

AGE GROUP NATIONAL PRE-QUALIFYING STANDARDS

In accordance with the Swimming Canada Long Term Athlete Development competition policy and endorsed by all Provincial Sections, Swimming Canada is instituting **"Pre-Qualifying Standards"** for Age Group Nationals, effective immediately. Male swimmers in the 13 & under and 14 year old categories, and Female swimmers in the 12 & under, 13 year old and 14 year old categories must meet a pre-qualification standard in BOTH the IM and Distance Freestyle categories in order to be eligible to access the published entry times for the Age Group Nationals.

The standards were developed after examining the relationship of results to rankings over the past three years. An addition of 5% to both the LCM and SCM standards provides a viable standard that will initiate movement to multi-event development at the critical developmental ages. A swimmer is required make one of the IM standards and one of the distance free standards. Once they have those two standards then they must make the meet entry standards (as published).

2009 Age Group Nationals Pre-Qualifying Times (5% slower than current standard)											
FEMALE						EVENT	MALE				
12 & under		13 years		14 years			13 years		14 years		
LCM	SCM	LCM	SCM	LCM	SCM		LCM	SCM	LCM	SCM	
5:13.90	5:07.70	5:03.50	4:57.60	4:56.50	4:50.70	400 free	5:01.50	4:54.00	4:50.20	4:43.00	
10:51.50	10:38.70	10:29.00	10:16.80	10:13.50	10:01.50	800 free	10:33.90	10:18.10	10:04.70	9:49.60	
21:18.90	20:53.30	20:34.80	20:10.10	20:04.30	19:40.20	1500 free	20:06.50	19:36.30	19:47.00	19:17.40	
2:48.20	2:44.80	2:43.80	2:40.70	2:41.20	2:37.20	200 IM	2:41.70	2:37.70	2:35.70	2:31.80	
5:57.50	5:50.50	5:48.00	5:41.30	5:42.10	5:33.60	400 IM	5:47.90	5:39.40	5:30.30	5:22.10	