



**2017 - 2018 Para-swimming Provincial Standards – WOMEN Short Course Meters**

	<b>S1 SB1 SM1</b>	<b>S2 SB2 SM2</b>	<b>S3 SB3 SM3</b>	<b>S4 SB4 SM4</b>	<b>S5 SB5 SM5</b>	<b>S6 SB6 SM6</b>	<b>S7 SB7 SM7</b>	<b>S8 SB8 SM8</b>	<b>S9 SB9 SM9</b>	<b>S10 SM10</b>	<b>S11 SB11 SM11</b>	<b>S12 SB12 SM12</b>	<b>S13 SB13 SM13</b>	<b>S14 SB14 SM14</b>
50 Free	4:15.71	2:46.57	2:21.93	1:43.22	1:28.55	1:09.58	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	10:04.10	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	2:50.09	2:16.37	2:16.37
50 Fly	3:13.55	3:00.64	2:34.84	2:21.93	2:06.50	1:34.88	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

**2017 - 2018 Para-swimming Provincial Standards – WOMEN Long Course Meters**

	<b>S1 SB1 SM1</b>	<b>S2 SB2 SM2</b>	<b>S3 SB3 SM3</b>	<b>S4 SB4 SM4</b>	<b>S5 SB5 SM5</b>	<b>S6 SB6 SM6</b>	<b>S7 SB7 SM7</b>	<b>S8 SB8 SM8</b>	<b>S9 SB9 SM9</b>	<b>S10 SM10</b>	<b>S11 SB11 SM11</b>	<b>S12 SB12 SM12</b>	<b>S13 SB13 SM13</b>	<b>S14 SB14 SM14</b>
50 Free	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.58	0:56.93	0:51.87	0:45.54	0:44.28	0:56.93	0:49.33	0:45.54	0:45.54
100 Free	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	1:34.88	2:06.50	1:53.85	1:47.52	1:41.20
200 Free	14:47.80	9:52.25	8:49.00	7:38.85	6:19.50									3:33.90
400 Free						10:04.90	9:29.25	9:16.60	8:13.35	7:48.05	9:29.25	8:51.30	8:26.00	
50 Back	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20									
100 Back						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
50 Breast	4:25.65	3:22.40	2:31.80											
100 Breast				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
50 Fly	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.88	1:15.90							
100 Fly								2:31.80	2:19.15	2:06.50	2:31.80	2:19.15	2:06.50	2:19.15
150 IM	8:13.35	7:54.38	7:35.40	6:19.50										
200 IM					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



**2017 - 2018 Men Para-swimming Provincial Standards – Short Course Meters**

	<b>S1 SB1 SM1</b>	<b>S2 SB2 SM2</b>	<b>S3 SB3 SM3</b>	<b>S4 SB4 SM4</b>	<b>S5 SB5 SM5</b>	<b>S6 SB6 SM6</b>	<b>S7 SB7 SM7</b>	<b>S8 SB8 SM8</b>	<b>S9 SB9 SM9</b>	<b>S10 SM10</b>	<b>S11 SB11 SM11</b>	<b>S12 SB12 SM12</b>	<b>S13 SB13 SM13</b>	<b>S14 SB14 SM14</b>
50 Free	3:26.45	2:09.03	1:43.22	1:30.32	1:09.58	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	3:13.55	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						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	1:39.71	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	1:09.58	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

**2017 - 2018 Men Para-swimming Provincial Standards – Long Course Meters**

	<b>S1 SB1 SM1</b>	<b>S2 SB2 SM2</b>	<b>S3 SB3 SM3</b>	<b>S4 SB4 SM4</b>	<b>S5 SB5 SM5</b>	<b>S6 SB6 SM6</b>	<b>S7 SB7 SM7</b>	<b>S8 SB8 SM8</b>	<b>S9 SB9 SM9</b>	<b>S10 SM10</b>	<b>S11 SB11 SM11</b>	<b>S12 SB12 SM12</b>	<b>S13 SB13 SM13</b>	<b>S14 SB14 SM14</b>
50 Free	3:22.40	2:06.50	1:41.20	1:28.55	1:09.58	0:56.93	0:45.54	0:44.28	0:40.48	0:39.22	0:50.60	0:44.28	0:40.48	0:40.48
100 Free	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	1:34.88	1:28.55	1:28.55
200 Free	12:39.00	8:49.00	6:47.10	6:19.50	5:54.20									3:08.60
400 Free						8:51.30	8:26.00	8:13.35	7:35.40	7:22.75	8:51.30	8:00.70	7:38.85	
50 Back	3:22.40	2:31.80	2:06.50	1:41.20	1:15.90									
100 Back						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
50 Breast	4:10.70	2:31.80	2:06.50											
100 Breast				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
50 Fly	2:31.80	2:19.15	1:53.85	1:41.20	1:28.55	1:09.58	0:56.93							
100 Fly								2:00.17	1:41.20	1:34.30	2:06.50	1:47.52	1:41.20	1:41.20
150 IM	7:35.40	6:57.45	6:19.50	5:03.60										
200 IM					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