

2008-2010 ALBERTA "A" TIME STANDARDS

GIRLS

EVENT		10 & U	11	12	13	14	15-16	Senior
50 Free	SC	36.10	33.20	31.50	30.40	29.60	29.10	28.80
	LC	36.80	33.90	32.10	31.00	30.20	29.70	29.40
100 Free	SC	1:20.90	1:13.80	1:09.00	1:06.30	1:04.50	1:03.40	1:02.50
	LC	1:22.50	1:15.30	1:10.40	1:07.60	1:05.80	1:04.70	1:03.80
200 Free	SC	2:53.80	2:38.50	2:29.40	2:24.20	2:20.60	2:17.50	2:15.60
	LC	2:57.30	2:41.70	2:32.40	2:27.10	2:23.40	2:20.20	2:18.30
400 Free	SC	6:11.70	5:37.30	5:16.80	5:03.10	4:54.00	4:49.50	4:49.50
	LC	6:19.20	5:44:00	5:23.20	5:09.20	4:59.90	4:55.30	4:55.30
800 Free	SC		11:56.60	11:09.70	10:38.50	10:17.70	10:09.00	10:09.00
	LC		12:10.90	11:23.10	10:51.30	10:30.10	10:21.20	10:21.20
1500 Free	SC		23:20.90	22:03.40	20:55.10	20:09.50	20:05.60	20:05.60
	LC		23:48.90	22:26.40	21:20.10	20:33.70	20:29.70	20:29.70
50 Back	SC	41.60	38.30	36.40	34.80	33.80	33.60	33.40
	LC	42.50	39.10	37.10	35.50	34.50	34.30	34.10
100 Back	SC	1:31.90	1:24.20	1:19.00	1:16.00	1:13.90	1:12.50	1:11.20
	LC	1:33.70	1:25.90	1:20.60	1:17.50	1:15.40	1:13.90	1:12.60
200 Back	SC	3:13.30	2:57.30	2:47.90	2:42.10	2:38.20	2:36.00	2:34.40
	LC	3:17.20	3:00.90	2:51.30	2:45.30	2:41.40	2:39.10	2:37.50
50 Breast	SC	47.00	43.00	40.70	38.80	38.00	37.80	37.60
	LC	47.90	43.90	41.50	39.60	38.80	38.60	38.40
100 Breast	SC	1:46.10	1:35.80	1:29.70	1:26.00	1:23.60	1:22.90	1:22.10
	LC	1:48.20	1:37.70	1:31.50	1:27.70	1:25.30	1:24.60	1:23.80
200 Breast	SC	3:42.40	3:22.40	3:11.30	3:04.30	2:59.70	2:58.40	2:56.60
	LC	3:46.90	3:26.50	3:15.10	3:08.00	3:03.30	3:01.90	3:00.10
50 Fly	SC	41.00	36.90	34.40	33.30	32.60	31.80	31.30
	LC	41.90	37.60	35.10	34.00	33.30	32.40	31.90
100 Fly	SC	1:41.50	1:29.50	1:21.50	1:17.00	1:14.00	1:12.20	1:11.50
	LC	1:43.50	1:31.30	1:23.10	1:18.50	1:15.50	1:13.70	1:12.90
200 Fly	SC	3:32.80	3:16.70	3:05.90	2:55.20	2:48.00	2:38.50	2:38.50
	LC	3:37.10	3:20.60	3:09.60	2:58.70	2:51.40	2:41.70	2:41.70
200 IM	SC	3:15.30	3:00.20	2:50.20	2:42.70	2:38.80	2:35.40	2:33.80
	LC	3:19.20	3:03.80	2:53.60	2:46.00	2:42.00	2:38.50	2:36.90
400 IM	SC		6:25.90	6:02.70	5:46.90	5:38.80	5:31.40	5:31.40
	LC		6:33.50	6:10.00	5:53.80	5:45.60	5:38.10	5:38.10