

**SWIM PEI STANDARDS LONG COURSE 50 M**

B	A	AA	AAA	AAAA		AAAA	AAA	AA	A	B
<b>11 YEAR OLD GIRLS</b>						<b>11 YEAR OLD BOYS</b>				
40.80	37.44	35.39	33.27		50 M Free		32.75	34.22	36.00	41.20
1:29.10	1:22.56	1:18.92	1:12.71		100 M Free		1:11.39	1:15.62	1:19.20	1:30.00
3:26.00	3:00.48	2:51.92	2:47.85		200 M Free		2:42.00	2:44.09	2:51.84	3:32.00
7:08.00	6:18.24	6:01.76	5:49.53		400 M Free		5:44.91	5:53.76	6:10.56	7:16.00
14:24.00	13:07.20	12:33.76	11:40.77		800 M Free		11:44.17	12:25.28	12:59.52	15:04.00
27:44.00	26:14.40	25:13.92	22:19.00		1500 M Free		22:26.46	24:04.16	25:05.28	27:44.00
48.00	43.92	41.47	34.83		50 M Back		33:07	39.16	41.76	48.80
1:48.00	1:33.60	1:28.30	1:20.06		100 M Back		1:18.08	1:26.30	1:30.72	1:48.90
3:50.00	3:26.4	3:17.68	3:05.1		200 M Back		3:03.04	3:04.24	3:15.84	3:56.00
55.60	48.48	45.59	38.09		50 M Breast		35.97	42.75	45.84	57.60
1:55.20	1:46.56	1:41.42	1:29.44		100 M Breast		1:25.86	1:40.74	1:44.64	1:57.90
4:24.00	3:49.44	3:37.6	3:23.26		200 M Breast		3:22.25	3:40.52	3:48.48	4:26.00
50.00	40.80	38.26	32.49		50 M Fly		30.38	37.01	39.12	50.00
1:49.80	1:32.16	1:26.66	1:17.31		100 M Fly		1:14.95	1:25.80	1:29.28	1:49.8
4:02.00	3:28.32	3:16.56	2:59.55		200 M Fly		2:59.24	3:15.16	3:32.52	4:04.00
4:08.00	3:24.48	3:14.60	3:06.39		200 M IM		3:00.23	3:07.48	3:17.76	4:16.00
8:20.00	7:13.92	6:54.16	6:32.97		400 M IM		6:21.51	6:58.96	7:12.00	8:48.00
<b>12 YEAR OLD GIRLS</b>						<b>12 YEAR OLD BOYS</b>				
40.00	36.24	34.64	33.27		50 M Free		32.75	33.27	34.80	40.00
1:25.50	1:19.68	1:16.66	1:12.71		100 M Free		1:11.39	1:13.26	1:16.32	1:26.40
3:18.00	2:53.76	2:47.85	2:46.72		200 M Free		2:37.52	2:44.09	2:46.08	3:20.00
6:52.00	6:06.72	5:51.76	5:49.53		400 M Free		5:42.56	5:44.91	5:59.04	6:56.00
14:00.00	12:40.32	12:10.72	11:40.77		800 M Free		11:44.17	11:58.08	12:32.64	14:24.00
26:40.00	25:12.96	24:15.04	22:19.00		1500 M Free		22:26.46	23:14.24	24:03.84	26:24.00
47.20	42.48	40.49	34.83		50 M Back		33:07	38.30	40.56	48.00
1:42.60	1:30.72	1:25.84	1:20.06		100 M Back		1:18.08	1:23.36	1:27.36	1:42.60
3:42.00	3:17.76	3:10.52	3:05.1		200 M Back		2:58.88	3:03.04	3:10.08	3:48.00
54.00	47.04	44.66	38.09		50 M Breast		35.97	41.74	44.64	54.40
1:51.60	1:42.72	1:38.56	1:29.44		100 M Breast		1:25.86	1:36.76	1:40.80	1:53.40
4:10.10	3:41.76	3:31.56	3:23.26		200 M Breast		3:22.25	3:31.52	3:38.88	4:04.00
47.20	39.60	37.49	32.49		50 M Fly		30.38	36.03	37.92	47.20
1:44.40	1:29.28	1:24.12	1:17.31		100 M Fly		1:14.95	1:22.36	1:25.92	1:43.50
3:52.00	3:21.60	3:10.04	2:59.55		200 M Fly		2:59.24	3:06.72	3:14.88	3:52.00
3:58.00	3:17.76	3:08.88	3:06.39		200 M IM		3:00.23	3:01.48	3:11.04	4:06.00
7:56.00	7:00.48	6:41.92	6:32.97		400 M IM		6:21.51	6:41.60	6:54.72	8:16.00
<b>13 YEAR OLD GIRLS</b>						<b>13 YEAR OLD BOYS</b>				
38.80	35.28	33:94	33.27	26.79	50 M Free	23.97	32.75	32.38	33.60	38.00
1:22.80	1:17.28	1:14.66	1:12.71	57.51	100 M Free	52.09	1:11.12	1:11.39	1:13.44	1:22.80
3:02.00	2:48.00	2:42.04	2:36.73	2:05.24	200 M Free	1:54.67	2:32.78	2:33.48	2:41.28	3:02.00
6:32.00	5:55.20	5:42.88	5:27.17	4:27.80	400 M Free	4:05.53	5:21.50	5:32.48	5:47.52	6:32.00
13:36.00	12:17.28	11:50.56	11:01.91	9:17.51	800 M Free	8:36.55	10:57.31	11:35.04	12:05.76	13:36.00
25:36.00	24:19.20	23:24.16	21:04.76	17:56.94	1500 M Free	16:28.56	20:56.83	22:29.76	23:10.08	25:36.00
45.20	41.28	39.60	34.83	30.77	50 M Back	27.95	33:07	37.46	39.36	44.40
1:38.10	1:27.84	1:23.56	1:20.06	1:04.86	100 M Back	58.87	1:18.08	1:20.72	1:24.48	1:35.40
3:32.00	3:10.08	3:04.12	2:52.09	2:21.00	200 M Back	2:09.76	2:49.09	2:54.08	3:03.36	3:26.00
50.80	45.60	43.78	38.09	34.01	50 M Breast	30.45	35.97	40.77	43.20	49.60
1:48.00	1:39.84	1:35.98	1:29.44	1:13.66	100 M Breast	1:06.04	1:25.86	1:33.18	1:36.48	1:45.30
4:00.00	3:34.08	3:26.08	3:10.68	2:39.93	200 M Breast	2:24.83	3:08.33	3:23.56	3:31.20	3:48.00
45.20	38.40	36.76	32.49	28.59	50 M Fly	25.93	30.38	35.11	36.72	44.40
1:39.00	1:25.92	1:21.80	1:17.31	1:02.98	100 M Fly	56.25	1:14.95	1:19.30	1:22.56	1:36.30
3:40.00	3:13.92	3:04.28	2:48.75	2:22.25	200 M Fly	2:08.32	2:46.64	2:59.32	3:07.20	3:36.00
3:34.00	3:11.04	3:03.72	2:54.78	2:22.34	200 M IM	2:10.91	2:48.62	2:56.12	3:03.36	3:40.00
7:32.00	6:47.04	6:30.96	6:08.76	5:06.09	400 M IM	4:40.74	5:57.50	6:26.48	6:37.44	7:44.00
<b>14 YEAR OLD GIRLS</b>						<b>14 YEAR OLD BOYS</b>				
37.6	34.32	33.29	31.99	26.79	50 M Free	23.97	30.23	31.58	32.64	36.40
01:21.0	1:14.40	1:12.84	1:09.16	57.51	100 M Free	52.09	1:06.18	1:09.20	1:11.52	1:20.10

02:56.0	2:43.20	2:37.92	2:29.93	2:05.24	200 M Free	1:54.67	2:24.51	2:29.84	2:35.52	2:56.00
06:12.0	5:43.68	5:34.88	5:15.26	4:27.80	400 M Free	4:05.53	5:04.45	5:23.68	5:34.08	6:16.00
13:12.00	11:54.24	11:32.80	10:43.66	9:17.51	800 M Free	8:36.55	10:23.30	11:15.68	11:38.88	13:04.00
24:32.00	23:25.44	22:40.32	20:29.90	17:56.94	1500 M Free	16:28.56	19:51.81	21:51.04	22:24.00	24:16.00
43.60	39.84	38.79	34.83	30.77	50 M Back	27.95	33:07	36.68	38.16	42.80
1:32.7	1:24.48	1:21.54	1:17.08	1:04.86	100 M Back	58.87	1:13.83	1:18.38	1:21.60	1:30.90
3:26.00	3:04.32	2:58.48	2:45.93	2:21.00	200 M Back	2:09.76	2:38.68	2:49.76	2:57.60	3:18.00
48.40	44.40	42.96	38.09	34.01	50 M Breast	30.45	35.97	39.88	42.00	46.80
1:44.4	1:36.48	1:33.66	1:26.09	1:13.66	100 M Breast	1:06.04	1:21.60	1:30.02	1:33.12	1:39.90
3:52.00	3:28.32	3:21.12	3:04.15	2:39.93	200 M Breast	2:24.83	2:58.15	3:16.52	3:22.56	3:40.00
41.60	37.44	36.08	32.49	28.59	50 M Fly	25.93	30.38	34.27	35.52	39.6
1:34.50	1:23.04	1:19.70	1:14.85	1:02.98	100 M Fly	56.25	1:10.84	1:16.58	1:19.68	1:29.10
3:30.00	3:08.16	2:59.20	2:43.28	2:22.25	200 M Fly	2:08.32	2:37.38	2:52.88	2:59.52	3:22.00
3:22.00	3:05.28	2:59.16	2:48.73	2:22.34	200 M IM	2:10.91	2:40.28	2:51.36	2:57.60	3:24.00
7:08.00	6:33.60	6:21.20	5:56.26	5:06.09	400 M IM	4:40.74	5:40.33	6:13.52	6:24.00	7:12.00
<b>15 YEAR OLD GIRLS</b>						<b>15 YEAR OLD BOYS</b>				
36.00	33.60	32.66	30.94	26.79	50 M Free	23.97	28.84	30.79	31.68	35.20
1:18.30	1:13.44	1:11.2	1:06.92	57.51	100 M Free	52.09	1:02.51	1:07.34	1:09.60	1:16.50
2:52.00	2:38.40	2:34.24	2:24.83	2:05.24	200 M Free	1:54.67	2:16.71	2:26.28	2:31.68	2:42.00
5:56.00	5:36.00	5:27.76	5:03.49	4:27.80	400 M Free	4:05.53	4:50.68	5:15.28	5:26.40	5:44.00
12:24.00	11:38.88	11:17.60	10:23.41	9:17.51	800 M Free	8:36.55	10:02.50	10:58.24	11:23.52	12:00.00
23:28.00	22:47.04	22:03.20	19:51.18	17:56.94	1500 M Free	16:28.56	18:59.48	21:14.24	21:45.60	22:56.00
42.00	39.12	38.02	34.83	30.77	50 M Back	27.95	33:07	35.86	37.44	40.80
1:29.10	1:23.04	1:19.72	1:14.12	1:04.86	100 M Back	58.87	1:10.38	1:16.14	1:19.68	1:27.30
3:16.00	2:59.52	2:53.52	2:39.77	2:21.00	200 M Back	2:09.76	2:30.15	2:45.60	2:53.76	3:06.00
46.80	43.44	42.18	38.09	34.01	50 M Breast	30.45	35.97	38.96	41.04	45.60
1:42.60	1:34.08	1:31.58	1:22.81	1:13.66	100 M Breast	1:06.04	1:18.21	1:27.02	1:30.24	1:37.20
3:46.00	3:22.56	3:16.68	2:57.65	2:39.93	200 M Breast	2:24.83	2:49.92	3:09.92	3:17.76	3:28.00
39.60	36.72	35.43	32.49	28.59	50 M Fly	25.93	30.38	33.44	34.56	38.00
1:28.20	1:21.12	1:17.84	1:12.20	1:02.98	100 M Fly	56.25	1:07.50	1:14.06	1:17.28	1:25.50
3:18.00	3:03.36	2:54.76	2:37.54	2:22.25	200 M Fly	2:08.32	2:29.87	2:47.00	2:54.72	3:12.00
3:10.00	3:00.48	2:55.08	2:42.55	2:22.34	200 M IM	2:10.91	2:33.6	2:46.80	2:52.80	3:12.00
6:52.00	6:24.00	6:12.64	5:42.32	5:06.09	400 M IM	4:40.74	5:26.64	6:01.60	6:12.48	6:48
<b>16 YEAR OLD GIRLS</b>						<b>16 YEAR OLD BOYS</b>				
34.80	32.88	32.09	30.02	26.79	50 M Free	23.97	28.09	30.06	30.96	32.00
1:15.60	1:11.52	1:09.76	59.99*	57.51	100 M Free	52.09	1:00.95	1:05.66	1:07.68	1:12.00
2:46.00	2:35.52	2:31.00	2:19.63	2:05.24	200 M Free	1:54.67	2:13.13	2:23.16	2:28.80	2:36.00
5:48.00	5:28.32	5:21.52	4:57.03	4:27.80	400 M Free	4:05.53	4:42.73	5:07.92	5:18.72	5:32.00
11:44.00	11:23.52	11:04.48	10:14.24	9:17.51	800 M Free	8:36.55	9:40.63	10:43.84	11:08.16	11:36.00
22:56.00	22:16.32	21:31.84	19:34.56	17:56.94	1500 M Free	16:28.56	18:30.21	20:42.56	21:14.88	21:52.00
40.4	38.40	37.35	34.19	30.77	50 M Back	27.95	31.93	35.10	36.48	38.40
1:27.30	1:21.12	1:18.08	1:12.71	1:04.86	100 M Back	58.87	1:07.95	1:14.16	1:17.76	1:21.90
3:06.00	2:54.72	2:49.24	2:36.88	2:21.00	200 M Back	2:09.76	2:25.31	2:41.96	2:48.96	2:58.00
46.00	42.72	41.46	37.40	34.01	50 M Breast	30.45	34.93	38.11	40.08	43.60
1:39.90	1:32.64	1:29.70	1:21.29	1:13.66	100 M Breast	1:06.04	1:15.92	1:24.38	1:27.84	1:30.90
3:40.00	3:18.72	3:12.68	2:54.80	2:39.93	200 M Breast	2:24.83	2:44.99	3:04.20	3:11.04	3:18.00
38.80	35.76	34.83	31.89	28.59	50 M Fly	25.93	29.31	32.67	33.84	36.80
1:26.40	1:19.68	1:16.16	1:10.86	1:02.98	100 M Fly	56.25	1:05.15	1:11.84	1:15.36	1:20.10
3:12.00	2:59.52	2:50.92	2:34.81	2:22.25	200 M Fly	2:08.32	2:25.49	2:41.96	2:49.92	3:02.00
3:08.00	2:56.64	2:51.52	2:38.87	2:22.34	200 M IM	2:10.91	2:29.09	2:42.84	2:48.96	3:04.00
6:40.00	6:16.32	6:05.04	5:37.20	5:06.09	400 M IM	4:40.74	5:18.90	5:51.52	6:02.88	6:32.00
<b>17+ YEAR OLD GIRLS</b>						<b>17+ YEAR OLD BOYS</b>				
34.80	32.88	32.09	29.70	26.79	50 M Free	23.97	27.19	30.06	30.96	32.00
1:15.60	1:11.52	1:09.76	1:03.92	57.51	100 M Free	52.09	58.89	1:05.66	1:07.68	1:12.00
2:46.00	2:35.52	2:31.00	2:18.12	2:05.24	200 M Free	1:54.67	2:08.43	2:23.16	2:28.80	2:36.00
5:48.00	5:28.32	5:21.52	4:53.82	4:27.80	400 M Free	4:05.53	4:35.87	5:07.92	5:18.72	5:32.00
11:44.00	11:23.52	11:04.48	10:07.6	9:17.51	800 M Free	8:36.55	9:28.93	10:43.84	11:08.16	11:36.00
22:56.00	22:16.32	21:31.84	19:23.38	17:56.94	1500 M Free	16:28.56	18:07.86	20:42.56	21:14.88	21:52.00
40.4	38.40	37.35	33.77	30.77	50 M Back	27.95	31.09	35.10	36.48	38.40
1:27.30	1:21.12	1:18.08	1:11.84	1:04.86	100 M Back	58.87	1:06.15	1:14.16	1:17.76	1:21.90
3:06.00	2:54.72	2:49.24	2:35.05	2:21.00	200 M Back	2:09.76	2:21.91	2:41.96	2:48.96	2:58.00
46.00	42.72	41.46	36.98	34.01	50 M Breast	30.45	34.08	38.11	40.08	43.60

1:39.90	1:32.64	1:29.70	1:20.39	1:13.66	100 M Breast	1:06.04	1:14.08	1:24.38	1:27.84	1:30.90
3:40.00	3:18.72	3:12.68	2:53.11	2:39.93	200 M Breast	2:24.83	2:40.97	3:04.20	3:11.04	3:18.00
38.80	35.76	34.83	31.44	28.59	50 M Fly	25.93	28.55	32.67	33.84	36.80
1:26.40	1:19.68	1:16.16	1:09.87	1:02.98	100 M Fly	56.25	1:03.44	1:11.84	1:15.36	1:20.10
3:12.00	2:59.52	2:50.92	2:32.97	2:22.25	200 M Fly	2:08.32	2:22.07	2:41.96	2:49.92	3:02.00
3:08.00	2:56.64	2:51.52	2:37.16	2:22.34	200 M IM	2:10.91	2:25.61	2:42.84	2:48.96	3:04.00
6:40.00	6:16.32	6:05.04	5:33.05	5:06.09	400 M IM	4:40.74	5:12.59	5:51.52	6:02.88	6:32.00