



PROVINCIAL TIME LEVELS LONG COURES 2005-08

MALES 11 & UNDER

| | Prov | A | B | C | D | E |
|---------|----------|----------|----------|----------|----------|----------|
| 50 FR | 00:32.82 | 00:34.46 | 00:36.10 | 00:37.74 | 00:39.38 | 00:41.03 |
| 100 FR | 01:12.44 | 01:16.06 | 01:19.68 | 01:23.30 | 01:26.92 | 01:30.55 |
| 200 FR | 02:36.51 | 02:44.33 | 02:52.16 | 02:59.98 | 03:07.81 | 03:15.63 |
| 400 FR | 05:32.89 | 05:49.53 | 06:06.18 | 06:22.82 | 06:39.47 | 06:56.11 |
| 800 FR | None | None | None | None | None | None |
| 1500 FR | None | None | None | None | None | None |
| 100 BK | 01:22.82 | 01:26.96 | 01:31.10 | 01:35.24 | 01:39.38 | 01:43.52 |
| 200 BK | 02:55.49 | 03:04.26 | 03:13.04 | 03:21.81 | 03:30.59 | 03:39.36 |
| 100 BR | 01:36.71 | 01:41.54 | 01:46.38 | 01:51.22 | 01:56.05 | 02:00.89 |
| 200 BR | None | None | None | None | None | None |
| 100 FL | 01:27.42 | 01:31.79 | 01:36.16 | 01:40.54 | 01:44.91 | 01:49.28 |
| 200 FL | None | None | None | None | None | None |
| 200 IM | 02:59.57 | 03:08.55 | 03:17.53 | 03:26.51 | 03:35.48 | 03:44.46 |
| 400 IM | None | None | None | None | None | None |

MALES 12 YRS

| | Prov | A | B | C | D | E |
|---------|----------|----------|----------|----------|----------|----------|
| 50 FR | 00:30.36 | 00:31.88 | 00:33.40 | 00:34.91 | 00:36.43 | 00:37.95 |
| 100 FR | 01:06.73 | 01:10.06 | 01:13.40 | 01:16.74 | 01:20.07 | 01:23.41 |
| 200 FR | 02:25.48 | 02:32.75 | 02:40.03 | 02:47.30 | 02:54.57 | 03:01.85 |
| 400 FR | 05:07.90 | 05:23.29 | 05:38.69 | 05:54.08 | 06:09.48 | 06:24.87 |
| 800 FR | 10:37.36 | 11:09.22 | 11:41.09 | 12:12.96 | 12:44.83 | 13:16.69 |
| 1500 FR | None | None | None | None | None | None |
| 100 BK | 01:16.62 | 01:20.45 | 01:24.28 | 01:28.11 | 01:31.94 | 01:35.77 |
| 200 BK | 02:43.17 | 02:51.33 | 02:59.49 | 03:07.65 | 03:15.80 | 03:23.96 |
| 100 BR | 01:26.30 | 01:30.62 | 01:34.94 | 01:39.25 | 01:43.57 | 01:47.88 |
| 200 BR | 03:05.18 | 03:14.44 | 03:23.69 | 03:32.95 | 03:42.21 | 03:51.47 |
| 100 FL | 01:17.86 | 01:21.75 | 01:25.64 | 01:29.54 | 01:33.43 | 01:37.32 |
| 200 FL | 02:59.56 | 03:08.54 | 03:17.52 | 03:26.49 | 03:35.47 | 03:44.45 |
| 200 IM | 02:44.65 | 02:52.88 | 03:01.11 | 03:09.34 | 03:17.57 | 03:25.81 |
| 400 IM | 05:56.95 | 06:14.79 | 06:32.64 | 06:50.49 | 07:08.34 | 07:26.18 |

MALES 13 YRS

| | Prov | A | B | C | D | E |
|---------|----------|----------|----------|----------|----------|----------|
| 50 FR | 00:28.94 | 00:30.38 | 00:31.83 | 00:33.28 | 00:34.72 | 00:36.17 |
| 100 FR | 01:03.56 | 01:06.74 | 01:09.92 | 01:13.09 | 01:16.27 | 01:19.45 |
| 200 FR | 02:17.35 | 02:24.22 | 02:31.09 | 02:37.95 | 02:44.82 | 02:51.69 |
| 400 FR | 04:52.27 | 05:06.88 | 05:21.50 | 05:36.11 | 05:50.72 | 06:05.34 |
| 800 FR | 10:05.00 | 10:35.25 | 11:05.50 | 11:35.75 | 12:06.00 | 12:36.24 |
| 1500 FR | None | None | None | None | None | None |
| 100 BK | 01:12.54 | 01:16.17 | 01:19.79 | 01:23.42 | 01:27.05 | 01:30.67 |
| 200 BK | 02:35.12 | 02:42.88 | 02:50.64 | 02:58.39 | 03:06.15 | 03:13.90 |
| 100 BR | 01:22.45 | 01:26.57 | 01:30.70 | 01:34.82 | 01:38.94 | 01:43.06 |
| 200 BR | 02:56.15 | 03:04.95 | 03:13.76 | 03:22.57 | 03:31.38 | 03:40.18 |
| 100 FL | 01:12.12 | 01:15.72 | 01:19.33 | 01:22.94 | 01:26.54 | 01:30.15 |
| 200 FL | 02:42.47 | 02:50.60 | 02:58.72 | 03:06.84 | 03:14.97 | 03:23.09 |
| 200 IM | 02:35.96 | 02:43.76 | 02:51.56 | 02:59.36 | 03:07.16 | 03:14.96 |
| 400 IM | 05:28.80 | 05:45.24 | 06:01.68 | 06:18.12 | 06:34.56 | 06:51.00 |



MALES 14 YRS

| | Prov | A | B | C | D | E |
|---------|----------|----------|----------|----------|----------|----------|
| 50 FR | 00:27.42 | 00:28.79 | 00:30.16 | 00:31.53 | 00:32.90 | 00:34.27 |
| 100 FR | 01:00.23 | 01:03.24 | 01:06.25 | 01:09.26 | 01:12.27 | 01:15.29 |
| 200 FR | 02:11.82 | 02:18.41 | 02:25.00 | 02:31.59 | 02:38.18 | 02:44.77 |
| 400 FR | 04:40.61 | 04:54.64 | 05:08.68 | 05:22.71 | 05:36.74 | 05:50.77 |
| 800 FR | 09:40.87 | 10:09.91 | 10:38.95 | 11:08.00 | 11:37.04 | 12:06.08 |
| 1500 FR | 18:42.46 | 19:38.58 | 20:34.70 | 21:30.83 | 22:26.95 | 23:23.07 |
| 100 BK | 01:08.46 | 01:11.88 | 01:15.31 | 01:18.73 | 01:22.15 | 01:25.57 |
| 200 BK | 02:26.71 | 02:34.04 | 02:41.38 | 02:48.71 | 02:56.05 | 03:03.39 |
| 100 BR | 01:18.15 | 01:22.05 | 01:25.96 | 01:29.87 | 01:33.78 | 01:37.68 |
| 200 BR | 02:49.98 | 02:58.47 | 03:06.97 | 03:15.47 | 03:23.97 | 03:32.47 |
| 100 FL | 01:07.65 | 01:11.03 | 01:14.42 | 01:17.80 | 01:21.18 | 01:24.56 |
| 200 FL | 02:36.00 | 02:43.81 | 02:51.61 | 02:59.41 | 03:07.21 | 03:15.01 |
| 200 IM | 02:29.70 | 02:37.19 | 02:44.67 | 02:52.16 | 02:59.64 | 03:07.13 |
| 400 IM | 05:20.43 | 05:36.45 | 05:52.47 | 06:08.49 | 06:24.51 | 06:40.53 |

MALES 15 YRS

| | Prov | A | B | C | D | E |
|---------|----------|----------|----------|----------|----------|----------|
| 50 FR | 00:27.03 | 00:28.38 | 00:29.73 | 00:31.08 | 00:32.44 | 00:33.79 |
| 100 FR | 00:59.53 | 01:02.51 | 01:05.49 | 01:08.46 | 01:11.44 | 01:14.42 |
| 200 FR | 02:08.47 | 02:14.90 | 02:21.32 | 02:27.74 | 02:34.17 | 02:40.59 |
| 400 FR | 04:36.21 | 04:50.02 | 05:03.83 | 05:17.64 | 05:31.45 | 05:45.26 |
| 800 FR | 09:31.75 | 10:00.33 | 10:28.92 | 10:57.51 | 11:26.09 | 11:54.68 |
| 1500 FR | 18:24.83 | 19:20.07 | 20:15.31 | 21:10.55 | 22:05.79 | 23:01.03 |
| 100 BK | 01:07.75 | 01:11.14 | 01:14.53 | 01:17.92 | 01:21.30 | 01:24.69 |
| 200 BK | 02:25.80 | 02:33.09 | 02:40.38 | 02:47.67 | 02:54.96 | 03:02.25 |
| 100 BR | 01:17.40 | 01:21.27 | 01:25.14 | 01:29.01 | 01:32.88 | 01:36.75 |
| 200 BR | 02:49.07 | 02:57.53 | 03:05.98 | 03:14.43 | 03:22.89 | 03:31.34 |
| 100 FL | 01:07.23 | 01:10.59 | 01:13.95 | 01:17.31 | 01:20.68 | 01:24.04 |
| 200 FL | 02:30.47 | 02:37.99 | 02:45.52 | 02:53.04 | 03:00.56 | 03:08.09 |
| 200 IM | 02:27.00 | 02:34.35 | 02:41.69 | 02:49.04 | 02:56.39 | 03:03.74 |
| 400 IM | 05:11.82 | 05:27.41 | 05:43.00 | 05:58.59 | 06:14.18 | 06:29.77 |

MALES 16-17 YRS

| | Prov | A | B | C | D | E |
|---------|----------|----------|----------|----------|----------|----------|
| 50 FR | 00:26.19 | 00:27.50 | 00:28.81 | 00:30.12 | 00:31.43 | 00:32.74 |
| 100 FR | 00:57.18 | 01:00.04 | 01:02.90 | 01:05.76 | 01:08.62 | 01:11.48 |
| 200 FR | 02:06.15 | 02:12.45 | 02:18.76 | 02:25.07 | 02:31.38 | 02:37.68 |
| 400 FR | 04:29.84 | 04:43.33 | 04:56.83 | 05:10.32 | 05:23.81 | 05:37.30 |
| 800 FR | 09:18.57 | 09:46.50 | 10:14.43 | 10:42.36 | 11:10.29 | 11:38.22 |
| 1500 FR | 17:59.37 | 18:53.33 | 19:47.30 | 20:41.27 | 21:35.24 | 22:29.21 |
| 100 BK | 01:05.85 | 01:09.14 | 01:12.44 | 01:15.73 | 01:19.02 | 01:22.31 |
| 200 BK | 02:22.30 | 02:29.41 | 02:36.53 | 02:43.64 | 02:50.76 | 02:57.88 |
| 100 BR | 01:15.43 | 01:19.20 | 01:22.97 | 01:26.74 | 01:30.52 | 01:34.29 |
| 200 BR | 02:47.21 | 02:55.57 | 03:03.93 | 03:12.29 | 03:20.65 | 03:29.01 |
| 100 FL | 01:03.97 | 01:07.17 | 01:10.37 | 01:13.57 | 01:16.76 | 01:19.96 |
| 200 FL | 02:26.43 | 02:33.75 | 02:41.07 | 02:48.40 | 02:55.72 | 03:03.04 |
| 200 IM | 02:21.88 | 02:28.97 | 02:36.07 | 02:43.16 | 02:50.26 | 02:57.35 |
| 400 IM | 04:55.05 | 05:09.80 | 05:24.55 | 05:39.30 | 05:54.06 | 06:08.81 |