

SWIM PEI STANDARDS LONG COURSE 50 M

B	A	AA	AAA		AAA	AA	A	B
10 & UNDER GIRLS					10 & UNDER BOYS			
44.09*	39.89*	35.59*	32.79*	50 M Free	32.79*	35.49*	39.49*	43.59*
1:41.89*	1:31.09*	1:20.19*	1:12.99*	100 M Free	1:12.59*	1:19.49*	1:29.79*	1:40.19*
3:44.79*	3:20.19*	2:55.59*	2:39.09*	200 M Free	2:35.79*	2:49.89*	3:11.19*	3:32.39*
7:35.29*	6:49.79*	6:04.29*	5:33.89*	400 M Free	5:29.69*	5:59.59*	6:44.59*	7:29.49*
54.89*	48.89*	42.89*	38.89*	50 M Back	38.89*	42.99*	49.19*	55.29*
1:59.19*	1:45.99*	1:32.69*	1:23.89*	100 M Back	1:22.89*	1:30.89*	1:42.99*	1:54.99*
1:00.49*	53.99*	47.49*	43.09*	50 M Breast	42.69*	46.99*	53.29*	59.69*
2:15.89*	2:00.79*	1:45.69*	1:35.69*	100 M Breast	1:35.09*	1:44.19*	1:57.69*	2:11.29*
53.59*	47.29*	40.99*	36.69*	50 M Fly	36.29*	40.19*	45.99*	51.79*
2:09.19*	1:52.29*	1:35.39*	1:24.09*	100 M Fly	1:23.39*	1:34.29*	1:50.59*	2:06.89*
4:09.39*	3:43.19*	3:17.09*	2:59.59*	200 M IM	2:57.39*	3:14.29*	3:39.59*	4:04.89*
11 YEAR OLD GIRLS					11 YEAR OLD BOYS			
39.69*	36.87*	34.19*	31.39*	50 M Free	31.39*	35.32	37.09*	39.89*
1:27.09*	1:20.63*	1:14.69*	1:08.49*	100 M Free	1:08.49*	1:17.24	1:20.99*	1:27.19*
3:10.19*	2:55.13*	2:43.09*	2:29.49*	200 M Free	2:29.09	2:50.39	2:56.19	3:09.79
6:40.19*	6:10.59*	5:43.09*	5:14.49*	400 M Free	5:13.99*	6:04.19	6:11.09*	6:39.59*
14:07.59	12:51.5	12:06.49	11:05.89*	800 M Free	11:03.29*	12:46.00	13:03.89*	14:04.19*
27:17.49	25:20.59	23:23.59	21:26.59	1500 M Free	21:20.29*	24:08.35	25:12.99*	27:09.39*
45.99*	42.69*	39.39*	36.09*	50 M Back	36.49*	41.92	43.79*	47.39*
1:43.39*	1:32.29*	1:27.19*	1:18.99*	100 M Back	1:18.79*	1:29.53	1:34.99*	1:43.19*
3:35.09*	3:19.38*	3:04.39*	2:49.09*	200 M Back	2:48.69	3:16.39	3:19.29	3:34.69
51.89*	48.19*	44.49*	40.79*	50 M Breast	40.59*	46.58	48.89*	53.09*
1:54.59*	1:44.19*	1:37.69*	1:29.19*	100 M Breast	1:28.99*	1:41.04	1:46.59*	1:55.39*
4:04.79*	3:45.29*	3:29.79*	3:12.39*	200 M Breast	3:10.79*	3:39.94	3:45.49*	4:02.89*
43.09*	39.99*	36.89*	33.89*	50 M Fly	34.59*	38.81	41.79*	45.49*
1:41.09*	1:31.5*	1:24.89*	1:16.89*	100 M Fly	1:17.09*	1:26.94	1:33.89*	1:42.39*
3:37.69*	3:22.09*	3:06.59*	2:50.99*	200 M Fly	2:49.79*	3:17.43	3:20.69*	3:36.09*
3:35.09*	3:19.69*	3:04.39*	2:48.99*	200 M IM	2:49.59*	3:13.67	3:22.49*	3:38.89*
7:39.79*	7:05.99*	6:34.19*	6:01.29*	400 M IM	6:03.09*	6:52.97	7:09.09*	7:42.09*
12 YEAR OLD GIRLS					12 YEAR OLD BOYS			
38.59*	35.4	33.19*	30.59*	50 M Free	29.39*	32.09*	33.91	37.39*
1:24.59*	01:17.4	1:12.49*	1:06.49*	100 M Free	1:03.99*	1:09.89*	1:14.15	1:21.49*
3:02.89*	02:48.1	2:36.79*	2:23.79*	200 M Free	2:19.49*	2:32.19*	2:43.57	2:57.59*
6:23.89	05:55.5	5:29.09	5:01.69	400 M Free	4:55.09	5:21.89	5:49.62	6:15.49
13:27.59*	12:19.89*	11:32.19*	10:34.59*	800 M Free	10:23.69*	11:20.39*	12:15.51	13:13.79*
25:49.99	23:59.29	22:08.59	20:17.89	1500 M Free	19:51.69*	21:39.99*	23:10.42	25:16.69*
44.39*	41.19*	37.99*	34.89*	50 M Back	34.09*	37.49*	40.24	44.19*
1:38.79*	01:29.2	1:23.19*	1:15.49	100 M Back	1:13.39*	1:20.89*	1:25.95	1:35.99*
3:24.79*	03:11.4	2:55.59*	2:40.89*	200 M Back	2:36.89*	2:51.09*	3:08.54	3:19.69*
48.99*	45.49*	41.99*	38.49*	50 M Breast	37.69*	41.59*	44.71	49.29*
1:48.69*	01:40.2	1:32.69*	1:24.59*	100 M Breast	1:22.09*	1:30.19*	1:37.00	1:46.39*
3:52.19*	3:35.59*	3:18.99*	3:02.49*	200 M Breast	2:56.59*	3:12.59*	3:31.14	3:44.69*
41.39*	38.49*	35.49*	32.59*	50 M Fly	31.99*	35.29*	37.26	41.99*
1:36.19*	1:27.49*	1:20.79*	1:13.19*	100 M Fly	1:10.89*	1:18.59*	1:23.46	1:33.99*
3:23.99*	3:09.49*	2:54.89*	2:40.29*	200 M Fly	2:38.09*	2:52.39*	3:09.53	3:21.19*
3:26.89*	3:12.09*	2:57.39*	2:42.59*	200 M IM	2:38.29*	2:53.69*	3:05.93	3:24.39*
7:20.09*	6:48.69*	6:17.29*	5:45.79*	400 M IM	5:37.99*	6:08.69*	6:36.45	7:10.19*
13 YEAR OLD GIRLS					13 YEAR OLD BOYS			
37.99*	34.66	32.59*	29.19*	50 M Free	28.19*	30.69*	33.20*	35.79*
1:22.69*	01:15.8	1:10.89*	01:03.65*	100 M Free	1:01.29*	1:06.89*	1:12.39*	1:17.99*
2:58.39*	02:44.6	2:32.99*	2:18.40*	200 M Free	2:14.19*	2:26.39*	2:38.59*	2:50.79*
6:14.19	5:47.39*	5:25.69*	4:53.22*	400 M Free	4:43.49*	5:09.29*	5:35.09*	6:00.89*
12:52.59*	11:57.39*	11:22.19*	10:10.31*	800 M Free	9:50.29*	10:43.99*	11:37.59*	12:31.29*
24:45.79	23:30.7	21:43.6	20:08.17*	1500 M Free	18:41.39*	20:23.29*	22:05.29*	23:47.19*
1:32.79*	1:26.09*	1:19.49*	1:12.42*	100 M Back	1:09.09*	1:15.39*	1:21.69*	1:27.89*
3:19.19	3:04.89	2:50.69	2:36.03*	200 M Back	2:29.09*	2:42.69*	2:56.19*	3:09.79*
1:44.29*	1:36.89*	1:29.39*	1:21.97*	100 M Breast	1:16.99*	1:23.99*	1:30.99*	1:37.99*
3:45.09*	3:29.09*	3:12.99*	2:57.51*	200 M Breast	2:45.79*	3:00.79*	3:15.89*	3:30.99*
1:29.59*	1:23.19*	1:16.89*	1:10.30*	100 M Fly	1:06.49*	1:12.49*	1:18.59*	1:24.59*
3:17.89*	3:03.69*	2:49.59*	2:40.18*	200 M Fly	2:29.39*	2:42.89*	2:56.49*	3:10.09*
3:21.39*	3:06.99*	2:52.59*	2:36.78*	200 M IM	2:30.09*	2:43.79*	2:57.39*	3:11.09*
7:07.09*	6:36.59*	6:16.09*	5:33.79*	400 M IM	5:21.19*	5:50.39*	6:19.49*	6:48.69*

B	A	AA	AAA		AAA	AA	A	B
14 YEAR OLD GIRLS				14 YEAR OLD BOYS				
37.29	33:92	31.99	28.66*	50 M Free	26.81*	29.59*	32.49	34.49*
1:21.29	1:14.18	1:09.69	1:02.08*	100 M Free	58.41*	1:04.59*	1:11.06	1:15.39*
2:55.09*	2:41.12	2:29.93	2:14.81*	200 M Free	2:08.09*	2:25.21	2:36.76	2:44.39*
6:07.79	5:40.97	5:18.06	4:46.35*	400 M Free	4:34.10*	5:10.88	5:35.06	5:48.09*
12:35.99	11:49.78	11:00.02	9:55.60*	800 M Free	9:32.09*	10:40.51	11:44.87	12:05.89
24:06.39	23:20.70	21:31.75	19:28.20*	1500 M Free	18:22.36*	20:46.86	22:12.48	23:06.49
1:30.19	1:25.44	1:17.29	1:10.26*	100 M Back	1:06.48*	1:12.39	1:22.37	1:24.49
3:14.39	3:03.43	2:46.59	2:31.83*	200 M Back	2:24.73*	2:36.69	3:00.68	3:02.79
1:42.59	1:36.02	1:27.89	1:19.98*	100 M Breast	1:15.23*	1:21.29	1:32.96	1:34.89
3:41.59	3:27.46	3:09.89	2:52.64*	200 M Breast	2:44.66*	2:56.59	3:22.34	3:25.99
1:27.39	1:24.18	1:14.89	1:08.40*	100 M Fly	1:04.07*	1:09.69	1:19.98	1:21.29
3:14.29	3:11.13	2:46.49	2:34.91*	200 M Fly	2:26.40*	2:36.09	3:01.63	3:02.09
3:17.69	3:04.23	2:50.36	2:32.98*	200 M IM	2:25.17*	2:44.28	2:58.18	3:05.39
6:58.69	6:32.61	6:03.91	5:26.64*	400 M IM	5:11.94*	5:54.06	6:19.93	6:32.79
15 YEAR OLD GIRLS				15 YEAR OLD BOYS				
36.89*	33.19*	31.16*	28.46*	50 M Free	26.18*	28.84	31.79	33.79*
1:19.99*	1:12.56*	1:07.39*	1:01.56*	100 M Free	56.84*	1:02.52	1:09.51	1:13.79*
2:52.49*	2:37.61*	2:25.86*	2:13.30*	200 M Free	2:04.64*	2:16.71	2:33.35	2:39.79*
6:02.99*	5:33.56*	5:09.33*	4:43.50*	400 M Free	4:26.86*	4:53.22	5:27.77	5:39.79*
12:28.99*	11:34.35*	10:41.94*	9:47.25*	800 M Free	9:19.91*	10:02.45	11:29.54	11:50.69*
24:00.79*	22:50.25*	20:58.83*	19:10.16*	1500 M Free	17:54.42*	19:35.08	21:43.52	22:35.39*
1:28.59*	1:23.59*	1:15.83*	1:09.29*	100 M Back	1:04.70*	1:11.25	1:20.57	1:22.09*
3:10.89*	2:59.44*	2:43.86*	2:29.66*	200 M Back	2:20.90*	2:34.93	2:56.75	2:57.39*
1:40.79*	1:33.94*	1:27.36*	1:19.44*	100 M Breast	1:13.00*	1:20.84	1:30.94	1:32.39*
3:39.39*	3:22.95*	3:07.69*	2:51.40*	200 M Breast	2:39.64*	2:56.04	3:17.94	3:20.19*
1:26.79*	1:22.35*	1:14.11*	1:07.51*	100 M Fly	1:02.06*	1:08.49	1:18.25	1:18.59*
3:10.89*	3:06.98*	2:45.44*	2:32.94*	200 M Fly	2:21.40*	2:35.75	2:57.68	2:56.29*
3:15.09*	3:00.22*	2:46.03*	2:31.76*	200 M IM	2:21.50*	2:35.76	2:54.31	3:00.39*
6:53.29*	6:24.08*	5:52.62*	5:22.08*	400 M IM	5:03.33*	5:33.09	6:11.67	6:22.19*
16 YEAR OLD GIRLS				16 YEAR OLD BOYS				
36.59*	32.45*	30.02*	27.95*	50 M Free	25.79*	28.09*	31.08*	33.29*
1:19.69*	1:10.95*	1:04.62*	1:00.27*	100 M Free	56.00*	1:00.95*	1:07.97*	1:12.79*
2:51.79*	2:34.11*	2:19.63*	2:10.35*	200 M Free	2:02.45*	2:13.13*	2:29.94*	2:37.59*
6:00.39*	5:26.15*	4:57.03*	4:37.33*	400 M Free	4:22.00*	4:44.58*	5:20.49*	5:33.89*
12:23.29*	11:18.92*	10:14.24*	9:33.81*	800 M Free	9:11.24*	9:51.60*	11:14.22*	11:42.19
23:47.39*	22:19.80*	20:06.90*	18:35.18*	1500 M Free	17:38.13*	19:10.70*	21:14.55*	22:20.89*
1:28.29*	1:21.73*	1:12.71*	1:07.85*	100 M Back	1:03.58*	1:09.41*	1:18.78*	1:20.69*
3:09.59*	2:55.45*	2:37.20*	2:26.42*	200 M Back	2:18.47*	2:30.43*	2:52.82*	2:53.79*
1:40.39*	1:31.85*	1:23.06*	1:17.41*	100 M Breast	1:11.66*	1:18.54*	1:28.92*	1:30.39*
3:36.59*	3:18.44*	2:59.06*	2:46.39*	200 M Breast	2:36.85*	2:51.48*	3:13.54*	3:16.99*
1:25.59*	1:20.52*	1:10.95*	1:05.98*	100 M Fly	1:01.00*	1:06.53*	1:16.51*	1:17.59*
3:09.69*	3:02.82*	2:38.36*	2:27.73*	200 M Fly	2:18.39*	2:30.45*	2:53.74*	2:52.69*
3:13.39*	2:56.22*	2:38.87*	2:28.13*	200 M IM	2:19.03*	2:31.34*	2:50.43*	2:56.79*
6:48.99*	6:15.54*	5:38.91*	5:15.28*	400 M IM	4:58.77*	5:24.47*	6:03.51*	6:15.49*
17+ YEAR OLD GIRLS				17+ YEAR OLD BOYS				
36.49*	31.29*	29.99*	27.39*	50 M Free	25.05*	27.19*	30.59*	32.89*
1:19.19*	1:07.89*	1:05.09*	59.39*	100 M Free	54.87*	58.89*	1:06.59*	1:11.69*
2:50.69*	2:26.29*	2:20.19*	2:07.99*	200 M Free	1:58.84*	2:08.43*	2:25.89*	2:37.09*
05:59.7*	5:08.29*	4:44.49*	4:29.79*	400 M Free	4:15.64*	4:35.87*	5:10.49*	5:34.39*
12:21.39*	10:35.49*	10:09.09*	9:16.09*	800 M Free	9:05.03*	9:42.52*	10:46.39*	11:36.19*
23:53.19*	20:28.49*	19:37.29*	17:54.89*	1500 M Free	17:09.05*	18:35.48*	20:32.49*	22:07.29*
1:28.09*	1:15.49*	1:12.39*	1:06.09*	100 M Back	1:01.49*	1:06.92*	1:13.99*	1:19.69*
3:09.59*	2:42.49*	2:35.69*	2:22.19*	200 M Back	2:14.32*	2:25.83*	2:39.89*	2:52.19*
1:39.99*	1:25.69*	1:22.09*	1:14.99*	100 M Breast	1:09.74*	1:16.00*	1:23.49*	1:29.99*
3:36.79*	3:05.79*	2:58.09*	2:42.59*	200 M Breast	2:32.04*	2:45.86*	3:01.59*	3:15.49*
1:25.39*	1:13.19*	1:10.19*	1:04.09*	100 M Fly	59.19*	1:04.20*	1:11.49*	1:16.99*
03:07.02*	2:40.49*	2:33.79*	2:20.39*	200 M Fly	2:13.50*	2:24.34*	2:38.89*	2:51.19*
3:12.59*	2:45.09*	2:38.19*	2:24.49*	200 M IM	2:14.85*	2:25.74*	2:42.99*	2:55.59*
6:48.29*	5:49.89*	5:35.39*	5:06.19*	400 M IM	4:50.33*	5:14.43*	5:46.39*	6:12.99*

