

2009 - 2012 Manitoba/Saskatchewan SWAD Time Standards

Women - Long Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10				
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.57	0:56.93	0:51.86	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	1:34.87	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	4:49.80	4:00.35	3:59.20	3:33.90	3:21.25	4:24.50	3:59.20	3:40.80	3:33.90
400 Free	29:35.60	20:07.50	18:01.00	15:40.70	13:02.00	10:04.90	9:29.25	9:16.60	8:13.35	7:48.05	9:29.25	8:51.30	8:26.00	8:13.35
800 Free						19:46.80	18:58.50	18:33.20	16:26.70	15:13.10	18:58.50	17:42.60	16:52.00	16:26.70
1500 Free						38:24.60	36:48.00	35:57.40	31:44.40	29:17.20	36:48.00	33:53.20	32:35.00	31:44.40
50 Back	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20	1:16.47	1:10.15	1:04.98	0:57.50	0:51.18	1:10.15	1:04.98	0:57.50	0:57.50
100 Back	7:46.90	5:40.40	5:15.10	3:59.20	3:33.90	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
200 Back	15:45.30	11:32.30	10:41.70	8:09.90	7:19.30	5:38.10	5:03.60	4:51.52	4:00.35	3:58.62	4:49.80	4:03.22	4:01.50	4:12.54
50 Breast	4:25.65	3:22.40	2:31.80	1:48.10	1:41.78	1:35.45	1:22.80	1:10.15	1:03.82		1:22.80	1:10.15	1:03.82	1:03.82
100 Breast	9:02.80	6:56.30	5:15.10	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
200 Breast	18:05.60	13:52.60	10:30.20	8:20.25	6:59.75	6:24.10	5:53.05	4:40.02	4:39.45		5:08.20	4:45.20	4:39.45	4:39.45
50 Fly	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.87	1:15.90	1:10.15	1:03.82	0:57.50	1:10.15	1:03.82	0:57.50	1:03.82
100 Fly	6:31.00	5:59.95	5:09.35	4:42.90	4:18.75	3:21.25	2:37.55	2:31.80	2:19.15	2:06.50	2:31.80	2:19.15	2:06.50	2:19.15
200 Fly	13:02.00	11:59.90	10:18.70	9:25.80	8:37.50	6:42.50	5:15.10	4:36.00	4:07.25	4:06.10	4:51.52	4:44.63	4:42.90	4:12.54
150 IM	8:13.35	7:54.37	7:35.40	6:19.50										
200 IM	11:28.85	9:48.23	10:12.95	8:44.40	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
400 IM	22:57.70	19:36.45	20:25.90	17:28.80	15:22.30	12:50.50	11:09.30	9:20.05	8:08.75	7:49.20	8:45.55	7:34.82	7:28.50	8:08.75