

Niagara District BOYS Long Course Time Standards Migration Plan

May 2005 - August 2008

10 & Under	Boys	2005-2006		2007		2008		Amount of Change	
		Bronze	Silver	Gold	Silver	Gold	Silver	Gold	Silver
Event	Bronze	Silver	Gold	Silver	Gold	Silver	Gold	Silver	Gold
50 Free	Slower Than Silver	42.52	36.71	41.45	36.45	40.39	36.19	-2.13	-.52
100 Free	Slower Than Silver	1:37.00	1:21.45	1:34.04	1:21.02	1:31.09	1:20.59	-5.91	-.85
200 Free	Slower Than Silver	3:33.98	2:54.43	3:23.98	2:53.41	3:13.99	2:52.39	-19.99	-2.04
400 Free	Slower Than Silver	6:51.34	6:24.57	6:52.01	6:15.68	6:52.69	6:06.79	+1.35	-17.78
50 Back	Slower Than Silver	51.62	44.54	51.05	44.36	50.49	44.19	-1.13	-.35
100 Back	Slower Than Silver	1:58.18	1:34.78	1:52.13	1:34.23	1:46.09	1:33.69	-12.09	-1.09
50 Breast	Slower Than Silver	56.82	48.95	55.95	48.70	55.09	48.49	-1.73	-.46
100 Breast	Slower Than Silver	2:12.19	1:47.01	2:06.20	1:46.50	1:59.79	1:45.99	-12.40	-1.02
50 Fly	Slower Than Silver	53.19	42.16	50.40	41.53	46.89	40.99	-6.30	-1.17
100 Fly	Slower Than Silver	2:09.48	1:38.58	2:01.73	1:37.88	1:53.99	1:37.19	-15.49	-1.39
200 IM	Slower Than Silver	4:08.39	3:20.96	3:56.59	3:19.92	3:44.79	3:18.89	-23.60	-2.07

11 - 12	Boys	2005-2006		2007		2008		Amount of Change	
		Bronze	Silver	Gold	Silver	Gold	Silver	Gold	Silver
Event	Bronze	Silver	Gold	Silver	Gold	Silver	Gold	Silver	Gold
50 Free	Slower Than Silver	36.84	33.20	36.26	33.09	35.69	32.99	-1.15	-.21
100 Free	Slower Than Silver	1:22.34	1:12.47	1:19.91	1:12.03	1:17.49	1:11.59	-4.85	-.88
200 Free	Slower Than Silver	3:01.01	2:37.19	2:54.85	2:36.44	2:48.69	2:35.69	-12.32	-1.50
400 Free	Slower Than Silver	6:21.09	5:30.05	6:08.84	5:29.62	5:56.59	5:29.19	-24.50	-.86
800 Free	Slower Than Silver		11:36.59	12:42.59	11:37.94	12:37.59	11:39.29	-5.00	+2.60
1500 Free	Slower Than Silver			24:30.19	22:37.89	24:20.19	22:27.89	-10.00	-10.00
50 Back	Slower Than Silver	44.12	38.85	43.20	38.82	42.29	38.79	-1.41	-.06
100 Back	Slower Than Silver	1:38.05	1:23.84	1:34.72	1:23.71	1:31.39	1:23.59	-6.66	-.25
200 Back	Slower Than Silver	3:29.40	3:09.42	3:22.34	3:04.85	3:15.29	3:00.29	-14.11	-9.13
50 Breast	Slower Than Silver	49.95	43.39	48.52	43.24	47.09	43.09	-2.86	-.30
100 Breast	Slower Than Silver	1:49.10	1:33.73	1:45.54	1:33.66	1:41.99	1:33.59	-7.11	-.14
200 Breast	Slower Than Silver	3:54.09	3:34.11	3:46.04	3:27.65	3:37.99	3:21.19	-16.10	-12.92
50 Fly	Slower Than Silver	43.51	37.09	41.74	36.84	39.99	36.59	-3.52	-.50
100 Fly	Slower Than Silver	1:37.74	1:23.86	1:33.96	1:22.97	1:30.19	1:22.09	-7.55	-1.87
200 Fly	Slower Than Silver	3:28.14	3:08.16	3:22.01	3:04.52	3:15.89	3:00.89	-12.25	-7.27
200 IM	Slower Than Silver	3:29.98	3:00.84	3:21.93	2:59.46	3:13.89	2:58.09	-16.09	-2.85
400 IM	Slower Than Silver	7:19.84	6:29.89	7:08.06	6:27.09	6:56.29	6:24.29	-24.55	-5.60

Niagara District BOYS Long Course Time Standards Migration Plan

May 2005 - August 2008

13 - 14	Boys	2005-2006		2007		2008		Amount of Change	
		Event	Bronze	Silver	Gold	Silver	Gold	Silver	Gold
50 Free	Slower Than Silver	34.31	30.20	33.75	29.79	33.19	29.39	-1.12	-0.89
100 Free	Slower Than Silver	1:16.26	1:06.30	1:14.22	1:04.99	1:12.19	1:03.69	-2.03	-2.61
200 Free	Slower Than Silver	2:44.92	2:23.83	2:40.99	2:21.41	2:37.09	2:18.99	-7.83	-4.84
400 Free	Slower Than Silver	5:55.30	5:04.51	5:43.19	5:05.29	5:31.09	5:05.59	-24.21	-1.08
800 Free	Slower Than Silver	12:13.72	10:28.94	11:48.70	10:30.11	11:23.99	10:31.29	-49.83	+2.35
1500 Free	Slower Than Silver	22:22.31	20:03.08	22:08.25	20:08.08	21:54.19	20:13.09	-28.12	+10.01
50 Back	Slower Than Silver	43.89	35.01	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Back	Slower Than Silver	1:26.77	1:14.56	1:24.03	1:14.82	1:21.29	1:15.09	-5.48	+0.53
200 Back	Slower Than Silver	3:06.76	2:40.34	3:00.92	2:40.96	2:55.09	2:41.59	-11.67	+1.25
50 Breast	Slower Than Silver	47.07	40.96	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Breast	Slower Than Silver	1:36.78	1:23.24	1:33.63	1:23.41	1:30.49	1:23.59	-6.29	+0.35
200 Breast	Slower Than Silver	3:30.67	3:00.70	3:24.13	3:01.54	3:17.59	3:02.39	-13.08	+2.69
50 Fly	Slower Than Silver	39.55	37.00	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Fly	Slower Than Silver	1:24.75	1:12.87	1:21.37	1:12.44	1:17.99	1:11.99	-6.76	-0.88
200 Fly	Slower Than Silver	3:07.60	2:41.19	3:00.44	2:40.58	2:53.29	2:39.89	-14.31	-1.30
200 IM	Slower Than Silver	3:08.00	2:41.36	3:02.19	2:42.07	2:56.39	2:42.79	-11.61	+1.43
400 IM	Slower Than Silver	6:41.77	5:44.16	6:28.43	5:45.17	6:15.09	5:46.19	-26.78	+2.03

15-16	Boys	2005-2006		2007		2008		Amount of Change	
		Event	Bronze	Silver	Gold	Silver	Gold	Silver	Gold
50 Free	Slower Than Silver	32.76	27.98	32.27	28.05	31.79	28.09	-0.97	+0.11
100 Free	Slower Than Silver	1:12.10	1:00.53	1:10.74	1:00.97	1:09.39	1:01.39	-2.71	+0.86
200 Free	Slower Than Silver	2:31.71	2:14.39	2:31.10	2:13.79	2:30.49	2:13.19	-1.22	-1.20
400 Free	Slower Than Silver	5:38.69	4:50.32	5:28.24	4:51.80	5:17.79	4:53.29	-20.90	+2.97
800 Free	Slower Than Silver	12:13.72	9:59.93	11:34.35	10:02.26	10:54.99	10:04.59	-78.73	+4.66
1500 Free	Slower Than Silver	22:22.31	19:10.55	21:41.10	19:16.77	20:59.89	19:22.99	-82.42	+12.44
50 Back	Slower Than Silver	43.89	34.46	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Back	Slower Than Silver	1:22.11	1:10.56	1:19.85	1:11.12	1:17.59	1:11.69	-4.52	+1.13
200 Back	Slower Than Silver	3:06.76	2:32.13	2:56.97	2:33.19	2:47.19	2:34.29	-19.57	+2.16

Niagara District BOYS Long Course Time Standards Migration Plan

May 2005 - August 2008

50 Breast	Slower Than Silver	47.07	37.63	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Breast	Slower Than Silver	1:28.87	1:19.58	1:28.06	1:20.08	1:27.29	1:20.59	-1.58	+1.01
200 Breast	Slower Than Silver	3:21.98	2:53.04	3:15.38	2:53.66	3:08.79	2:54.29	-13.19	+1.25
50 Fly	Slower Than Silver	39.55	32.34	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Fly	Slower Than Silver	1:18.97	1:08.88	1:16.88	1:08.98	1:14.79	1:09.09	-4.18	+21
200 Fly	Slower Than Silver	3:07.60	2:32.64	2:56.24	2:32.41	2:44.89	2:32.19	-22.71	-45
200 IM	Slower Than Silver	2:58.58	2:32.57	2:54.38	2:34.83	2:50.19	2:37.09	-8.39	+4.66
400 IM	Slower Than Silver	6:41.77	5:31.29	6:19.63	5:30.64	5:57.49	5:29.99	-44.28	-1.30

17-18 (and Older)	Boys	2005-2006		2007		2008		Amount of Change	
		Bronze	Silver	Gold	Silver	Gold	Silver	Gold	Silver
Event	Bronze	Silver	Gold	Silver	Gold	Silver	Gold	Silver	Gold
50 Free	Slower Than Silver	32.76	27.98	31.92	27.73	31.09	27.49	-1.77	-.49
100 Free	Slower Than Silver	1:12.10	1:00.53	1:10.04	1:00.31	1:07.99	1:00.09	-4.11	-.44
200 Free	Slower Than Silver	2:31.71	2:14.39	2:29.70	2:12.49	2:27.69	2:10.59	-4.02	-3.80
400 Free	Slower Than Silver	5:38.69	4:50.32	5:25.54	4:49.35	5:12.39	4:48.39	-26.30	-1.93
800 Free	Slower Than Silver	12:13.72	9:59.93	11:31.35	9:59.51	10:48.99	9:59.09	-84.74	-.84
1500 Free	Slower Than Silver	22:22.31	19:10.55	21:29.05	19:05.52	20:35.79	19:00.79	-106.52	-9.86
50 Back	Slower Than Silver	43.89	34.46	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Back	Slower Than Silver	1:22.11	1:10.56	1:19.10	1:10.42	1:16.09	1:10.29	-6.02	-.27
200 Back	Slower Than Silver	3:06.76	2:32.13	2:55.22	2:31.61	2:43.69	2:31.09	-23.07	-1.04
50 Breast	Slower Than Silver	47.07	37.63	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Breast	Slower Than Silver	1:28.87	1:19.58	1:26.93	1:19.12	1:24.99	1:18.39	-3.88	-1.19
200 Breast	Slower Than Silver	3:21.98	2:53.04	3:13.28	2:51.71	3:04.59	2:50.39	-17.39	-2.43
50 Fly	Slower Than Silver	39.55	32.34	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Fly	Slower Than Silver	1:18.97	1:08.88	1:15.93	1:08.08	1:12.89	1:07.29	-6.08	-1.59
200 Fly	Slower Than Silver	3:07.60	2:32.64	2:54.79	2:31.06	2:41.99	2:29.49	-25.61	-3.15
200 IM	Slower Than Silver	2:58.58	2:32.57	2:52.08	2:32.68	2:45.59	2:32.79	-12.99	+22
400 IM	Slower Than Silver	6:41.77	5:31.29	6:17.18	5:28.39	5:52.59	5:25.49	-49.18	-5.80