

2022-2023 Lac St Louis Regional and Provincial Standards

Short Course Meters

8 & Under Girls			8 & Under Boys		
	Regional Final		Regional Final		
	55.00	50 Free	55.00		
	1:55.00	100 Free	1:55.00		
	4:00.00	200 Free	4:00.00		
	-	400 Free	-		
	1:00.00	50 Back	1:00.00		
	2:10.00	100 Back	2:10.00		
	1:05.00	50 Breast	1:05.00		
	2:20.00	100 Breast	2:20.00		
	1:00.00	50 Fly	1:00.00		
	2:15.00	100 Fly	2:15.00		
	2:10.00	100 IM	2:10.00		
	4:25.00	200 IM	4:25.00		

9 Years Old Girls			9 Years Old Boys		
	Regional Final		Regional Final		
	49.56	50 Free	49.56		
	1:46.11	100 Free	1:46.11		
	3:44.28	200 Free	3:44.28		
	8:08.02	400 Free	8:08.02		
	55.49	50 Back	55.49		
	1:59.08	100 Back	1:59.08		
	3:58.16	200 Back	3:58.16		
	59.69	50 Breast	59.69		
	2:10.60	100 Breast	2:10.60		
	4:23.94	200 Breast	4:23.94		
	53.79	50 Fly	53.79		
	2:01.79	100 Fly	2:01.79		
	1:51.07	100 IM	1:51.07		
	4:10.26	200 IM	4:10.26		

10 Years Old Girls			10 Years Old Boys		
	Regional Final	Provincial (11 & Under)		Provincial (11 & Under)	Regional Final
	44.12	31.71	50 Free	32.19	44.79
	1:37.21	1:09.86	100 Free	1:10.74	1:38.43
	3:28.56	2:29.88	200 Free	2:29.85	3:28.52
	7:23.65	5:18.83	400 Free	5:20.83	7:26.43
	-	10:55.38	800 Free	11:14.38	-
	-	21:18.56	1500 Free	20:47.95	-
	50.97	36.63	50 Back	37.14	51.68
	1:48.16	1:17.73	100 Back	1:19.28	1:50.32
	3:55.71	2:49.39	200 Back	2:48.11	3:53.93
	56.49	40.60	50 Breast	40.26	56.02
	2:01.21	1:28.72	100 Breast	1:28.64	2:03.34
	4:29.87	3:13.94	200 Breast	3:14.33	4:30.41
	47.59	34.20	50 Fly	34.51	48.02
	1:48.58	1:18.03	100 Fly	1:17.09	1:47.27
	-	3:00.66	200 Fly	2:52.69	-
	1:36.58	-	100 IM	-	1:36.58
	3:55.53	2:49.26	200 IM	2:51.51	3:58.66
		6:04.15	400 IM	6:06.35	

11 Years Old Girls			11 Years Old Boys				
	Regional Final	Coupe des Regions	Provincial		Provincial	Coupe des Regions	Regional Final
	40.11	34.88	31.71	50 Free	32.19	35.41	40.72
	1:28.37	1:16.85	1:09.86	100 Free	1:10.74	1:17.81	1:29.49
	3:09.60	2:44.87	2:29.88	200 Free	2:29.85	2:44.83	3:09.56
	6:43.32	5:50.71	5:18.83	400 Free	5:20.83	5:52.91	6:45.85
	-	12:00.92	10:55.38	800 Free	11:14.38	12:21.82	-
	-	23:26.42	21:18.56	1500 Free	20:47.95	22:52.74	-
	46.34	40.29	36.63	50 Back	37.14	40.85	46.98
	1:38.33	1:25.50	1:17.73	100 Back	1:19.28	1:27.21	1:40.29
	3:34.28	3:06.33	2:49.39	200 Back	2:48.11	3:04.92	3:32.66
	51.36	44.66	40.60	50 Breast	40.26	44.29	50.93
	1:52.23	1:37.59	1:28.72	100 Breast	1:28.64	1:37.50	1:52.13
	4:05.33	3:33.33	3:13.94	200 Breast	3:14.33	3:33.76	4:05.83
	43.26	37.62	34.20	50 Fly	34.51	37.96	43.66
	1:38.71	1:25.83	1:18.03	100 Fly	1:17.09	1:24.80	1:37.52
	-	3:18.73	3:00.66	200 Fly	2:52.69	3:09.96	-
	1:31.75	1:27.80	-	100 IM	-	1:27.80	1:31.75
	3:34.11	3:06.19	2:49.26	200 IM	2:51.51	3:08.66	3:36.96
	-	6:40.57	6:04.15	400 IM	6:06.35	6:42.98	-

12 Years Old Girls			12 Years Old Boys				
	Regional Final	Coupe des Regions	Provincial		Provincial	Coupe des Regions	Regional Final
	38.20	33.22	30.20	50 Free	29.81	32.79	37.71
	1:24.16	1:13.18	1:06.53	100 Free	1:05.50	1:12.05	1:22.86
	2:58.87	2:35.54	2:21.40	200 Free	2:20.04	2:34.04	2:57.15
	6:24.12	5:34.01	5:03.65	400 Free	4:59.84	5:29.82	6:19.30
	-	11:20.11	10:18.28	800 Free	10:30.26	11:33.29	-
	-	22:06.81	20:06.19	1500 Free	19:26.31	21:22.94	-
	44.12	38.37	34.88	50 Back	34.38	37.82	43.49
	1:33.65	1:21.43	1:14.03	100 Back	1:13.41	1:20.75	1:32.86
	3:24.08	2:57.46	2:41.33	200 Back	2:37.11	2:52.82	3:18.74
	48.92	42.54	38.67	50 Breast	37.28	41.01	47.16
	1:46.88	1:32.94	1:24.49	100 Breast	1:22.07	1:30.28	1:43.82
	3:53.66	3:23.18	3:04.71	200 Breast	2:59.94	3:17.93	3:47.62
	41.20	35.83	32.57	50 Fly	31.95	35.14	40.42
	1:34.01	1:21.75	1:14.32	100 Fly	1:11.38	1:18.52	1:30.30
	-	3:05.72	2:48.84	200 Fly	2:39.90	2:55.89	-
	1:19.82	-	-	100 IM	-	1:19.82	1:31.79
	3:22.00	2:55.65	2:39.68	200 IM	2:39.90	2:55.89	3:22.27
		6:21.49	5:46.81	400 IM	5:42.38	6:16.62	7:13.11

13 Years Old Girls			13 Years Old Boys		
Coupe des Regions	Provincial		Provincial	Coupe des Regions	
32.25	29.32	50 Free	27.99	30.79	
1:11.05	1:04.59	100 Free	1:01.50	1:07.65	
2:31.75	2:17.95	200 Free	2:13.38	2:26.71	
5:24.29	4:54.81	400 Free	4:45.56	5:14.12	
11:03.52	10:03.20	800 Free	10:00.25	11:00.27	
21:34.45	19:36.77	1500 Free	18:30.77	20:21.85	
37.25	33.87	50 Back	32.29	35.51	
1:19.06	1:11.87	100 Back	1:08.93	1:15.82	
2:52.29	2:36.63	200 Back	2:29.63	2:44.59	
41.29	37.54	50 Breast	35.00	38.50	
1:30.24	1:22.03	100 Breast	1:17.07	1:24.77	
3:17.26	2:59.33	200 Breast	2:48.95	3:05.85	
34.78	31.62	50 Fly	30.00	33.00	
1:19.37	1:12.15	100 Fly	1:07.03	1:13.73	
2:56.88	2:40.80	200 Fly	2:30.14	2:45.15	
2:51.37	2:35.79	200 IM	2:29.11	2:44.02	
6:10.38	5:36.71	400 IM	5:26.08	5:58.69	

14 Years Old Girls			14 Years Old Boys		
Coupe des Regions	Provincial		Provincial	Coupe des Regions	
31.54	28.68	50 Free	26.78	29.46	
1:09.49	1:03.17	100 Free	58.85	04.74	
2:29.14	2:15.58	200 Free	2:08.25	2:21.07	
5:17.15	4:48.32	400 Free	4:34.58	5:02.04	
10:52.11	9:52.83	800 Free	9:37.16	10:34.88	
21:12.19	19:16.53	1500 Free	17:48.05	19:34.85	
36.43	33.12	50 Back	30.90	33.99	
1:17.32	1:10.29	100 Back	1:05.96	1:12.55	
2:48.50	2:33.18	200 Back	2:23.88	2:38.26	
40.38	36.71	50 Breast	33.50	36.85	
1:28.25	1:20.23	100 Breast	1:13.75	1:21.12	
3:12.92	2:55.38	200 Breast	2:41.68	2:57.85	
34.02	30.93	50 Fly	28.71	31.58	
1:17.62	1:10.56	100 Fly	1:04.14	1:10.55	
2:51.73	2:36.12	200 Fly	2:23.68	2:38.04	
2:48.42	2:33.11	200 IM	2:22.69	2:36.96	
6:02.23	5:29.30	400 IM	5:13.54	5:44.89	

15 Years Old Girls			15 Years Old Boys		
Coupe des Regions	Provincial		Provincial	Coupe des Regions	
31.00	28.18	50 Free	26.13	28.74	
1:08.29	1:02.08	100 Free	57.42	03.16	
2:27.66	2:14.24	200 Free	2:05.12	2:17.63	
5:11.70	4:43.36	400 Free	4:26.58	4:53.24	
10:45.66	9:46.96	800 Free	9:23.09	10:19.39	
20:59.59	19:05.08	1500 Free	17:22.00	19:06.20	
35.81	32.55	50 Back	30.14	33.16	
1:15.99	1:09.08	100 Back	1:04.35	1:10.78	
2:45.60	2:30.55	200 Back	2:20.37	2:34.40	
39.69	36.08	50 Breast	32.68	35.95	
1:26.73	1:18.85	100 Breast	1:11.95	1:19.14	
3:09.60	2:52.36	200 Breast	2:37.74	2:53.51	
33.43	30.39	50 Fly	28.01	30.81	
1:16.29	1:09.35	100 Fly	1:02.58	1:08.83	
2:47.54	2:32.31	200 Fly	2:20.17	2:34.19	
2:46.75	2:31.59	200 IM	2:19.21	2:33.13	
5:56.00	5:23.64	400 IM	5:04.41	5:34.85	

16 Years Old Girls			16 Years Old Boys		
Coupe des Regions	Provincial		Provincial	Coupe des Regions	
30.69	27.90	50 Free	25.62	28.18	
1:07.62	1:01.47	100 Free	56.29	01.92	
2:26.20	2:12.91	200 Free	2:02.66	2:14.93	
5:08.61	4:40.56	400 Free	4:21.35	4:47.49	
10:39.26	9:41.15	800 Free	9:12.05	10:07.25	
20:47.12	18:53.75	1500 Free	17:06.37	18:49.00	
35.45	32.23	50 Back	29.55	32.51	
1:15.24	1:08.40	100 Back	1:03.09	1:09.40	
2:43.96	2:29.05	200 Back	2:17.62	2:31.38	
39.30	35.72	50 Breast	32.04	35.24	
1:25.87	1:18.07	100 Breast	1:10.54	1:17.59	
3:07.72	2:50.66	200 Breast	2:34.64	2:50.11	
33.10	30.09	50 Fly	27.46	30.21	
1:15.53	1:08.66	100 Fly	1:01.35	1:07.48	
2:45.07	2:30.06	200 Fly	2:17.42	2:31.16	
2:45.10	2:30.09	200 IM	2:16.42	2:30.07	
5:52.48	5:20.43	400 IM	4:58.44	5:28.28	

17 Years Old Girls			17 Years Old Boys		
Coupe des Regions	Provincial		Provincial	Coupe des Regions	
30.39	27.63	50 Free	25.24	27.76	
1:06.95	1:00.86	100 Free	55.46	01.01	
2:25.11	2:11.92	200 Free	2:00.85	2:12.94	
5:05.56	4:37.78	400 Free	4:16.23	4:41.85	
10:34.50	9:36.82	800 Free	9:03.89	9:58.28	
20:37.84	18:45.31	1500 Free	16:56.10	18:37.71	
35.10	31.91	50 Back	29.11	32.03	
1:14.49	1:07.72	100 Back	1:02.15	1:08.37	
2:42.34	2:27.58	200 Back	2:15.58	2:29.14	
38.91	35.37	50 Breast	31.56	34.72	
1:25.02	1:17.29	100 Breast	1:09.49	1:16.44	
3:05.87	2:48.97	200 Breast	2:32.36	2:47.59	
32.77	29.79	50 Fly	27.05	29.76	
1:14.78	1:07.98	100 Fly	1:00.44	1:06.49	
2:43.43	2:28.58	200 Fly	2:15.39	2:28.93	
2:43.87	2:28.97	200 IM	2:14.38	2:27.82	
5:48.99	5:17.26	400 IM	4:52.59	5:21.84	