

				2023-2024	4 LCM Men S	enior Provir	cial Champi	onships - Mi	inimal Qualif	fying Standa	rd [MQS]				
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:38.57	01:44.37	01:22.69	01:13.74	00:58.91									
100	Backstroke	05:28.46	03:44.26				01:58.91	01:51.35	01:40.26	01:32.87	01:28.20	01:50.53	01:36.58	01:30.42	01:28.39
50	Breaststroke	04:52.72	04:37.72	01:18.96											
100	Breaststroke				02:45.47	02:32.32	02:03.98	02:01.12	01:50.36	01:42.87		01:59.75	01:46.64	01:41.76	01:38.22
50	Butterfly		01:16.37	01:09.37	01:02.37	00:56.85	00:48.94	00:46.05							
100	Butterfly								01:33.02	01:27.03	01:25.23	01:52.30	01:28.77	01:23.51	01:22.17
50	Freestyle	02:08.22	01:54.35	01:16.33	01:00.16	00:50.67	00:46.55	00:41.91	00:39.61	00:36.86	00:34.96	00:39.86	00:35.55	00:35.06	00:34.96
100	Freestyle	04:46.37	04:11.89	02:51.82	02:16.74	01:52.97	01:40.07	01:33.84	01:26.51	01:21.94	01:15.94	01:33.79	01:21.13	01:17.77	01:16.11
200	Freestyle	10:42.72	07:39.39	06:37.17	05:04.12	04:15.12									02:46.48
400	Freestyle						07:53.86	07:12.58	06:38.39	06:14.91	05:57.49	07:33.26	07:25.74	06:16.92	
150	Medley	14:25.46	11:52.72	06:36.16	04:25.60										
200	Medley					06:33.61	04:20.14	03:59.95	03:31.66	03:22.14	03:10.73	03:57.89	03:59.31	03:14.20	03:08.98

				2023-2024	CM Women	Senior Prov	incial Cham	pionships - I	Minimal Qua	lifying Stand	lard [MQS	1			
Distance	Stroke	S/SB/SM 1	S/SB/SM 2					•					S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:10.90	02:39.02	01:44.60	01:28.39	01:11.51									
100	Backstroke	06:21.82	05:03.70				02:12.65	02:06.09	01:55.64	01:46.75	01:42.29	02:04.72	01:54.76	01:40.23	01:42.37
50	Breaststroke	03:49.10	02:13.63	01:35.75											
100	Breaststroke				03:22.28	02:46.89	02:33.66	02:27.06	02:09.48	01:58.55		02:21.56	02:08.12	01:57.59	01:58.15
50	Butterfly			02:00.90	01:41.82	01:19.23	00:59.48	00:56.35							
100	Butterfly								01:51.89	01:41.76	01:36.87	02:00.90	01:52.02	01:42.37	01:38.80
50	Freestyle	02:45.46	01:54.22	01:53.85	01:06.98	01:03.40	00:52.90	00:50.58	00:46.13	00:41.84	00:39.80	00:47.21	00:43.40	00:39.64	00:39.64
100	Freestyle	05:56.37	04:08.18	03:35.30	02:45.46	02:12.81	01:56.74	01:49.18	01:42.47	01:30.38	01:28.36	01:45.67	01:35.27	01:30.57	01:27.35
200	Freestyle		08:54.54	07:58.22	06:53.63	04:59.23									03:09.69
400	Freestyle						08:18.29	08:05.51	07:21.65	06:57.35	06:37.28	08:20.52	09:03.57	06:50.42	
150	Medley		10:10.90	06:21.82	05:12.97										
200	Medley					06:33.61	04:45.98	04:43.02	04:16.80	03:48.57	03:38.81	04:26.63	04:23.48	03:40.26	03:40.81

				2023-2024	4 SCM Men S	Senior Provir	ncial Champi	onships - M	inimal Quali	fving Standa	rd [MQS]				
Distance	Stroke	S/SB/SM 1	S/SB/SM 2					<u> </u>		 		S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:41.74	01:46.46	01:24.34	01:15.21	01:00.09									
100	Backstroke	05:35.03	03:48.75				01:58.91	01:51.35	01:38.29	01:31.05	01:26.47	01:52.74	01:36.58	01:28.65	01:26.66
50	Breaststroke	04:58.57	04:43.27	01:20.54											
100	Breaststroke				02:48.78	02:35.37	02:03.98	02:01.12	01:48.20	01:40.85		02:02.14	01:46.64	01:39.76	01:36.29
50	Butterfly		01:17.90	01:10.76	01:03.62	00:57.99	00:48.94	00:46.05							
100	Butterfly								01:31.20	01:25.32	01:23.56	01:54.55	01:28.77	01:21.87	01:20.56
50	Freestyle	02:10.78	01:56.64	01:17.86	01:01.36	00:51.68	00:46.55	00:41.91	00:38.83	00:36.14	00:34.27	00:40.66	00:35.55	00:34.37	00:34.27
100	Freestyle	04:52.10	04:16.93	02:55.26	02:19.47	01:55.23	01:40.07	01:33.84	01:24.81	01:20.33	01:14.45	01:35.67	01:21.13	01:16.25	01:14.62
200	Freestyle	10:55.57	07:48.58	06:45.11	05:10.20	04:20.22									02:43.22
400	Freestyle						07:53.86	07:12.58	06:30.58	06:07.56	05:50.48	07:42.33	07:25.74	06:09.53	
150	Medley	14:42.77	12:06.97	06:44.08	04:30.91										
200	Medley					06:41.48	04:20.14	03:59.95	03:27.51	03:18.18	03:06.99	04:02.65	03:59.31	03:10.39	03:05.27

				2023-2024	SCM Womer	Senior Prov	incial Cham	pionships - I	Minimal Qua	lifying Stand	lard [MQS	6]			
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:14.72	02:42.20	01:46.69	01:30.16	01:12.94									
100	Backstroke	06:29.46	05:09.77				02:12.65	02:06.09	01:53.37	01:44.66	01:40.28	02:07.21	01:54.76	01:38.26	01:40.36
50	Breaststroke	03:53.68	02:16.30	01:37.67											
100	Breaststroke				03:26.33	02:50.23	02:33.66	02:27.06	02:06.94	01:56.23		02:24.39	02:08.12	01:55.28	01:55.83
50	Butterfly			02:03.32	01:43.86	01:20.81	00:59.48	00:56.35							
100	Butterfly								01:49.70	01:39.76	01:34.97	02:03.32	01:52.02	01:40.36	01:36.86
50	Freestyle	02:48.77	01:56.50	01:56.13	01:08.32	01:04.67	00:52.90	00:50.58	00:45.23	00:41.02	00:39.02	00:48.15	00:43.40	00:38.86	00:38.86
100	Freestyle	06:03.50	04:13.14	03:39.61	02:48.77	02:15.47	01:56.74	01:49.18	01:40.46	01:28.61	01:26.63	01:47.78	01:35.27	01:28.79	01:25.64
200	Freestyle		09:05.23	08:07.78	07:01.90	05:05.21									03:05.97
400	Freestyle						08:18.29	08:05.51	07:12.99	06:49.17	06:29.49	08:30.53	09:03.57	06:42.37	
150	Medley		10:23.12	06:29.46	05:19.23										
200	Medley					06:41.48	04:45.98	04:43.02	04:11.76	03:44.09	03:34.52	04:31.96	04:23.48	03:35.94	03:36.48

	2023-2024 LCM Men Senior Provincial Championships - Minimal Entry Time [MET]														
Distance	Stroke	S/SB/SM 1	S/SB/SM 2			1						S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:01.22	01:59.28	01:34.50	01:24.27	01:07.33									
100	Backstroke	06:15.39	04:16.29				02:15.90	02:07.26	01:54.59	01:46.14	01:40.80	02:06.32	01:50.37	01:43.33	01:41.02
50	Breaststroke	05:34.54	05:17.40	01:30.24											
100	Breaststroke				03:09.11	02:54.08	02:21.69	02:18.42	02:06.12	01:57.57		02:16.86	02:01.88	01:56.30	01:52.25
50	Butterfly		01:27.28	01:19.28	01:11.28	01:04.97	00:55.93	00:52.63							
100	Butterfly								01:46.31	01:39.46	01:37.41	02:08.35	01:41.45	01:35.44	01:33.91
50	Freestyle	02:26.53	02:10.69	01:27.23	01:08.76	00:57.91	00:53.20	00:47.90	00:45.27	00:42.13	00:39.96	00:45.55	00:40.63	00:40.07	00:39.96
100	Freestyle	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	01:26.79	01:47.19	01:32.72	01:28.88	01:26.98
200	Freestyle	12:14.54	08:45.02	07:33.91	05:47.56	04:51.56									03:10.26
400	Freestyle						09:01.55	08:14.37	07:35.30	07:08.47	06:48.56	08:38.01	08:29.41	07:10.76	
150	Medley	16:29.09	13:34.54	07:32.76	05:03.54										
200	Medley					07:29.84	04:57.31	04:34.23	04:01.89	03:51.01	03:37.98	04:31.87	04:33.50	03:41.94	03:35.97

	2023-2024 LCM Women Senior Provincial Championships - Minimal Entry Time [MET]															
Dis	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/SM 10 S/SB/SM 11 S/SB/SM 12 S/SB/SM 13 S/SB/SM 14															
	50	Backstroke	03:38.17	03:01.73	01:59.54	01:41.02	01:21.73									

100	Backstroke	07:16.37	05:47.09				02:31.60	02:24.10	02:12.16	02:02.00	01:56.90	02:22.54	02:11.16	01:54.55	01:56.99
50	Breaststroke	04:21.83	02:32.72	01:49.43											
100	Breaststroke				03:51.18	03:10.73	02:55.61	02:48.07	02:27.98	02:15.49		02:41.78	02:26.42	02:14.39	02:15.03
50	Butterfly			02:18.17	01:56.37	01:30.55	01:07.98	01:04.40							
100	Butterfly								02:07.87	01:56.30	01:50.71	02:18.17	02:08.03	01:56.99	01:52.92
50	Freestyle	03:09.09	02:10.53	02:10.11	01:16.55	01:12.46	01:00.45	00:57.81	00:52.72	00:47.82	00:45.48	00:53.95	00:49.60	00:45.30	00:45.30
100	Freestyle	06:47.28	04:43.63	04:06.05	03:09.09	02:31.78	02:13.41	02:04.77	01:57.11	01:43.29	01:40.98	02:00.77	01:48.88	01:43.51	01:39.83
200	Freestyle		10:10.91	09:06.53	07:52.72	05:41.98									03:36.79
400	Freestyle						09:29.47	09:14.87	08:24.74	07:56.97	07:34.04	09:32.02	10:21.22	07:49.05	
150	Medley		11:38.17	07:16.37	05:57.68										
200	Medley					07:29.84	05:26.83	05:23.45	04:53.48	04:21.22	04:10.07	05:04.72	05:01.12	04:11.73	04:12.35

	2023-2024 SCM Men Senior Provincial Championships - Minimal Entry Time [MET]														
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:04.84	02:01.67	01:36.39	01:25.96	01:08.68									
100	Backstroke	06:22.90	04:21.42				02:15.90	02:07.26	01:52.34	01:44.06	01:38.82	02:08.85	01:50.37	01:41.30	01:39.04
50	Breaststroke	05:41.23	05:23.75	01:32.04											
100	Breaststroke				03:12.89	02:57.56	02:21.69	02:18.42	02:03.65	01:55.26		02:19.60	02:01.88	01:54.02	01:50.05
50	Butterfly		01:29.03	01:20.87	01:12.71	01:06.27	00:55.93	00:52.63							
100	Butterfly								01:44.23	01:37.51	01:35.50	02:10.92	01:41.45	01:33.57	01:32.07
50	Freestyle	02:29.46	02:13.30	01:28.97	01:10.14	00:59.07	00:53.20	00:47.90	00:44.38	00:41.30	00:39.18	00:46.46	00:40.63	00:39.28	00:39.18
100	Freestyle	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	01:25.09	01:49.33	01:32.72	01:27.14	01:25.27
200	Freestyle	12:29.23	08:55.52	07:42.99	05:54.51	04:57.39									03:06.53
400	Freestyle						09:01.55	08:14.37	07:26.37	07:00.07	06:40.55	08:48.37	08:29.41	07:02.31	
150	Medley	16:48.87	13:50.83	07:41.82	05:09.61										
200	Medley					07:38.84	04:57.31	04:34.23	03:57.15	03:46.48	03:33.71	04:37.31	04:33.50	03:37.59	03:31.74

				2023-2	024 SCM W	omen Senior	Provincial C	hampionshi	ps - Minimal	Entry Time	[MET]				
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:42.53	03:05.36	02:01.93	01:43.04	01:23.36									
100	Backstroke	07:25.10	05:54.03				02:31.60	02:24.10	02:09.57	01:59.61	01:54.61	02:25.39	02:11.16	01:52.30	01:54.70
50	Breaststroke	04:27.07	02:35.77	01:51.62											
100	Breaststroke				03:55.80	03:14.54	02:55.61	02:48.07	02:25.08	02:12.83		02:45.02	02:26.42	02:11.75	02:12.38
50	Butterfly			02:20.93	01:58.70	01:32.36	01:07.98	01:04.40							
100	Butterfly								02:05.36	01:54.02	01:48.54	02:20.93	02:08.03	01:54.70	01:50.71
50	Freestyle	03:12.87	02:13.14	02:12.71	01:18.08	01:13.91	01:00.45	00:57.81	00:51.69	00:46.88	00:44.59	00:55.03	00:49.60	00:44.41	00:44.41
100	Freestyle	06:55.43	04:49.30	04:10.97	03:12.87	02:34.82	02:13.41	02:04.77	01:54.81	01:41.26	01:39.00	02:03.19	01:48.88	01:41.48	01:37.87
200	Freestyle		10:23.13	09:17.46	08:02.17	05:48.82									03:32.54
400	Freestyle						09:29.47	09:14.87	08:14.84	07:47.62	07:25.14	09:43.46	10:21.22	07:39.85	
150	Medley		11:52.13	07:25.10	06:04.83										
200	Medley					07:38.84	05:26.83	05:23.45	04:47.73	04:16.10	04:05.17	05:10.81	05:01.12	04:06.79	04:07.40