



2023-2024 Men LCM Junior Provincials - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
Backstroke	50	03:01.22	01:59.28	01:34.50	01:24.27	01:07.33									
	100	06:15.39	04:16.29				02:15.90	02:07.26	01:56.45	01:46.14	01:40.80	02:06.32	01:50.37	01:43.33	01:37.15
Breaststroke	50	05:34.54	05:17.40	01:30.24											
	100				03:09.11	02:54.08	02:21.69	02:18.42	02:06.12	01:57.57		02:16.86	02:01.88	01:50.78	01:52.25
Butterfly	50	01:38.53	01:27.28	01:19.28	01:11.28	01:04.97	00:55.93	00:52.63				02:16.86	02:01.88	01:50.78	01:52.25
	100								01:46.31	01:38.11	01:35.47	02:08.35	01:41.45	01:32.10	01:32.99
Freestyle	50	02:26.53	02:10.69	01:27.23	01:08.76	00:57.91	00:53.20	00:47.90	00:45.04	00:42.48	00:38.96	00:45.55	00:40.63	00:38.96	00:38.96
	100	05:27.28	04:47.87	03:16.37	02:36.27	02:09.11	01:54.37	01:47.24	01:38.87	01:33.65	01:26.43	01:47.19	01:32.72	01:26.51	01:24.27
	200	12:14.54	08:45.02	07:33.91	05:47.56	04:51.56									03:04.65
	400						09:01.55	08:14.37	07:28.99	07:09.87	06:45.02	08:38.01	08:29.41	06:52.06	
Medley	150	16:29.09	13:34.54	07:32.76	05:03.54										
	200					07:29.84	04:57.31	04:34.23	04:00.38	03:51.22	03:35.60	04:31.87	04:33.50	03:33.75	03:34.96

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Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
Backstroke	50	03:04.84	02:01.67	01:36.39	01:25.96	01:08.68									
	100	06:22.90	04:21.42				02:15.90	02:07.26	01:54.17	01:44.06	01:38.82	02:08.85	01:50.37	01:41.30	01:35.25
Breaststroke	50	05:41.23	05:23.75	01:32.04											
	100				03:12.89	02:57.56	02:21.69	02:18.42	02:03.65	01:55.26		02:19.60	02:01.88	01:48.61	01:50.05
Butterfly	50	01:40.50	01:29.03	01:20.87	01:12.71	01:06.27	00:55.93	00:52.63							
	100								01:44.23	01:36.19	01:33.60	02:10.92	01:41.45	01:30.29	01:31.17
Freestyle	50	02:29.46	02:13.30	01:28.97	01:10.14	00:59.07	00:53.20	00:47.90	00:44.16	00:41.65	00:38.20	00:46.46	00:40.63	00:38.20	00:38.20
	100	05:33.83	04:53.63	03:20.30	02:39.40	02:11.69	01:54.37	01:47.24	01:36.93	01:31.81	01:24.74	01:49.33	01:32.72	01:24.81	01:22.62
	200	12:29.23	08:55.52	07:42.99	05:54.51	04:57.39									03:01.03
	400						09:01.55	08:14.37	07:20.19	07:01.44	06:37.08	08:48.37	08:29.41	06:43.98	
Medley	150	16:48.87	13:50.83	07:41.82	05:09.61										
	200					07:38.84	04:57.31	04:34.23	03:55.67	03:46.69	03:31.37	04:37.31	04:33.50	03:29.56	03:30.75

2023-2024 Women LCM Junior Provincials - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
Backstroke	50	03:38.17	03:01.73	01:59.54	01:41.02	01:21.73									
	100	07:16.37	05:47.09				02:31.60	02:24.10	02:11.37	02:02.00	01:55.77	02:22.54	02:11.16	01:53.11	01:56.22
Breaststroke	50	04:21.83	02:32.72	01:49.43											
	100				03:51.18	03:10.73	02:55.61	02:48.07	02:27.98	02:15.49		02:41.78	02:26.42	01:58.05	02:07.44
Butterfly	50	03:30.91	03:09.09	02:18.17	01:56.37	01:30.55	01:07.98	01:04.40							
	100								02:05.82	01:56.30	01:52.11	02:18.17	02:08.03	01:48.76	01:47.87
Freestyle	50	03:09.09	02:10.53	02:10.11	01:16.55	01:12.46	01:00.45	00:57.81	00:51.05	00:47.17	00:44.10	00:53.95	00:49.60	00:43.02	00:43.02
	100	06:47.28	04:43.63	04:06.05	03:09.09	02:31.78	02:13.41	02:04.77	01:53.27	01:42.39	01:39.13	02:00.77	01:48.88	01:36.42	01:36.31
	200	14:54.54	10:10.91	09:06.53	07:52.72	05:41.98									03:27.39
	400						09:29.47	09:14.87	08:25.84	07:47.48	07:29.31	09:32.02	10:21.22	07:11.92	
Medley	150	13:49.09	11:38.17	07:16.37	05:57.68										
	200					07:29.84	05:26.83	05:23.45	04:32.65	04:15.01	04:10.16	05:04.72	05:01.12	03:53.52	03:58.59

2023-2024 Women SCM Junior Provincial - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
Backstroke	50	03:42.53	03:05.36	02:01.93	01:43.04	01:23.36									
	100	07:25.10	05:54.03				02:31.60	02:24.10	02:08.79	01:59.61	01:53.50	02:25.39	02:11.16	01:50.89	01:53.94
Breaststroke	50	04:27.07	02:35.77	01:51.62											
	100				03:55.80	03:14.54	02:55.61	02:48.07	02:25.08	02:12.83		02:45.02	02:26.42	01:55.74	02:04.94
Butterfly	50	03:35.13	03:12.87	02:20.93	01:58.70	01:32.36	01:07.98	01:04.40							
	100								02:03.35	01:54.02	01:49.91	02:20.93	02:08.03	01:46.63	01:45.75
Freestyle	50	03:12.87	02:13.14	02:12.71	01:18.08	01:13.91	01:00.45	00:57.81	00:50.05	00:46.25	00:43.24	00:55.03	00:49.60	00:42.18	00:42.18
	100	06:55.43	04:49.30	04:10.97	03:12.87	02:34.82	02:13.41	02:04.77	01:51.05	01:40.38	01:37.19	02:03.19	01:48.88	01:34.53	01:34.42
	200	15:12.43	10:23.13	09:17.46	08:02.17	05:48.82									03:23.32
	400						09:29.47	09:14.87	08:15.92	07:38.31	07:20.50	09:43.46	10:21.22	07:03.45	
Medley	150	14:05.67	11:52.13	07:25.10	06:04.83										
	200					07:38.84	05:26.83	05:23.45	04:27.30	04:10.01	04:05.25	05:10.81	05:01.12	03:48.94	03:53.91