

2010-2011 ALBERTA TRIALS TIME STANDARDS

GIRLS

EVENT		10 & U	11	12	13	14	
QT	SC	3:39.20	3:26.90	3:18.60	3:10.70	3:03.10	
200 IM	LC	3:43.60	3:31.00	3:22.60	3:14.50	3:06.80	
QT	SC	7:01.50	6:29.50	6:01.20	5:54.70	5:44.50	
400 Free	LC	7:10.10	6:37.50	6:08.60	6:01.90	5:51.50	

2010-2011 ALBERTA "B" TIME STANDARDS

EVENT		10 & U	11	12	13	14	15 & O
50 Free	SC	39.10	36.50	33.80	32.80	31.80	31.60
	LC	39.90	37.20	34.50	33.50	32.50	32.20
100 Free	SC	1:27.90	1:21.90	1:15.90	1:12.90	1:09.90	1:09.90
	LC	1:29.70	1:23.60	1:17.50	1:14.40	1:11.30	1:11.30
200 Free	SC	3:10.10	2:55.50	2:44.40	2:40.20	2:34.30	2:30.90
	LC	3:14.00	2:59.10	2:47.80	2:43.50	2:37.50	2:34.00
400 Free	SC	6:45.30	6:14.60	5:47.30	5:41.00	5:31.20	5:27.90
	LC	6:53.60	6:22.20	5:54.40	5:48.00	5:38.00	5:34.60
800 Free	SC		13:07.80	12:27.60	11:59.90	11:32.20	11:19.30
	LC		13:23.90	12:42.90	12:14.60	11:46.30	11:33.20
1500 Free	SC		25:50.90	24:48.80	23:40.80	22:35.50	21:57.70
	LC		26:22.50	25:18.40	24:09.80	23:01.10	22:24.70
50 Back	SC	44.90	41.90	39.60	38.60	37.60	37.30
	LC	45.80	42.70	40.40	39.40	38.40	38.00
100 Back	SC	1:39.10	1:32.60	1:26.00	1:23.90	1:21.80	1:21.80
	LC	1:41.10	1:34.50	1:27.80	1:25.70	1:23.50	1:23.50
200 Back	SC		3:17.40	3:04.10	3:00.40	2:56.60	2:56.60
	LC		3:21.40	3:07.90	3:04.10	3:00.20	3:00.20
50 Breast	SC	51.40	47.00	43.20	42.70	41.80	41.80
	LC	52.40	47.90	44.10	43.60	42.70	42.70
100 Breast	SC	1:54.70	1:46.60	1:38.60	1:35.40	1:32.10	1:32.10
	LC	1:57.00	1:48.80	1:40.60	1:37.30	1:34.00	1:34.00
200 Breast	SC		3:44.00	3:30.60	3:25.30	3:20.00	3:19.80
	LC		3:48.60	3:34.90	3:29.50	3:24.10	3:23.90
50 Fly	SC	46.90	42.40	38.70	37.10	35.60	34.70
	LC	47.80	43.30	39.50	37.90	36.30	35.40
100 Fly	SC	1:55.00	1:43.90	1:32.90	1:27.90	1:22.90	1:21.70
	LC	1:57.30	1:46.10	1:34.80	1:29.70	1:24.60	1:23.40
200 Fly	SC		4:03.90	3:33.60	3:25.00	3:16.40	3:01.10
	LC		4:08.80	3:38.00	3:29.20	3:20.40	3:04.80
100 IM	SC	1:45.80					
200 IM	SC	3:34.80	3:22.70	3:12.60	3:03.00	2:55.70	2:53.90
	LC	3:39.20	3:26.80	3:16.40	3:06.70	2:59.30	2:57.40
400 IM	SC		7:40.00	6:54.20	6:42.50	6:22.80	6:16.50
	LC		7:49.30	7:02.70	6:50.50	6:30.60	6:24.20

