

**NWT Swimming Time Standards  
2011 Western Canada Summer Games**

**Female - Short Course**

	2009-10 Senior Nat'l	NWT 'B' Time	NWT 'A' Time
50 Free	00:26.60	00:34.58	00:33.25
100 Free	00:57.50	01:14.75	01:11.88
200 Free	02:03.62	02:40.71	02:34.52
400 Free	04:24.15	05:43.39	05:30.19
800 Free	09:03.50	11:46.55	11:19.38
1500 Free	17:38.22	22:55.69	22:02.77
50 Back	00:30.27	00:39.35	00:37.84
100 Back	01:04.35	01:23.66	01:20.44
200 Back	02:17.99	02:59.39	02:52.49
50 Breast	00:34.05	00:44.27	00:42.56
100 Breast	01:13.02	01:34.93	01:31.27
200 Breast	02:36.63	03:23.62	03:15.79
50 Fly	00:28.87	00:37.53	00:36.09
100 Fly	01:03.51	01:22.56	01:19.39
200 Fly	02:20.01	03:02.01	02:55.01
200 IM	02:20.61	03:02.79	02:55.76
400 IM	04:57.68	06:26.98	06:12.10

**Female - Long Course**

	2009-10 Senior Nat'l	NWT 'B' Time	NWT 'A' Time
50 Free	00:27.41	00:35.63	00:34.26
100 Free	00:58.76	01:16.39	01:13.45
200 Free	02:06.92	02:45.00	02:38.65
400 Free	04:29.72	05:50.64	05:37.15
800 Free	09:19.10	12:06.83	11:38.87
1500 Free	17:51.51	23:12.96	22:19.39
50 Back	00:31.26	00:40.64	00:39.07
100 Back	01:07.00	01:27.10	01:23.75
200 Back	02:24.12	03:07.36	03:00.15
50 Breast	00:34.75	00:45.18	00:43.44
100 Breast	01:15.00	01:37.50	01:33.75
200 Breast	02:42.71	03:31.52	03:23.39
50 Fly	00:29.38	00:38.19	00:36.72
100 Fly	01:04.55	01:23.92	01:20.69
200 Fly	02:23.31	03:06.30	02:59.14
200 IM	02:25.54	03:09.20	03:01.92
400 IM	05:07.61	06:39.89	06:24.51

**Male - Short Course**

	2009-10 Senior Nat'l	NWT 'B' Time	NWT 'A' Time
50 Free	00:23.71	00:30.82	00:29.64
100 Free	00:51.30	01:06.69	01:04.12
200 Free	01:53.69	02:27.80	02:22.11
400 Free	04:01.10	05:13.43	05:01.38
800 Free	08:30.62	11:03.81	10:38.28
1500 Free	16:07.82	20:58.17	20:09.78
50 Back	00:26.92	00:35.00	00:33.65
100 Back	00:58.02	01:15.43	01:12.53
200 Back	02:05.30	02:42.89	02:36.62
50 Breast	00:29.64	00:38.53	00:37.05
100 Breast	01:05.20	01:24.76	01:21.50
200 Breast	02:21.35	03:03.75	02:56.69
50 Fly	00:25.83	00:33.58	00:32.29
100 Fly	00:56.91	01:13.98	01:11.14
200 Fly	02:06.40	02:44.32	02:38.00
200 IM	02:04.70	02:42.11	02:35.87
400 IM	04:30.20	05:51.26	05:37.75

**Male - Long Course**

	2009-10 Senior Nat'l	NWT 'B' Time	NWT 'A' Time
50 Free	00:24.37	00:31.68	00:30.46
100 Free	00:53.04	01:08.95	01:06.30
200 Free	01:56.40	02:31.32	02:25.50
400 Free	04:08.20	05:22.66	05:10.25
800 Free	08:41.04	11:17.35	10:51.30
1500 Free	16:37.90	21:37.27	20:47.38
50 Back	00:28.01	00:36.41	00:35.01
100 Back	01:00.10	01:18.13	01:15.13
200 Back	02:09.70	02:48.61	02:42.13
50 Breast	00:30.55	00:39.71	00:38.19
100 Breast	01:06.82	01:26.87	01:23.52
200 Breast	02:26.76	03:10.79	03:03.45
50 Fly	00:26.07	00:33.89	00:32.59
100 Fly	00:57.50	01:14.75	01:11.88
200 Fly	02:09.20	02:47.96	02:41.50
200 IM	02:10.62	02:49.81	02:43.27
400 IM	04:39.10	06:02.83	05:48.88