	6:00.80	5:37.80	5:21.60	4:57.70
	LC	7:04.20	6:39.20	6:08.00	5:44.70	5:28.10	5:03.80
800 Free	SC		13:28.30	12:35.70	11:46.10	11:04.00	10:22.20
	LC		13:44.50	12:50.80	12:00.50	11:17.50	10:34.90
1500 Free	SC		26:06.90	24:41.00	23:14.90	21:49.00	20:16.80
	LC		26:38.30	25:10.60	23:42.80	22:15.20	20:41.60
50 Back	SC	45.40	43.80	40.30	38.20	37.00	34.90
	LC	46.40	44.60	41.10	39.00	37.70	35.60
100 Back	SC	1:41.50	1:36.20	1:30.90	1:24.90	1:19.60	1:12.60
	LC	1:43.50	1:38.10	1:32.70	1:26.60	1:21.20	1:14.10
200 Back	SC		3:23.80	3:10.80	3:01.70	2:54.50	2:41.20
	LC		3:27.80	3:14.70	3:05.40	2:57.90	2:44.50
50 Breast	SC	52.50	48.90	45.30	42.80	40.50	37.80
	LC	53.60	49.90	46.20	43.70	41.30	38.60
100 Breast	SC	1:57.00	1:48.60	1:40.10	1:34.80	1:29.50	1:22.40
	LC	1:59.30	1:50.80	1:42.10	1:36.70	1:31.30	1:24.10
200 Breast	SC		3:52.60	3:36.30	3:26.70	3:13.40	2:59.70
	LC		3:57.30	3:40.60	3:30.80	3:17.30	3:03.40
50 Fly	SC	47.60	44.80	40.40	38.20	35.60	31.70
	LC	48.60	45.70	41.20	39.00	36.30	32.40
100 Fly	SC	2:00.00	1:47.90	1:35.90	1:27.00	1:19.90	1:12.00
	LC	2:02.40	1:50.00	1:37.80	1:28.80	1:21.50	1:13.50
200 Fly	SC		4:08.20	3:42.80	3:29.70	3:13.60	2:51.80
	LC		4:13.20	3:47.30	3:33.90	3:17.50	2:55.30
100 IM	SC	1:48.70					
200 IM	SC	3:40.60	3:28.20	3:15.70	3:02.90	2:50.20	2:38.20
	LC	3:45.00	3:32.40	3:19.60	3:06.60	2:53.60	2:41.40
400 IM	SC		7:35.50	7:04.40	6:38.70	6:13.00	5:45.30
	LC		7:44.70	7:12.90	6:46.70	6:20.50	5:52.30

