



**MEN LCM JUNIOR PROVINCIAL - MINIMAL QUALIFYING STANDARD**

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:26.53	01:44.72	01:27.23	01:08.75	00:57.90	00:50.18	00:47.90	00:45.82	00:43.46	00:40.75	00:45.55	00:42.88	00:40.88	00:40.72
100	Freestyle	05:27.28	03:52.72	03:16.37	02:36.27	02:09.12	01:54.37	01:46.18	01:38.86	01:33.82	01:28.45	01:38.18	01:32.72	01:27.28	01:28.72
200	Freestyle	12:14.54	08:45.02	07:33.92	05:47.57	04:51.57									03:14.06
400	Freestyle						09:01.55	08:14.37	07:44.40	07:11.68	06:56.72	08:38.02	07:01.82	07:19.38	
50	Backstroke	02:42.43	01:59.28	01:34.50	01:24.27	01:07.33									
100	Backstroke	05:36.93	04:16.29				02:15.90	02:07.26	01:56.45	01:46.14	01:42.14	02:06.32	01:50.37	01:43.33	01:43.04
50	Breaststroke	05:34.54	05:17.39	01:30.24											
100	Breaststroke				03:09.10	02:54.08	02:21.70	02:18.42	02:06.13	01:57.57		02:16.86	02:01.87	01:58.62	01:52.26
50	Butterfly	01:38.53	01:27.28	01:19.28	01:11.28	01:04.98	00:55.94	00:52.64							
100	Butterfly								01:46.30	01:42.53	01:37.55	02:08.35	01:42.53	01:37.47	01:35.79
150	Medley	16:29.09	13:34.54	07:32.75	05:03.54										
200	Medley					07:29.84	04:57.31	04:34.22	04:07.33	03:54.40	03:42.34	04:31.87	03:52.72	03:46.38	03:40.29

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50	Freestyle	02:29.46	01:46.81	01:28.97	01:10.12	00:59.06	00:50.18	00:47.90	00:45.82	00:42.59	00:39.94	00:44.64	00:42.02	00:40.06	00:39.91
100	Freestyle	05:33.83	03:57.37	03:20.30	02:39.40	02:11.70	01:54.37	01:46.18	01:38.86	01:31.94	01:26.68	01:36.22	01:30.87	01:25.53	01:26.95
200	Freestyle	12:29.23	08:55.52	07:43.00	05:54.52	04:57.40									03:10.18
400	Freestyle						09:01.55	08:14.37	07:44.40	07:03.05	06:48.39	08:27.66	06:53.38	07:10.59	
50	Backstroke	02:45.68	02:01.67	01:36.39	01:25.96	01:08.68									
100	Backstroke	05:43.67	04:21.42				02:15.90	02:07.26	01:56.45	01:44.02	01:40.10	02:03.79	01:48.16	01:41.26	01:40.98
50	Breaststroke	05:41.23	05:23.74	01:32.04											
100	Breaststroke				03:12.88	02:57.56	02:21.70	02:18.42	02:06.13	01:55.22		02:14.12	01:59.43	01:56.25	01:50.01
50	Butterfly	01:40.50	01:29.03	01:20.87	01:12.71	01:06.28	00:55.94	00:52.64							
100	Butterfly								01:46.30	01:40.48	01:35.60	02:05.78	01:40.48	01:35.52	01:33.87
150	Medley	16:48.87	13:50.83	07:41.80	05:09.61										
200	Medley					07:38.84	04:57.31	04:34.22	04:07.33	03:49.71	03:37.89	04:26.43	03:48.07	03:41.85	03:35.88

**WOMEN LCM JUNIOR PROVINCIAL - MINIMAL QUALIFYING STANDARD**

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	03:09.09	02:10.53	01:43.28	01:16.54	01:08.37	01:00.45	00:57.09	00:53.78	00:49.57	00:46.38	00:53.95	00:50.18	00:46.21	00:46.54
100	Freestyle	06:47.28	04:43.63	04:06.05	03:09.09	02:31.78	02:15.62	02:04.77	01:54.91	01:45.47	01:40.98	02:00.77	01:48.88	01:41.09	01:41.82
200	Freestyle	14:54.54	10:10.91	09:06.53	07:52.72	05:41.98									03:41.14
400	Freestyle						09:29.47	09:14.86	08:34.93	08:06.51	07:42.62	09:32.13	08:50.91	07:58.43	
50	Backstroke	03:38.18	02:47.26	01:59.54	01:41.02	01:21.73									
100	Backstroke	07:16.37	05:45.22				02:31.60	02:24.93	02:14.38	02:02.00	01:59.23	02:21.23	02:11.15	01:56.85	01:59.33
50	Breaststroke	04:21.82	02:32.72	01:50.27											
100	Breaststroke				03:51.18	03:11.33	02:55.62	02:48.67	02:27.98	02:15.49		02:41.78	02:26.42	02:17.07	02:17.73
50	Butterfly	03:30.91	03:09.09	02:18.18	01:56.37	01:30.54	01:07.98	01:04.40							
100	Butterfly								02:10.43	01:56.30	01:52.56	02:18.18	02:06.54	01:59.33	01:55.17
150	Medley	13:49.09	11:38.18	07:16.37	05:57.68										
200	Medley					07:29.84	05:26.83	05:23.46	04:59.36	04:26.45	04:11.07	05:04.72	04:43.63	04:16.77	04:18.13

**WOMEN SCM JUNIOR PROVINCIAL - MINIMAL QUALIFYING STANDARD**

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	03:12.87	02:13.14	01:45.35	01:18.07	01:09.74	01:00.45	00:57.09	00:53.78	00:48.58	00:45.45	00:52.87	00:49.18	00:45.29	00:45.61
100	Freestyle	06:55.43	04:49.30	04:10.97	03:12.87	02:34.82	02:15.62	02:04.77	01:54.91	01:43.36	01:38.96	01:58.35	01:46.70	01:39.07	01:39.78
200	Freestyle	15:12.43	10:23.13	09:17.46	08:02.17	05:48.82									03:36.72
400	Freestyle						09:29.47	09:14.86	08:34.93	07:56.78	07:33.37	09:20.69	08:40.29	07:48.86	
50	Backstroke	03:42.54	02:50.61	02:01.93	01:43.04	01:23.36									
100	Backstroke	07:25.10	05:52.12				02:31.60	02:24.93	02:14.38	01:59.56	01:56.85	02:18.41	02:08.53	01:54.51	01:56.94
50	Breaststroke	04:27.06	02:35.77	01:52.48											
100	Breaststroke				03:55.80	03:15.16	02:55.62	02:48.67	02:27.98	02:12.78		02:38.54	02:23.49	02:14.33	02:14.98
50	Butterfly	03:35.13	03:12.87	02:20.94	01:58.70	01:32.35	01:07.98	01:04.40							
100	Butterfly								02:10.43	01:53.97	01:50.31	02:15.42	02:04.01	01:56.94	01:52.87
150	Medley	14:05.67	11:52.14	07:25.10	06:04.83										
200	Medley					07:38.84	05:26.83	05:23.46	04:59.36	04:21.12	04:06.05	04:58.63	04:37.96	04:11.63	04:12.97