

## Jr. Provincial **Short Course** Standards 2005-06

EVENTS	Female					
	10 & U	11	12	13	14	15-17 & Senior
50 FR	00:33.52	00:31.78	00:30.07	00:29.36	00:28.74	00:28.19
100 FR	01:14.95	01:09.27	01:06.03	01:04.04	01:01.95	01:00.74
200 FR	02:44.17	02:32.13	02:22.50	02:17.36	02:14.27	02:10.49
400 FR	06:04.83	05:20.59	05:03.52	04:47.62	04:41.62	04:35.96
800 FR	None	11:03.62	10:28.29	09:55.37	09:42.95	09:33.07
1500 FR	None	None	None	19:10.48	18:46.48	18:33.12
100 BK	01:26.12	01:19.03	01:14.33	01:11.38	01:10.25	01:08.34
200 BK	03:05.92	02:49.71	02:39.02	02:33.04	02:30.38	02:26.72
100 BR	01:36.02	01:30.75	01:24.29	01:22.43	01:19.03	01:17.74
200 BR	None	03:13.45	03:00.58	02:55.40	02:50.69	02:47.16
100 FL	01:34.20	01:21.68	01:16.74	01:11.72	01:10.93	01:07.92
200 FL	None	03:21.83	02:58.13	02:40.16	02:38.69	02:31.68
200 IM	03:03.57	02:51.67	02:41.31	02:36.38	02:31.57	02:28.73
400 IM	None	06:14.00	05:48.72	05:30.82	05:23.35	05:15.69
<b>PREREQUISITES</b>						
400 FR	06:44.97					
IM	03:23.77					
800 FR		12:23.26	11:43.68	11:06.82	10:52.91	None
IM		03:12.27	06:30.57	06:10.52	06:02.15	None

EVENTS	Male					
	11&U	12	13	14	15	16/17 & Senior
50 FR	00:32.02	00:29.62	00:28.23	00:26.75	00:26.37	00:25.55
100 FR	1:10.67	01:05.10	01:02.01	00:58.76	00:58.08	00:55.79
200 FR	2:32.69	02:21.93	02:14.00	02:08.60	02:05.34	02:03.07
400 FR	5:24.77	05:00.39	04:45.14	04:33.77	04:29.47	04:23.26
800 FR	None	10:21.81	09:50.24	09:26.70	09:17.80	09:04.95
1500 FR	None	None	None	18:15.08	17:57.88	17:33.04
100 BK	1:20.80	01:14.75	01:10.77	01:06.79	01:06.10	01:04.04
200 BK	2:51.21	02:39.19	02:31.34	02:23.13	02:22.24	02:18.83
100 BR	1:34.35	01:24.20	01:20.44	01:16.24	01:15.51	01:13.59
200 BR	None	03:00.66	02:51.85	02:45.83	02:44.95	02:43.13
100 FL	1:25.29	01:15.96	01:10.36	01:06.00	01:05.59	01:02.41
200 FL	None	02:55.18	02:38.51	02:32.20	02:26.80	02:22.86
200 IM	2:55.19	02:40.63	02:32.16	02:26.05	02:23.41	02:18.42
400 IM	None	05:48.24	05:20.78	05:12.61	05:04.21	04:47.85
<b>PRE-REQUISITES</b>						
400 FR	06:00.50					
IM	03:14.47					
800 FR		11:36.42	11:01.07	10:34.71	10:24.74	None
IM		02:59.91	05:59.27	05:50.12	05:40.72	None