



**MEN LCM SENIOR 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	02:08.21	01:31.63	01:16.33	01:00.16	00:50.67	00:43.90	00:41.92	00:40.10	00:38.02	00:35.66	00:39.86	00:37.52	00:35.77	00:35.63
100	Freestyle	04:46.37	03:23.63	02:51.82	02:16.74	01:52.98	01:40.07	01:32.90	01:26.51	01:22.10	01:17.39	01:25.90	01:21.13	01:16.37	01:17.63
200	Freestyle	10:42.73	07:39.40	06:37.18	05:04.12	04:15.12									02:49.81
400	Freestyle						07:53.86	07:12.57	06:46.35	06:17.72	06:04.63	07:33.26	06:09.10	06:24.45	
50	Backstroke	02:22.13	01:44.37	01:22.68	01:13.74	00:58.91									
100	Backstroke	04:54.81	03:44.25				01:58.92	01:51.36	01:41.89	01:32.88	01:29.38	01:50.53	01:36.57	01:30.41	01:30.16
50	Breaststroke	04:52.73	04:37.72	01:18.96											
100	Breaststroke				02:45.47	02:32.32	02:03.98	02:01.11	01:50.36	01:42.87		01:59.76	01:46.64	01:43.80	01:38.22
50	Butterfly	01:26.21	01:16.37	01:09.37	01:02.37	00:56.85	00:48.94	00:46.06							
100	Butterfly								01:33.02	01:29.71	01:25.36	01:52.31	01:29.71	01:25.29	01:23.82
150	Medley	14:25.45	11:52.73	06:36.16	04:25.59										
200	Medley					06:33.61	04:20.15	03:59.95	03:36.41	03:25.10	03:14.54	03:57.89	03:23.63	03:18.09	03:12.75

**MEN SCM SENIOR 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	02:10.77	01:33.46	01:17.86	01:01.36	00:51.68	00:43.90	00:41.92	00:40.10	00:37.26	00:34.95	00:39.06	00:36.77	00:35.05	00:34.92
100	Freestyle	04:52.10	03:27.70	02:55.26	02:19.47	01:55.24	01:40.07	01:32.90	01:26.51	01:20.46	01:15.84	01:24.18	01:19.51	01:14.84	01:16.08
200	Freestyle	10:55.58	07:48.59	06:45.12	05:10.20	04:20.22									02:46.41
400	Freestyle						07:53.86	07:12.57	06:46.35	06:10.17	05:57.34	07:24.19	06:01.72	06:16.76	
50	Backstroke	02:24.97	01:46.46	01:24.33	01:15.21	01:00.09									
100	Backstroke	05:00.71	03:48.74				01:58.92	01:51.36	01:41.89	01:31.02	01:27.59	01:48.32	01:34.64	01:28.60	01:28.36
50	Breaststroke	04:58.58	04:43.27	01:20.54											
100	Breaststroke				02:48.78	02:35.37	02:03.98	02:01.11	01:50.36	01:40.81		01:57.36	01:44.51	01:41.72	01:36.26
50	Butterfly	01:27.93	01:17.90	01:10.76	01:03.62	00:57.99	00:48.94	00:46.06							
100	Butterfly								01:33.02	01:27.92	01:23.65	01:50.06	01:27.92	01:23.58	01:22.14
150	Medley	14:42.76	12:06.98	06:44.08	04:30.90										
200	Medley					06:41.48	04:20.15	03:59.95	03:36.41	03:21.00	03:10.65	03:53.13	03:19.56	03:14.13	03:08.90

**WOMEN LCM SENIOR 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	02:45.45	01:54.21	01:30.37	01:06.98	00:59.82	00:52.89	00:49.95	00:47.05	00:43.37	00:40.59	00:47.21	00:43.90	00:40.43	00:40.73
100	Freestyle	05:56.37	04:08.18	03:35.29	02:45.45	02:12.80	01:58.66	01:49.17	01:40.55	01:32.29	01:28.35	01:45.67	01:35.27	01:28.45	01:29.10
200	Freestyle	13:02.73	08:54.55	07:58.21	06:53.63	04:59.24									03:13.49
400	Freestyle						08:18.29	08:05.51	07:30.56	07:05.70	06:44.80	08:20.61	07:44.55	06:58.63	
50	Backstroke	03:10.90	02:26.36	01:44.59	01:28.40	01:11.51									
100	Backstroke	06:21.82	05:02.06				02:12.65	02:06.81	01:57.59	01:46.75	01:44.33	02:03.58	01:54.76	01:42.24	01:44.41
50	Breaststroke	03:49.10	02:13.63	01:36.49											
100	Breaststroke				03:22.29	02:47.41	02:33.66	02:27.59	02:09.49	01:58.55		02:21.55	02:08.11	01:59.94	02:00.51
50	Butterfly	03:04.55	02:45.45	02:00.90	01:41.82	01:19.23	00:59.49	00:56.35							
100	Butterfly								01:54.13	01:41.77	01:38.49	02:00.90	01:50.73	01:44.41	01:40.77
150	Medley	12:05.45	10:10.90	06:21.82	05:12.97										
200	Medley					06:33.61	04:45.98	04:43.02	04:21.94	03:53.14	03:39.69	04:26.63	04:08.18	03:44.67	03:45.86

**WOMEN SCM SENIOR 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	02:48.76	01:56.49	01:32.18	01:08.32	01:01.02	00:52.89	00:49.95	00:47.05	00:42.50	00:39.78	00:46.27	00:43.02	00:39.62	00:39.92
100	Freestyle	06:03.50	04:13.14	03:39.60	02:48.76	02:15.46	01:58.66	01:49.17	01:40.55	01:30.44	01:26.58	01:43.56	01:33.36	01:26.68	01:27.32
200	Freestyle	13:18.38	09:05.24	08:07.77	07:01.90	05:05.22									03:09.62
400	Freestyle						08:18.29	08:05.51	07:30.56	06:57.19	06:36.70	08:10.60	07:35.26	06:50.26	
50	Backstroke	03:14.72	02:29.29	01:46.68	01:30.17	01:12.94									
100	Backstroke	06:29.46	05:08.10				02:12.65	02:06.81	01:57.59	01:44.62	01:42.24	02:01.11	01:52.46	01:40.20	01:42.32
50	Breaststroke	03:53.68	02:16.30	01:38.42											
100	Breaststroke				03:26.34	02:50.76	02:33.66	02:27.59	02:09.49	01:56.18		02:18.72	02:05.55	01:57.54	01:58.10
50	Butterfly	03:08.24	02:48.76	02:03.32	01:43.86	01:20.81	00:59.49	00:56.35							
100	Butterfly								01:54.13	01:39.73	01:36.52	01:58.48	01:48.52	01:42.32	01:38.75
150	Medley	12:19.96	10:23.12	06:29.46	05:19.23										
200	Medley					06:41.48	04:45.98	04:43.02	04:21.94	03:48.48	03:35.30	04:21.30	04:03.22	03:40.18	03:41.34