



### 2016-2017 Nova Scotia Provincial Championships - FEMALE Qualifying Standards

Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			31.44	30.60	30.27	<b>50 Free</b>	29.51	29.84	30.67			
			1:08.67	1:06.01	1:05.30	<b>100 Free</b>	1:03.68	1:04.37	1:07.00			
2:50.00	2:37.91	2:30.73	2:27.11	2:23.61	2:22.05	<b>200 Free</b>	2:18.59	2:20.11	2:23.44	2:27.01	2:33.95	2:45.78
6:00.24	5:36.16	5:19.10	5:09.33	5:03.50	5:00.22	<b>400 Free</b>	4:52.76	4:55.96	5:01.67	5:11.19	5:27.79	5:51.33
12:27.59	11:36.63	11:00.23	10:44.11	10:27.43	10:20.65	<b>800 Free</b>	10:05.19	10:11.80	10:28.11	10:43.73	11:19.30	12:08.92
24:27.47	22:47.44	21:36.05	21:03.89	20:32.79	20:19.46	<b>1500 Free</b>	19:46.27	19:59.23	20:32.33	21:03.73	22:13.26	23:50.84
			37.00	35.85	35.46	<b>50 Back</b>	34.59	34.97	36.11			
			1:17.89	1:15.63	1:14.81	<b>100 Back</b>	1:12.97	1:13.77	1:16.00			
			2:48.00	2:43.93	2:42.16	<b>200 Back</b>	2:38.16	2:39.89	2:43.89			
			41.00	39.67	39.24	<b>50 Breast</b>	38.27	38.69	40.00			
			1:28.89	1:26.34	1:25.41	<b>100 Breast</b>	1:23.35	1:24.26	1:26.67			
			3:10.89	3:05.57	3:03.57	<b>200 Breast</b>	2:59.03	3:00.98	3:06.22			
			34.67	32.90	32.54	<b>50 Fly</b>	31.78	32.13	33.89			
			1:14.11	1:12.13	1:11.35	<b>100 Fly</b>	1:09.62	1:10.38	1:12.33			
			2:45.44	2:41.53	2:39.78	<b>200 Fly</b>	2:35.89	2:37.60	2:41.33			
3:13.01	3:01.40	2:53.45	2:48.56	2:43.72	2:41.95	<b>200 IM</b>	2:37.95	2:39.67	2:44.44	2:49.15	2:56.86	3:08.19
6:50.24	6:25.47	6:08.14	5:59.44	5:51.15	5:47.35	<b>400 IM</b>	5:38.70	5:42.40	5:50.56	5:58.98	6:15.93	6:40.00

### 2016-2017 Nova Scotia Provincial Championships - MALE Qualifying Standards

Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			29.04	28.37	27.46	<b>50 Free</b>	26.81	27.72	28.38			
			1:03.34	1:01.63	1:00.00	<b>100 Free</b>	58.49	1:00.11	1:01.70			
2:54.19	2:39.76	2:27.34	2:18.30	2:14.67	2:11.46	<b>200 Free</b>	2:07.43	2:11.30	2:14.90	2:23.73	2:35.86	2:49.94
6:07.74	5:37.28	5:12.32	4:56.44	4:48.80	4:43.46	<b>400 Free</b>	4:36.43	4:41.63	4:49.10	5:04.52	5:28.88	5:58.58
12:54.97	11:50.77	10:50.73	10:15.89	10:05.43	9:56.76	<b>800 Free</b>	9:41.84	9:50.33	10:03.84	10:34.46	11:33.02	12:35.61
24:40.52	22:37.87	21:06.21	20:00.77	19:37.83	19:03.03	<b>1500 Free</b>	18:44.49	19:08.37	19:30.85	20:34.58	22:24.02	24:03.61
			34.19	33.15	32:43	<b>50 Back</b>	31.68	32.28	33.42			
			1:12.88	1:10.54	1:08.86	<b>100 Back</b>	1:07.14	1:08.80	1:11.12			
			2:34.96	2:32.07	2:29.62	<b>200 Back</b>	2:25.95	2:28.04	2:31.12			
			37.48	36.85	36.43	<b>50 Breast</b>	35.57	35.98	36.60			
			1:22.85	1:20.65	1:17.62	<b>100 Breast</b>	1:15.68	1:18.70	1:20.88			
			3:00.49	2:54.78	2:51.46	<b>200 Breast</b>	2:47.24	2:50.43	2:56.00			
			31.45	30.76	29.95	<b>50 Fly</b>	29.19	30.00	30.68			
			1:09.59	1:07.72	1:05.84	<b>100 Fly</b>	1:04.22	1:06.09	1:07.95			
			2:38.79	2:35.65	2:32.32	<b>200 Fly</b>	2:28.54	2:30.98	2:34.85			
3:18.06	3:01.66	2:47.57	2:38.58	2:33.91	2:30.05	<b>200 IM</b>	2:26.38	2:30.11	2:34.63	2:43.39	2:57.16	3:13.16
7:06.58	6:31.24	5:55.48	5:37.42	5:28.91	5:22.38	<b>400 IM</b>	5:14.38	5:20.76	5:29.10	5:46.67	6:21.54	6:54.00

Swimmers may qualify for Nova Scotia Provincial Championships using either short OR long course times.

14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) individual swims

15& Over – require three qualifying times to compete, then get up to 3 bonus swims for a total of 6 (six) individual swims

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at Nova Scotia Provincial Championships. If they attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.

**Qualification Period:**

March Provincial Championships times must be achieved on or after March 1<sup>st</sup>, 2016

July Provincial Championships times must be achieved on or after July 1<sup>st</sup>, 2016