

Updated August 26, 2019

2019-2020 Nova Scotia Provincial David Fry & Ken Dunn (AAA) Championships - Female Qualifying Standards												
Long Course						Event	Short Course					
12U	13	14	15	16	17+		17+	16	15	14	13	12U
0:35.35	0:33.28	0:31.99	0:31.16	0:30.02	0:29.70	50 Free	0:29.11	0:29.42	0:30.54	0:31.49	0:32.65	0:34.87
1:17.30	1:12.80	1:09.17	1:07.39	1:04.62	1:03.92	100 Free	1:02.64	1:03.33	1:06.04	1:08.33	1:11.82	1:16.13
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
0:36.67	0:36.67	0:36.67	0:36.67	0:35.17	0:34.77	50 Back	0:34.07	0:34.47	0:35.94	0:35.94	0:35.94	0:35.94
1:29.04	1:23.43	1:18.97	1:15.83	1:12.71	1:11.92	100 Back	1:10.48	1:11.26	1:14.31	1:16.63	1:20.80	1:26.02
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
0:40.63	0:40.63	0:40.63	0:40.63	0:38.92	0:38.49	50 Breast	0:37.72	0:38.14	0:39.82	0:39.82	0:39.82	0:39.82
1:40.07	1:34.63	1:29.79	1:27.36	1:23.06	1:22.16	100 Breast	1:20.52	1:21.40	1:25.61	1:27.32	1:31.88	1:37.84
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
0:34.36	0:34.36	0:34.36	0:34.36	0:32.27	0:31.92	50 Fly	0:31.28	0:31.62	0:33.67	0:33.67	0:33.67	0:33.67
1:27.73	1:21.69	1:17.06	1:14.11	1:10.95	1:10.18	100 Fly	1:08.78	1:09.53	1:12.33	1:16.06	1:20.80	1:26.50
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

2019-2020 Nova Scotia Provincial David Fry & Ken Dunn (AAA) Championships - Male Qualifying Standards												
Long Course						Event	Short Course					
12U	13	14	15	16	17+		17+	16	15	14	13	12U
0:35.77	0:32.75	0:30.23	0:28.84	0:28.09	0:27.19	50 Free	0:26.64	0:27.53	0:28.25	0:29.75	0:32.44	0:35.43
1:18.23	1:11.62	1:06.19	1:02.51	1:00.95	0:58.89	100 Free	0:57.72	0:59.73	1:01.25	1:05.65	1:10.70	1:17.23
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
0:33.82	0:33.82	0:33.82	0:33.82	0:32.80	0:32.43	50 Back	0:31.45	0:32.15	0:33.15	0:33.15	0:33.15	0:33.15
1:30.68	1:23.02	1:16.15	1:11.25	1:09.41	1:06.92	100 Back	1:05.59	1:08.02	1:09.89	1:14.02	1:20.30	1:27.71
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
0:37.09	0:37.09	0:37.09	0:37.09	0:36.45	0:36.05	50 Breast	0:35.32	0:35.73	0:36.34	0:36.34	0:36.34	0:36.34
1:42.34	1:33.70	1:26.23	1:20.84	1:18.54	1:16.00	100 Breast	1:14.48	1:16.97	1:19.22	1:24.13	1:31.48	1:39.92
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
0:31.12	0:31.12	0:31.12	0:31.12	0:30.44	0:29.64	50 Fly	0:29.05	0:29.82	0:30.50	0:30.50	0:30.50	0:30.50
1:28.06	1:20.62	1:13.29	1:08.49	1:06.53	1:04.20	100 Fly	1:02.91	1:05.21	1:07.13	1:12.98	1:20.30	1:27.71
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  
 Maximum of 8 (eight) individual swims  
*14 & Under 100's/50's are to swim event standards*

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**15& Over** – require one qualifying times to compete, maximum of 8 (eight) individual swims

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**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.

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**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.

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**Qualifying period:** Times must be achieved on or after March 1<sup>st</sup>, 2019

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**Bonus swims** for all ages as follows:

- o 1 qualifying time = 4 individual swims
- o 2 qualifying times = 5 individual swims
- o 3 qualifying times = 6 individual swims
- o 4 qualifying times = 6 individual swims
- o 5 qualifying times = 6 individual swims
- o 6 qualifying times = 6 individual swims
- o 7 qualifying times = 7 individual swims
- o 8 or more qualifying times = 8 individual swims