



## 2022-23 PARA PROVINCIAL TEAM STANDARDS

FEMALE PARA PERFORM CONSIDERATION TIMES																				
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	2:02.08	2:02.08	1:24.28	1:24.28	1:06.68	1:06.68	0:49.41	0:49.41	0:44.14	0:44.14	0:39.03	0:39.03	0:36.85	0:36.85	0:34.72	0:34.72	0:32.00	0:31.36	0:29.95	0:29.34
<b>100 Free</b>	4:22.97	4:22.97	3:03.13	3:03.13	2:38.86	2:38.86	2:02.08	2:02.08	1:37.99	1:37.99	1:27.56	1:27.56	1:20.55	1:20.55	1:14.19	1:14.19	1:08.10	1:06.74	1:05.20	1:03.89
<b>200 Free</b>	9:37.57	9:37.57	6:34.44	6:34.44	5:52.87	5:52.87	5:05.21	5:05.21	3:40.80	3:40.80	--	--	--	--	--	--	--	--	--	--
<b>400 Free</b>	--	--	--	--	--	--	--	--	--	--	6:07.68	6:07.68	5:58.25	5:58.25	5:32.47	5:32.47	5:14.12	5:07.84	4:58.70	4:52.72
<b>50 Back</b>	2:20.87	2:20.87	1:47.99	1:47.99	1:17.18	1:17.18	1:05.22	1:05.22	0:52.76	0:52.76	--	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	4:41.74	4:41.74	3:42.90	3:42.90	--	--	--	--	--	--	1:37.88	1:37.88	1:33.57	1:33.57	1:26.76	1:26.76	1:18.76	1:17.19	1:16.98	1:15.44
<b>50 Breast</b>	2:49.04	2:49.04	1:38.60	1:38.60	1:11.20	1:11.20	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	--	--	--	2:29.26	2:29.26	2:03.53	2:03.53	1:53.38	1:53.38	1:48.90	1:48.90	1:35.54	1:35.54	1:27.47	1:25.73	--	--
<b>50 Fly</b>	2:16.18	2:16.18	2:02.08	2:02.08	1:29.22	1:29.22	1:15.13	1:15.13	0:58.46	0:58.46	0:43.88	0:43.88	0:41.58	0:41.58	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:24.21	1:24.21	1:15.08	1:13.59	1:12.67	1:11.22
<b>150 IM</b>	8:55.31	8:55.31	7:30.78	7:30.78	4:41.74	4:41.74	3:50.94	3:50.94	--	--	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	--	--	--	--	4:50.44	4:50.44	3:31.02	3:31.02	3:28.84	3:28.84	3:13.29	3:13.29	2:52.03	2:48.59	2:42.10	2:38.86

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:34.84	0:34.14	0:32.39	0:31.74	0:29.83	0:29.23	0:30.04	0:29.45
<b>100 Free</b>	1:17.97	1:16.40	1:10.30	1:08.89	1:05.27	1:03.96	1:05.74	1:04.42
<b>200 Free</b>	--	--	--	--	--	--	2:22.78	2:19.92
<b>400 Free</b>	6:09.40	6:02.01	5:42.78	5:35.93	5:08.90	5:02.72	--	--
<b>50 Back</b>	--	--	--	--	--	--	--	--
<b>100 Back</b>	1:31.18	1:29.36	1:24.68	1:22.99	1:15.44	1:13.93	1:17.04	1:15.51
<b>50 Breast</b>	--	--	--	--	--	--	--	--
<b>100 Breast</b>	1:44.45	1:42.37	1:34.54	1:32.65	1:28.49	1:26.73	1:28.91	1:27.14
<b>50 Fly</b>	--	--	--	--	--	--	--	--
<b>100 Fly</b>	1:29.22	1:27.43	1:21.70	1:20.06	1:17.04	1:15.51	1:14.36	1:12.87
<b>150 IM</b>	--	--	--	--	--	--	--	--
<b>200 IM</b>	3:16.74	3:12.80	3:03.13	2:59.46	2:45.78	2:42.46	2:46.67	2:43.33



## 2022-23 PARA PROVINCIAL TEAM STANDARDS

	MALE PARA PERFORM CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	1:34.61	1:34.61	1:07.61	1:07.61	0:56.32	0:56.32	0:44.38	0:44.38	0:37.39	0:37.39	0:32.39	0:32.39	0:30.93	0:30.93	0:29.58	0:29.58	0:28.05	0:27.49	0:26.30	0:25.78
<b>100 Free</b>	3:31.31	3:31.31	2:30.25	2:30.25	2:06.78	2:06.78	1:40.89	1:40.89	1:23.37	1:23.37	1:13.84	1:13.84	1:08.55	1:08.55	1:03.83	1:03.83	1:00.58	0:59.36	0:57.10	0:55.96
<b>200 Free</b>	7:54.26	7:54.26	5:38.99	5:38.99	4:53.07	4:53.07	3:44.41	3:44.41	3:08.25	3:08.25	--	--	--	--	--	--	--	--	--	--
<b>400 Free</b>	--	--	--	--	--	--	--	--	--	--	5:49.65	5:49.65	5:19.20	5:19.20	4:59.84	4:59.84	4:38.72	4:33.15	4:29.06	4:23.68
<b>50 Back</b>	1:44.87	1:44.87	1:17.02	1:17.02	1:01.01	1:01.01	0:54.41	0:54.41	0:43.46	0:43.46	--	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	3:37.54	3:37.54	2:45.47	2:45.47	--	--	--	--	--	--	1:27.75	1:27.75	1:22.17	1:22.17	1:15.19	1:15.19	1:08.53	1:07.16	1:05.94	1:04.63
<b>50 Breast</b>	3:35.99	3:35.99	3:24.92	3:24.92	0:58.26	0:58.26	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	--	--	--	2:02.09	2:02.09	1:52.39	1:52.39	1:31.49	1:31.49	1:29.37	1:29.37	1:21.43	1:21.43	1:15.90	1:14.38	--	--
<b>50 Fly</b>	1:03.62	1:03.62	0:56.35	0:56.35	0:51.18	0:51.18	0:46.03	0:46.03	0:41.95	0:41.95	0:36.12	0:36.12	0:33.98	0:33.98	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:08.63	1:08.63	1:06.19	1:04.87	1:02.99	1:01.72
<b>150 IM</b>	10:38.62	10:38.62	8:45.91	8:45.91	4:52.33	4:52.33	3:15.98	3:15.98	--	--	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	--	--	--	--	4:50.44	4:50.44	3:11.96	3:11.96	2:57.05	2:57.05	2:39.68	2:39.68	2:31.35	2:28.31	2:23.55	2:20.68

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:29.40	0:28.81	0:27.68	0:27.13	0:26.40	0:25.87	0:26.28	0:25.76
<b>100 Free</b>	1:03.38	1:02.12	0:59.87	0:58.67	0:56.35	0:55.23	0:57.28	0:56.13
<b>200 Free</b>	--	--	--	--	--	--	2:05.29	2:02.78
<b>400 Free</b>	5:34.46	5:27.78	4:32.35	4:26.91	4:43.69	4:38.01	--	--
<b>50 Back</b>	--	--	--	--	--	--	--	--
<b>100 Back</b>	1:21.56	1:19.93	1:11.25	1:09.83	1:06.71	1:05.38	1:06.53	1:05.20
<b>50 Breast</b>	--	--	--	--	--	--	--	--
<b>100 Breast</b>	1:28.37	1:26.60	1:18.68	1:17.11	1:16.59	1:15.06	1:12.48	1:11.03
<b>50 Fly</b>	--	--	--	--	--	--	--	--
<b>100 Fly</b>	1:22.87	1:21.21	1:06.19	1:04.87	1:02.93	1:01.67	1:01.85	1:00.60
<b>150 IM</b>	--	--	--	--	--	--	--	--
<b>200 IM</b>	2:55.54	2:52.02	2:30.25	2:27.24	2:26.16	2:23.23	2:22.22	2:19.38



## 2022-23 PARA PROVINCIAL TEAM STANDARDS

	FEMALE PARA ADVANCE CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	2:10.99	2:10.99	1:30.43	1:30.43	1:11.55	1:11.55	0:53.02	0:53.02	0:47.36	0:47.36	0:41.88	0:41.88	0:39.54	0:39.54	0:37.25	0:37.25	0:34.34	0:33.65	0:32.13	0:31.48
<b>100 Free</b>	4:42.16	4:42.16	3:16.49	3:16.49	2:50.45	2:50.45	2:10.99	2:10.99	1:45.14	1:45.14	1:33.95	1:33.95	1:26.44	1:26.44	1:19.60	1:19.60	1:13.07	1:11.61	1:09.96	1:08.56
<b>200 Free</b>	10:19.71	10:19.71	7:03.22	7:03.22	6:18.62	6:18.62	5:27.48	5:27.48	3:56.92	3:56.92	--	--	--	--	--	--	--	--	--	--
<b>400 Free</b>	--	--	--	--	--	--	--	--	--	--	6:34.52	6:34.52	6:24.39	6:24.39	5:56.73	5:56.73	5:37.04	5:30.30	5:20.49	5:14.09
<b>50 Back</b>	2:31.15	2:31.15	1:55.88	1:55.88	1:22.81	1:22.81	1:09.98	1:09.98	0:56.61	0:56.61	--	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	5:02.31	5:02.31	3:59.16	3:59.16	--	--	--	--	--	--	1:45.03	1:45.03	1:40.40	1:40.40	1:33.10	1:33.10	1:24.52	1:22.82	1:22.60	1:20.95
<b>50 Breast</b>	3:01.38	3:01.38	1:45.80	1:45.80	1:16.40	1:16.40	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	--	--	--	2:40.15	2:40.15	2:12.55	2:12.55	2:01.66	2:01.66	1:56.85	1:56.85	1:42.51	1:42.51	1:33.86	1:31.98	--	--
<b>50 Fly</b>	2:26.11	2:26.11	2:10.99	2:10.99	1:35.72	1:35.72	1:20.62	1:20.62	1:02.73	1:02.73	0:47.09	0:47.09	0:44.61	0:44.61	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:30.36	1:30.36	1:20.57	1:18.95	1:17.98	1:16.42
<b>150 IM</b>	9:34.37	9:34.37	8:03.68	8:03.68	5:02.31	5:02.31	4:07.80	4:07.80	--	--	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	--	--	--	--	5:11.64	5:11.64	3:46.41	3:46.41	3:44.08	3:44.08	3:27.40	3:27.40	3:04.59	3:00.90	2:53.94	2:50.46

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:37.38	0:36.63	0:34.76	0:34.07	0:32.00	0:31.36	0:32.24	0:31.59
<b>100 Free</b>	1:23.66	1:21.99	1:15.43	1:13.92	1:10.03	1:08.63	1:10.54	1:09.13
<b>200 Free</b>	--	--	--	--	--	--	2:33.20	2:30.13
<b>400 Free</b>	6:36.36	6:28.43	6:07.81	6:00.44	5:31.45	5:24.81	--	--
<b>50 Back</b>	--	--	--	--	--	--	--	--
<b>100 Back</b>	1:37.83	1:35.88	1:30.86	1:29.04	1:20.95	1:19.32	1:22.67	1:21.01
<b>50 Breast</b>	--	--	--	--	--	--	--	--
<b>100 Breast</b>	1:52.08	1:49.83	1:41.43	1:39.40	1:34.95	1:33.05	1:35.40	1:33.50
<b>50 Fly</b>	--	--	--	--	--	--	--	--
<b>100 Fly</b>	1:35.72	1:33.81	1:27.66	1:25.91	1:22.67	1:21.01	1:19.78	1:18.18
<b>150 IM</b>	--	--	--	--	--	--	--	--
<b>200 IM</b>	3:31.10	3:26.88	3:16.49	3:12.56	2:57.87	2:54.32	2:58.82	2:55.25



## 2022-23 PARA PROVINCIAL TEAM STANDARDS

	MALE PARA ADVANCE CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	1:41.51	1:41.51	1:12.54	1:12.54	1:00.44	1:00.44	0:47.62	0:47.62	0:40.11	0:40.11	0:34.76	0:34.76	0:33.19	0:33.19	0:31.74	0:31.74	0:30.10	0:29.50	0:28.23	0:27.66
<b>100 Free</b>	3:46.73	3:46.73	2:41.21	2:41.21	2:16.04	2:16.04	1:48.25	1:48.25	1:29.45	1:29.45	1:19.22	1:19.22	1:13.55	1:13.55	1:08.49	1:08.49	1:04.99	1:03.69	1:01.27	1:00.04
<b>200 Free</b>	8:28.87	8:28.87	6:03.73	6:03.73	5:14.46	5:14.46	4:00.78	4:00.78	3:21.99	3:21.99	--	--	--	--	--	--	--	--	--	--
<b>400 Free</b>	--	--	--	--	--	--	--	--	--	--	6:15.17	6:15.17	5:42.49	5:42.49	5:21.72	5:21.72	4:59.06	4:53.08	4:48.69	4:42.92
<b>50 Back</b>	1:52.53	1:52.53	1:22.63	1:22.63	1:05.46	1:05.46	0:58.37	0:58.37	0:46.64	0:46.64	--	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	3:53.42	3:53.42	2:57.55	2:57.55	--	--	--	--	--	--	1:34.15	1:34.15	1:28.16	1:28.16	1:20.67	1:20.67	1:13.54	1:12.07	1:10.75	1:09.35
<b>50 Breast</b>	3:51.76	3:51.76	3:39.88	3:39.88	1:02.51	1:02.51	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	--	--	--	2:11.00	2:11.00	2:00.60	2:00.60	1:38.16	1:38.16	1:35.90	1:35.90	1:27.38	1:27.38	1:21.44	1:19.81	--	--
<b>50 Fly</b>	1:08.26	1:08.26	1:00.46	1:00.46	0:54.92	0:54.92	0:49.38	0:49.38	0:45.01	0:45.01	0:38.75	0:38.75	0:36.46	0:36.46	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:13.64	1:13.64	1:11.02	1:09.60	1:07.58	1:06.23
<b>150 IM</b>	11:25.22	11:25.22	9:24.30	9:24.30	5:13.66	5:13.66	3:30.28	3:30.28	--	--	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	--	--	--	--	5:11.64	5:11.64	3:25.97	3:25.97	3:09.98	3:09.98	2:51.34	2:51.34	2:42.39	2:39.14	2:34.03	2:30.95

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:31.55	0:30.92	0:29.70	0:29.11	0:28.32	0:27.75	0:28.20	0:27.64
<b>100 Free</b>	1:08.01	1:06.65	1:04.23	1:02.95	1:00.46	0:59.25	1:01.46	1:00.23
<b>200 Free</b>	--	--	--	--	--	--	2:14.44	2:11.74
<b>400 Free</b>	5:58.87	5:51.69	4:52.22	4:46.38	5:04.39	4:58.30	--	--
<b>50 Back</b>	--	--	--	--	--	--	--	--
<b>100 Back</b>	1:27.52	1:25.76	1:16.46	1:14.93	1:11.58	1:10.15	1:11.38	1:09.95
<b>50 Breast</b>	--	--	--	--	--	--	--	--
<b>100 Breast</b>	1:34.82	1:32.92	1:24.43	1:22.74	1:22.18	1:20.53	1:17.77	1:16.21
<b>50 Fly</b>	--	--	--	--	--	--	--	--
<b>100 Fly</b>	1:28.91	1:27.13	1:11.02	1:09.60	1:07.53	1:06.17	1:06.36	1:05.03
<b>150 IM</b>	--	--	--	--	--	--	--	--
<b>200 IM</b>	3:08.35	3:04.59	2:41.21	2:37.99	2:36.83	2:33.69	2:32.60	2:29.55



## 2022-23 PARA PROVINCIAL TEAM STANDARDS

FEMALE PARA PROSPECTS CONSIDERATION TIMES																				
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	2:23.25	2:23.25	1:38.89	1:38.89	1:18.24	1:18.24	0:57.98	0:57.98	0:51.80	0:51.80	0:45.79	0:45.79	0:43.24	0:43.24	0:40.74	0:40.74	0:37.55	0:36.80	0:35.14	0:34.43
<b>100 Free</b>	5:08.55	5:08.55	3:34.87	3:34.87	3:06.40	3:06.40	2:23.25	2:23.25	1:54.97	1:54.97	1:42.74	1:42.74	1:34.52	1:34.52	1:27.05	1:27.05	1:19.90	1:18.30	1:16.50	1:14.97
<b>200 Free</b>	11:17.69	11:17.69	7:42.81	7:42.81	6:54.04	6:54.04	5:58.12	5:58.12	4:19.08	4:19.08	--	--	--	--	--	--	--	--	--	--
<b>400 Free</b>	--	--	--	--	--	--	--	--	--	--	7:11.42	7:11.42	7:00.35	7:00.35	6:30.10	6:30.10	6:08.57	6:01.20	5:50.47	5:43.47
<b>50 Back</b>	2:45.28	2:45.28	2:06.71	2:06.71	1:30.56	1:30.56	1:16.53	1:16.53	1:01.91	1:01.91	--	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	5:30.58	5:30.58	4:21.52	4:21.52	--	--	--	--	--	--	1:54.85	1:54.85	1:49.79	1:49.79	1:41.81	1:41.81	1:32.42	1:30.57	1:30.33	1:28.53
<b>50 Breast</b>	3:18.35	3:18.35	1:55.69	1:55.69	1:23.54	1:23.54	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	--	--	--	2:55.13	2:55.13	2:24.95	2:24.95	2:13.04	2:13.04	2:07.78	2:07.78	1:52.10	1:52.10	1:42.64	1:40.58	--	--
<b>50 Fly</b>	2:39.78	2:39.78	2:23.25	2:23.25	1:44.68	1:44.68	1:28.16	1:28.16	1:08.59	1:08.59	0:51.49	0:51.49	0:48.78	0:48.78	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:38.82	1:38.82	1:28.10	1:26.34	1:25.27	1:23.57
<b>150 IM</b>	10:28.10	10:28.10	8:48.92	8:48.92	5:30.58	5:30.58	4:30.97	4:30.97	--	--	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	--	--	--	--	5:40.79	5:40.79	4:07.60	4:07.60	4:05.05	4:05.05	3:46.79	3:46.79	3:21.86	3:17.82	3:10.21	3:06.41

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:40.88	0:40.06	0:38.01	0:37.25	0:35.00	0:34.30	0:35.25	0:34.54
<b>100 Free</b>	1:31.48	1:29.66	1:22.48	1:20.83	1:16.58	1:15.05	1:17.14	1:15.59
<b>200 Free</b>	--	--	--	--	--	--	2:47.52	2:44.18
<b>400 Free</b>	7:13.43	7:04.76	6:42.21	6:34.17	6:02.45	5:55.20	--	--
<b>50 Back</b>	--	--	--	--	--	--	--	--
<b>100 Back</b>	1:46.99	1:44.85	1:39.36	1:37.37	1:28.52	1:26.75	1:30.40	1:28.59
<b>50 Breast</b>	--	--	--	--	--	--	--	--
<b>100 Breast</b>	2:02.56	2:00.11	1:50.92	1:48.71	1:43.84	1:41.76	1:44.33	1:42.25
<b>50 Fly</b>	--	--	--	--	--	--	--	--
<b>100 Fly</b>	1:44.68	1:42.58	1:35.86	1:33.94	1:30.40	1:28.59	1:27.25	1:25.50
<b>150 IM</b>	--	--	--	--	--	--	--	--
<b>200 IM</b>	3:50.84	3:46.23	3:34.87	3:30.57	3:14.51	3:10.62	3:15.56	3:11.64



## 2022-23 PARA PROVINCIAL TEAM STANDARDS

MALE PARA PROSPECTS CONSIDERATION TIMES																				
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	1:51.01	1:51.01	1:19.32	1:19.32	1:06.09	1:06.09	0:52.08	0:52.08	0:43.87	0:43.87	0:38.01	0:38.01	0:36.29	0:36.29	0:34.71	0:34.71	0:32.92	0:32.26	0:30.86	0:30.25
<b>100 Free</b>	4:07.94	4:07.94	2:56.30	2:56.30	2:28.76	2:28.76	1:58.39	1:58.39	1:37.82	1:37.82	1:26.63	1:26.63	1:20.44	1:20.44	1:14.89	1:14.89	1:11.07	1:09.66	1:07.00	1:05.66
<b>200 Free</b>	9:16.47	9:16.47	6:37.75	6:37.75	5:43.87	5:43.87	4:23.30	4:23.30	3:40.88	3:40.88	--	--	--	--	--	--	--	--	--	--
<b>400 Free</b>	--	--	--	--	--	--	--	--	--	--	6:50.26	6:50.26	6:14.53	6:14.53	5:51.81	5:51.81	5:27.03	5:20.49	5:15.70	5:09.38
<b>50 Back</b>	2:03.06	2:03.06	1:30.37	1:30.37	1:11.58	1:11.58	1:03.83	1:03.83	0:51.00	0:51.00	--	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	4:15.25	4:15.25	3:14.16	3:14.16	--	--	--	--	--	--	1:42.95	1:42.95	1:36.41	1:36.41	1:28.21	1:28.21	1:20.41	1:18.81	1:17.38	1:15.83
<b>50 Breast</b>	4:13.44	4:13.44	4:00.45	4:00.45	1:08.36	1:08.36	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	--	--	--	2:23.26	2:23.26	2:11.87	2:11.87	1:47.34	1:47.34	1:44.86	1:44.86	1:35.55	1:35.55	1:29.06	1:27.28	--	--
<b>50 Fly</b>	1:14.64	1:14.64	1:06.12	1:06.12	1:00.06	1:00.06	0:54.00	0:54.00	0:49.22	0:49.22	0:42.37	0:42.37	0:39.87	0:39.87	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:20.53	1:20.53	1:17.67	1:16.11	1:13.90	1:12.42
<b>150 IM</b>	12:29.31	12:29.31	10:17.08	10:17.08	5:43.00	5:43.00	3:49.95	3:49.95	--	--	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	--	--	--	--	5:40.79	5:40.79	3:45.24	3:45.24	3:27.74	3:27.74	3:07.37	3:07.37	2:57.58	2:54.03	2:48.44	2:45.07

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:40.88	0:40.06	0:38.01	0:37.25	0:35.00	0:34.30	0:35.25	0:34.54
<b>100 Free</b>	1:31.48	1:29.66	1:22.48	1:20.83	1:16.58	1:15.05	1:17.14	1:15.59
<b>200 Free</b>	--	--	--	--	--	--	2:47.52	2:44.18
<b>400 Free</b>	7:13.43	7:04.76	6:42.21	6:34.17	6:02.45	5:55.20	--	--
<b>50 Back</b>	--	--	--	--	--	--	--	--
<b>100 Back</b>	1:46.99	1:44.85	1:39.36	1:37.37	1:28.52	1:26.75	1:30.40	1:28.59
<b>50 Breast</b>	--	--	--	--	--	--	--	--
<b>100 Breast</b>	2:02.56	2:00.11	1:50.92	1:48.71	1:43.84	1:41.76	1:44.33	1:42.25
<b>50 Fly</b>	--	--	--	--	--	--	--	--
<b>100 Fly</b>	1:44.68	1:42.58	1:35.86	1:33.94	1:30.40	1:28.59	1:27.25	1:25.50
<b>150 IM</b>	--	--	--	--	--	--	--	--
<b>200 IM</b>	3:50.84	3:46.23	3:34.87	3:30.57	3:14.51	3:10.62	3:15.56	3:11.64

