2025-28 Provincial Standards / Normes provinciales 2025-28

Gender	Course	Type	Event	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14	SB9 Only
Men/Hommes	LCM	MET	50m Backstroke/Dos	02:57.04	01:56.52	01:32.32	01:22.33	01:05.77										
			100m Backstroke/Dos	06:06.73	04:10.38				02:12.76	02:04.33	01:51.94	01:43.70	01:38.48	02:03.41	01:47.83	01:40.95	01:38.70	01:25.05
			50m Breaststroke/Brasse	05:26.83	05:10.09	01:28.16												
			100m Breaststroke/Brasse				03:04.74	02:50.07	02:18.42	02:15.23	02:03.21	01:54.86		02:13.70	01:59.07	01:53.62	01:49.66	
			50m Butterfly/Papillon		01:25.26	01:17.45	01:09.64	01:03.48	00:54.64	00:51.42								
			100m Butterfly/Papillon								01:43.85	01:37.17	01:35.16	02:05.38	01:39.12	01:33.24	01:31.74	01:22.19
			50m Freestyle/Libre	02:23.15	02:07.67	01:25.22	01:07.17	00:56.57	00:51.98	00:46.80	00:44.23	00:41.16	00:39.03	00:44.51	00:39.69	00:39.14	00:39.03	00:33.71
			100m Freestyle/Libre	05:19.73	04:41.23	03:11.84	02:32.67	02:06.14	01:51.73	01:44.76	01:36.59	01:31.49	01:24.78	01:44.72	01:30.58	01:26.83	01:24.98	01:13.23
			200m Freestyle/Libre	11:57.60	08:32.92	07:23.45	05:39.54	04:44.84									03:05.88	
			400m Freestyle/Libre						08:49.06	08:02.97	07:24.81	06:58.59	06:39.14	08:26.07	08:17.67	07:00.83		05:44.72
			150m I.M./Q.N.I	16:06.28	13:15.76	07:22.32	04:56.55											
			200m I.M./Q.N.I					07:19.46	04:50.46	04:27.90	03:56.32	03:45.68	03:32.95	04:25.61	04:27.19	03:36.82	03:30.99	03:03.92
		MQS	50m Backstroke/Dos	02:44.40	01:48.20	01:25.72	01:16.45	01:01.07										
			100m Backstroke/Dos	05:40.54	03:52.49				02:03.28	01:55.45	01:43.95	01:36.29	01:31.44	01:54.60	01:40.13	01:33.74	01:31.65	
			50m Breaststroke/Brasse	05:03.48	04:47.94	01:21.86												
			100m Breaststroke/Brasse				02:51.55	02:37.92	02:08.53	02:05.57	01:54.41	01:46.65		02:04.15	01:50.56	01:45.51	01:41.83	
			50m Butterfly/Papillon		01:19.17	01:11.92	01:04.66	00:58.94	00:50.74	00:47.75								
			100m Butterfly/Papillon								01:36.43	01:30.23	01:28.36	01:56.43	01:32.04	01:26.58	01:25.19	
			50m Freestyle/Libre	02:12.93	01:58.55	01:19.13	01:02.37	00:52.53	00:48.27	00:43.46	00:41.07	00:38.22	00:36.24	00:41.33	00:36.86	00:36.35	00:36.24	
			100m Freestyle/Libre	04:56.89	04:21.14	02:58.14	02:21.77	01:57.13	01:43.75	01:37.28	01:29.69	01:24.96	01:18.73	01:37.24	01:24.11	01:20.63	01:18.91	
			200m Freestyle/Libre	11:06.34	07:56.28	06:51.78	05:15.29	04:24.50									02:52.60	
			400m Freestyle/Libre						08:11.27	07:28.47	06:53.04	06:28.69	06:10.63	07:49.92	07:42.12	06:30.77		
			150m I.M./Q.N.I	14:57.26	12:18.92	06:50.72	04:35.37											
			200m I.M./Q.N.I					06:48.07	04:29.71	04:08.77	03:39.44	03:29.56	03:17.74	04:06.64	04:08.10	03:21.33	03:15.92	
	SCM	MET	50m Backstroke/Dos	03:00.58	01:58.85	01:34.17	01:23.98	01:05.77										
			100m Backstroke/Dos	06:14.06	04:15.39				02:12.76	02:04.33	01:49.70	01:41.63	01:36.51	02:05.88	01:45.67	01:38.93	01:36.73	01:23.38
			50m Breaststroke/Brasse	05:33.37	05:16.29	01:29.92												
			100m Breaststroke/Brasse				03:08.43	02:50.07	02:18.42	02:15.23	02:00.75	01:52.56		02:16.37	01:56.69	01:51.35	01:47.47	
			50m Butterfly/Papillon		01:26.97	01:19.00	01:11.03	01:03.48	00:54.64	00:51.42								
			100m Butterfly/Papillon								01:41.77	01:35.23	01:33.26	02:07.89	01:37.14	01:31.38	01:29.91	01:20.58
			50m Freestyle/Libre	02:26.01	02:10.22	01:26.92	01:08.51	00:56.57	00:51.98	00:46.80	00:43.35	00:40.34	00:38.25	00:45.40	00:38.90	00:38.36	00:38.25	00:33.05
			100m Freestyle/Libre	05:26.12	04:46.85	03:15.68	02:35.72	02:06.14	01:51.73	01:44.76	01:34.66	01:29.66	01:23.08	01:46.81	01:28.77	01:25.09	01:23.28	01:11.79
			200m Freestyle/Libre	12:11.95	08:43.18	07:32.32	05:46.33	04:44.84									03:02.16	
			400m Freestyle/Libre						08:49.06	08:02.97	07:15.91	06:50.22	06:31.16	08:36.19	08:07.72	06:52.41		05:37.96
			150m I.M./Q.N.I	16:25.61	13:31.68	07:31.17	05:02.48											
			200m I.M./Q.N.I					07:19.46	04:50.46	04:27.90	03:51.59	03:41.17	03:28.69	04:30.92	04:21.85	03:32.48	03:26.77	03:00.31
		MQS	50m Backstroke/Dos	02:47.69	01:50.36	01:27.43	01:17.98	01:01.07										
			100m Backstroke/Dos	05:47.35	03:57.14				02:03.28	01:55.45	01:41.87	01:34.36	01:29.61	01:56.89	01:38.13	01:31.87	01:29.82	
			50m Breaststroke/Brasse	05:09.55	04:53.70	01:23.50												
			100m Breaststroke/Brasse				02:54.98	02:37.92	02:08.53	02:05.57	01:52.12	01:44.52		02:06.63	01:48.35	01:43.40	01:39.79	
			50m Butterfly/Papillon		01:20.75	01:13.36	01:05.95	00:58.94	00:50.74	00:47.75								
			100m Butterfly/Papillon								01:34.50	01:28.43	01:26.59	01:58.76	01:30.20	01:24.85	01:23.49	
			50m Freestyle/Libre	02:15.59	02:00.92	01:20.71	01:03.62	00:52.53	00:48.27	00:43.46	00:40.25	00:37.46	00:35.52	00:42.16	00:36.12	00:35.62	00:35.52	
			100m Freestyle/Libre	05:02.83	04:26.36	03:01.70	02:24.61	01:57.13	01:43.75	01:37.28	01:27.90	01:23.26	01:17.16	01:39.18	01:22.43	01:19.02	01:17.33	
			200m Freestyle/Libre	11:19.67	08:05.81	07:00.02	05:21.60	04:24.50									02:49.15	
			400m Freestyle/Libre						08:11.27	07:28.47	06:44.78	06:20.92	06:03.22	07:59.32	07:32.88	06:22.95		
			150m I.M./Q.N.I	15:15.21	12:33.70	06:58.93	04:40.88											
			200m I.M./Q.N.I					06:48.07	04:29.71	04:08.77	03:35.05	03:25.37	03:13.79	04:11.57	04:03.14	03:17.30	03:12.00	

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Gender	Course	Type	Event	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14	SB9 Only
Women/Femmes	LCM	MET	50m Backstroke/Dos	03:33.14	02:57.55	01:56.79	01:38.70	01:19.84										
			100m Backstroke/Dos	07:06.30	05:39.08				02:28.11	02:20.77	02:09.11	01:59.20	01:54.20	02:19.26	02:08.13	01:51.90	01:54.30	01:38.63
			50m Breaststroke/Brasse	04:15.79	02:29.20	01:46.90												
			100m Breaststroke/Brasse				03:45.85	03:06.34	02:51.56	02:44.19	02:24.56	02:12.36		02:38.05	02:23.04	02:11.29	02:11.91	
			50m Butterfly/Papillon			02:14.99	01:53.68	01:28.45	01:06.42	01:02.92								
			100m Butterfly/Papillon								02:04.92	01:53.62	01:48.15	02:14.99	02:05.08	01:54.30	01:50.32	01:33.41
			50m Freestyle/Libre	03:04.73	02:07.53	02:07.12	01:14.79	01:10.78	00:59.05	00:56.48	00:51.51	00:46.72	00:44.44	00:52.71	00:48.45	00:44.25	00:44.44	00:38.38
			100m Freestyle/Libre	06:37.88	04:37.09	04:00.38	03:04.73	02:28.27	02:10.34	02:01.90	01:54.41	01:40.91	01:38.66	01:57.98	01:46.37	01:41.12	01:37.52	01:25.20
			200m Freestyle/Libre		09:56.82	08:53.93	07:41.82	05:34.10									03:31.79	
			400m Freestyle/Libre						09:16.35	09:02.07	08:13.09	07:45.96	07:23.56	09:18.84	10:06.90	07:38.23		06:23.09
			150m I.M./Q.N.I		11:22.07	07:06.30	05:49.43											
			200m I.M./Q.N.I					07:19.46	05:19.30	05:15.99	04:46.72	04:15.19	04:04.30	04:57.70	04:54.18	04:05.92	04:06.54	03:31.00
		MQS	50m Backstroke/Dos	03:17.91	02:44.87	01:48.45	01:31.65	01:14.14										
			100m Backstroke/Dos	06:35.85	05:14.86				02:17.53	02:10.72	01:59.89	01:50.68	01:46.04	02:09.31	01:58.98	01:43.91	01:46.13	
			50m Breaststroke/Brasse	03:57.52	02:18.54	01:39.27												
			100m Breaststroke/Brasse				03:29.72	02:53.03	02:39.30	02:32.46	02:14.24	02:02.90		02:26.76	02:12.82	02:01.91	02:02.49	
			50m Butterfly/Papillon			02:05.35	01:45.56	01:22.13	01:01.67	00:58.42								
			100m Butterfly/Papillon								01:56.00	01:45.51	01:40.42	02:05.35	01:56.14	01:46.13	01:42.44	
			50m Freestyle/Libre	02:51.54	01:58.42	01:58.04	01:09.45	01:05.73	00:54.83	00:52.44	00:47.83	00:43.38	00:41.26	00:48.94	00:44.99	00:41.09	00:41.26	
			100m Freestyle/Libre	06:09.46	04:17.30	03:43.21	02:51.54	02:17.68	02:01.03	01:53.19	01:46.24	01:33.70	01:31.61	01:49.55	01:38.77	01:33.90	01:30.56	
			200m Freestyle/Libre		09:14.19	08:15.79	07:08.83	05:10.23									03:16.66	
			400m Freestyle/Libre						08:36.61	08:23.35	07:37.87	07:12.68	06:51.88	08:38.92	09:23.55	07:05.50		
			150m I.M./Q.N.I		10:33.35	06:35.85	05:24.47											
			200m I.M./Q.N.I					06:48.07	04:56.49	04:53.42	04:26.24	03:56.96	03:46.85	04:36.43	04:33.17	03:48.36	03:48.93	
	SCM	MET	50m Backstroke/Dos	03:37.40	03:01.10	01:59.13	01:40.67	01:19.84										
			100m Backstroke/Dos	07:14.83	05:45.86				02:28.11	02:20.77	02:06.53	01:56.82	01:51.92	02:22.05	02:05.57	01:49.66	01:52.01	01:36.70
			50m Breaststroke/Brasse	04:20.91	02:32.18	01:49.04												
			100m Breaststroke/Brasse				03:50.37	03:06.34	02:51.56	02:44.19	02:21.67	02:09.71		02:41.21	02:20.18	02:08.66	02:09.27	
			50m Butterfly/Papillon			02:17.69	01:55.95	01:28.45	01:06.42	01:02.92								
			100m Butterfly/Papillon								02:02.42	01:51.35	01:45.99	02:17.69	02:02.58	01:52.01	01:48.11	01:31.58
			50m Freestyle/Libre	03:08.42	02:10.08	02:09.66	01:16.29	01:10.78	00:59.05	00:56.48	00:50.48	00:45.79	00:43.55	00:53.76	00:47.48	00:43.36	00:43.55	00:37.63
			100m Freestyle/Libre	06:45.84	04:42.63	04:05.19	03:08.42	02:28.27	02:10.34	02:01.90	01:52.12	01:38.89	01:36.69	02:00.34	01:44.24	01:39.10	01:35.57	01:23.53
			200m Freestyle/Libre		10:08.76	09:04.61	07:51.06	05:34.10									03:27.55	
			400m Freestyle/Libre						09:16.35	09:02.07	08:03.23	07:36.64	07:14.69	09:30.02	09:54.76	07:29.07		06:15.58
			150m I.M./Q.N.I		11:35.71	07:14.83	05:56.42											
			200m I.M./Q.N.I					07:19.46	05:19.30	05:15.99	04:40.99	04:10.09	03:59.41	05:03.65	04:48.30	04:01.00	04:01.61	03:26.86
		MQS	50m Backstroke/Dos	03:21.87	02:48.17	01:50.62	01:33.48	01:14.14										
			100m Backstroke/Dos	06:43.77	05:21.16				02:17.53	02:10.72	01:57.49	01:48.47	01:43.92	02:11.90	01:56.60	01:41.83	01:44.01	
			50m Breaststroke/Brasse	04:02.27	02:21.31	01:41.26												
			100m Breaststroke/Brasse				03:33.91	02:53.03	02:39.30	02:32.46	02:11.56	02:00.44		02:29.70	02:10.16	01:59.47	02:00.04	
			50m Butterfly/Papillon			02:07.86	01:47.67	01:22.13	01:01.67	00:58.42								
			100m Butterfly/Papillon								01:53.68	01:43.40	01:38.41	02:07.86	01:53.82	01:44.01	01:40.39	
			50m Freestyle/Libre	02:54.97	02:00.79	02:00.40	01:10.84	01:05.73	00:54.83	00:52.44	00:46.87	00:42.51	00:40.43	00:49.92	00:44.09	00:40.27	00:40.43	
			100m Freestyle/Libre	06:16.85	04:22.45	03:47.67	02:54.97	02:17.68	02:01.03	01:53.19	01:44.12	01:31.83	01:29.78	01:51.74	01:36.79	01:32.02	01:28.75	
			200m Freestyle/Libre		09:25.27	08:25.71	07:17.41	05:10.23									03:12.73	
			400m Freestyle/Libre						08:36.61	08:23.35	07:28.71	07:04.03	06:43.64	08:49.30	09:12.28	06:56.99		
			150m I.M./Q.N.I		10:46.02	06:43.77	05:30.96											
			200m I.M./Q.N.I					06:48.07	04:56.49	04:53.42	04:20.92	03:52.22	03:42.31	04:41.96	04:27.71	03:43.79	03:44.35	