

2018-2019 Nova Scotia Provincial AAA Championships - FEMALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			31.16	30.02	29.70	50 Free	29.11	29.42	30.54			
			1:07.39	1:04.62	1:03.92	100 Free	1:02.64	1:03.33	1:06.04			
2:48.80	2:37.91	2:29.93	2:25.86	2:19.63	2:18.12	200 Free	2:15.56	2:16.84	2:22.94	2:26.93	2:33.95	2:45.42
5:57.23	5:35.28	5:18.06	5:09.33	4:57.03	4:53.82	400 Free	4:47.94	4:51.09	5:01.67	5:11.19	5:27.79	5:50.09
12:23.61	11:36.63	11:00.02	10:41.94	10:14.24	10:07.60	800 Free	9:55.45	10:01.96	10:28.11	10:43.73	11:19.30	12:08.74
24:20.13	22:47.44	21:34.75	20:58.83	20:06.90	19:53.85	1500 Free	19:29.97	19:42.76	20:32.33	21:03.73	22:13.26	23:50.84
			36.67	35.17	34.77	50 Back	34.07	34.47	35.94			
			1:15.83	1:12.71	1:11.92	100 Back	1:10.48	1:11.26	1:14.31			
3:10.18	2:57.98	2:49.67	2:43.86	2:37.20	2:35.50	200 Back	2:32.39	2:34.06	2:40.58	2:46.28	2:54.42	3:06.38
			40.63	38.92	38.49	50 Breast	37.72	38.14	39.82			
			1:27.36	1:23.06	1:22.16	100 Breast	1:20.52	1:21.40	1:25.61			
3:36.33	3:22.45	3:13.10	3:07.69	2:59.06	2:57.12	200 Breast	2:53.58	2:55.49	3:03.94	3:09.24	3:18.40	3:32.00
			34.36	32.27	31.92	50 Fly	31.28	31.62	33.67			
			1:14.11	1:10.95	1:10.18	100 Fly	1:08.78	1:09.53	1:12.33			
3:15.24	3:02.71	2:53.21	2:45.44	2:38.36	2:36.65	200 Fly	2:33.52	2:35.19	2:41.33	2:49.75	2:59.06	3:11.34
3:13.01	2:59.48	2:50.36	2:46.03	2:38.87	2:37.16	200 IM	2:34.02	2:35.69	2:42.71	2:46.95	2:55.89	3:08.19
6:50.24	6:21.44	6:03.91	5:52.62	5:38.91	5:35.24	400 IM	5:28.54	5:32.13	5:45.57	5:56.63	6:13.81	6:40.00

2018-2019 Nova Scotia Provincial AAA Championships - MALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			28.84	28.09	27.19	50 Free	26.64	27.53	28.25			
			1:02.51	1:00.95	58.89	100 Free	57.72	59.73	1:01.25			
2:53.34	2:38.98	2:25.21	2:16.71	2:13.13	2:08.43	200 Free	2:05.86	2:10.47	2:13.98	2:22.30	2:35.79	2:49.87
6:07.74	5:37.28	5:10.88	4:53.22	4:44.58	4:35.87	400 Free	4:30.35	4:38.89	4:47.35	5:04.52	5:28.88	5:58.58
12:51.50	11:47.58	10:40.51	10:02.45	9:51.60	9:42.52	800 Free	9:30.87	9:39.77	9:50.41	10:27.70	11:33.02	12:35.61
24:33.41	22:31.35	20:46.86	19:35.08	19:10.70	18:35.48	1500 Free	18:13.17	18:47.69	19:11.58	20:21.92	22:04.32	24:03.61
			33.82	32.80	32.43	50 Back	31.45	32.15	33.15			
			1:11.25	1:09.41	1:06.92	100 Back	1:05.59	1:08.02	1:09.89			
3:15.95	2:59.72	2:45.76	2:34.93	2:30.43	2:25.83	200 Back	2:22.91	2:27.42	2:31.12	2:42.44	2:56.13	3:12.03
			37.09	36.45	36.05	50 Breast	35.32	35.73	36.34			
			1:20.84	1:18.54	1:16.00	100 Breast	1:14.48	1:16.97	1:19.22			
3:42.76	3:24.31	3:08.44	2:56.04	2:51.48	2:45.86	200 Breast	2:42.55	2:48.06	2:52.52	3:04.67	3:20.22	3:38.30
			31.12	30.44	29.64	50 Fly	29.05	29.82	30.50			
			1:08.49	1:06.53	1:04.20	100 Fly	1:02.91	1:05.21	1:07.13			
3:21.27	3:01.60	2:47.50	2:35.75	2:30.45	2:24.34	200 Fly	2:21.45	2:27.44	2:32.64	2:44.15	2:57.97	3:17.24
3:17.02	3:00.70	2:44.28	2:35.76	2:31.34	2:25.74	200 IM	2:22.82	2:28.31	2:32.65	2:41.00	2:57.09	3:13.09
7:00.11	6:25.31	5:54.06	5:33.09	5:24.47	5:14.43	400 IM	5:08.13	5:17.99	5:26.42	5:46.67	6:17.60	6:51.70

Swimmers may qualify for Nova Scotia Provincial Championships using either short OR long course times.
14&U – Option 1: 200m IM OR 400m IM PLUS any 200m event or longer Option 2: Any three 200m events or longer
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.
Open- swimmers that are 15 & under may choose to swim in the Open Category; however, they must meet the qualifying times in their own age group.

Qualifying period: Times must be achieved on or after March 1st, 2018