

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

2023-2024 SCM Women 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	03:42.53	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