



## 2016-17 Nova Scotia Short Course PARA Provincial Qualifying Standards

Male	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	3:26.45	2:09.03	1:43.22	1:30.32	1:09.57	0:56.93	0:44.63	0:43.39	0:39.68	0:38.43	0:49.59	0:43.39	0:39.68	0:39.68
100 Free	6:19.50	4:30.96	3:52.25	3:13.54	2:31.80	2:00.17	1:49.68	1:43.22	1:30.32	1:25.16	1:39.18	1:32.98	1:26.78	1:26.78
200 Free	12:39.00	8:59.58	6:55.24	6:27.09	5:54.20									3:04.83
400 Free					12:11.40	8:51.30	8:36.12	8:23.22	7:44.51	7:31.60	8:40.67	7:51.09	7:29.67	
50 Back	3:22.40	2:34.84	2:09.03	1:43.22	1:15.90									
100 Back						2:19.15	2:09.03	2:02.58	1:43.22	1:39.70	2:16.37	2:03.97	1:51.57	1:39.18
50 Breast	4:10.70	2:34.84	2:09.03											
100 Breast				3:00.64	2:50.78	2:44.45	2:34.84	2:09.03	1:50.96		2:28.76	2:03.97	1:51.57	1:46.62
50 Fly	2:31.80	2:21.93	1:56.13	1:43.22	1:28.55	1:09.57	0:58.06							
100 Fly								2:02.58	1:43.22	1:36.19	2:03.97	1:45.37	1:39.18	1:39.18
150 IM	7:35.40	7:05.80	6:27.09	5:09.67										
200 IM					6:19.50	5:03.60	4:30.96	4:18.06	3:52.25	3:39.35	4:32.73	4:07.94	3:43.15	3:43.15
Female	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	4:15.71	2:46.57	2:21.93	1:43.22	1:28.55	1:09.57	0:55.79	0:50.83	0:44.63	0:43.39	0:55.79	0:54.67	0:44.63	0:44.63
100 Free	7:44.51	5:35.48	4:43.87	3:39.35	3:09.75	2:19.15	1:57.77	1:51.57	1:39.18	1:32.98	2:03.97	2:01.49	1:45.37	1:39.18
200 Free	15:05.56	10:04.09	8:59.58	7:48.03	6:19.50									3:29.62
400 Free						10:04.90	9:17.86	9:05.47	8:03.48	7:38.69	9:17.86	9:06.71	8:15.88	
50 Back	3:52.25	2:47.74	2:34.84	1:56.13	1:41.20									
100 Back						2:44.45	2:28.76	2:16.37	2:03.97	1:51.57	2:28.76	2:25.79	2:03.97	2:03.97
50 Breast	4:30.96	3:26.45	2:34.84											
100 Breast				3:52.25	3:35.05	3:22.40	2:53.56	2:28.76	2:16.37		2:53.56	2:50.08	2:16.37	2:16.37
50 Fly	3:13.54	3:00.64	2:34.84	2:21.93	2:06.50	1:34.87	1:14.38							
100 Fly								2:28.76	2:16.37	2:03.97	2:28.76	2:25.79	2:03.97	2:16.37
150 IM	8:23.22	8:03.86	7:44.51	6:27.09										
200 IM					7:35.40	6:19.50	5:22.32	4:57.53	4:07.94	3:55.54	4:57.53	4:51.58	4:20.34	4:07.94

*Para swimmers must achieve one qualifying standard in their respective classification category in any event.*



## 2016-17 Nova Scotia Long Course PARA Provincial Qualifying Standards

Male	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
<b>50 Free</b>	3:22.40	2:06.50	1:41.20	1:28.55	1:09.57	0:56.93	0:45.54	0:44.28	0:40.48	0:39.21	0:50.60	0:44.28	0:40.48	0:40.48
<b>100 Free</b>	6:19.50	4:25.65	3:47.70	3:09.75	2:31.80	2:00.17	1:47.52	1:41.20	1:28.55	1:23.49	1:41.20	1:34.87	1:28.55	1:28.55
<b>200 Free</b>	12:39.00	8:49.00	6:47.10	6:19.50										3:04.83
<b>400 Free</b>					12:11.40	8:51.30	8:26.00	8:13.35	7:35.40	7:22.75	8:51.30	8:00.70	7:38.85	
<b>50 Back</b>	3:22.40	2:34.84	2:09.03	1:43.22	1:15.90									
<b>100 Back</b>						2:19.15	2:06.50	2:00.17	1:41.20	1:37.75	2:19.15	2:06.50	1:53.85	1:41.20
<b>50 Breast</b>	4:10.70	2:32.00	2:06.50											
<b>100 Breast</b>				2:57.10	2:50.78	2:44.45	2:31.80	2:06.50	1:48.79		2:31.80	2:06.50	1:53.85	1:48.79
<b>50 Fly</b>	2:31.80	2:19.15	1:53.85	1:41.20	1:28.55	1:09.57	0:56.93							
<b>100 Fly</b>								2:00.17	1:41.20	1:34.30	2:06.50	1:47.52	1:41.20	1:41.20
<b>150 IM</b>	7:35.40	6:57.45	6:19.50	5:03.60										
<b>200 IM</b>					6:19.50	5:03.60	4:25.65	4:13.00	3:47.70	3:35.05	4:38.30	4:13.00	3:47.70	3:47.70
Female	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
<b>50 Free</b>	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.57	56.93	51.86	45.54	44.28	56.93	49.34	45.54	45.54
<b>100 Free</b>	7:35.40	5:28.90	4:38.30	3:35.05	3:09.75	2:19.15	2:00.17	1:53.85	1:41.20	1:34.87	2:06.50	1:53.85	1:47.52	1:41.20
<b>200 Free</b>	14:47.80	9:52.25	8:49.00	7:38.85	6:19.50									3:33.90
<b>400 Free</b>						10:04.90	9:29.25	9:16.60	8:13.35	7:48.05	9:29.25	8:51.30	8:26.00	
<b>50 Back</b>	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20									
<b>100 Back</b>						2:44.45	2:31.80	2:19.15	2:06.50	1:53.85	2:31.80	2:19.15	2:06.50	2:06.50
<b>50 Breast</b>	4:25.65	3:22.40	2:31.80											
<b>100 Breast</b>				3:47.70	3:35.05	3:22.40	2:57.10	2:31.80	2:19.15		2:57.10	2:31.80	2:19.15	2:19.15
<b>50 Fly</b>	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.87	1:15.90							
<b>100 Fly</b>								2:31.80	2:19.15	2:06.50	2:31.80	2:19.15	2:06.50	2:19.15
<b>150 IM</b>	8:13.35	7:54.37	7:35.40	6:19.50										
<b>200 IM</b>					7:35.40	6:19.50	5:28.90	5:03.60	4:13.00	4:00.35	5:03.60	4:50.95	4:25.65	4:13.00

*Para swimmers must achieve one qualifying standard in their respective classification category in any event*