

Niagara District GIRLS Long Course Time Standards Migration Plan

May 2005 - August 2008

10 & Under	Girls	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	40.29	37.46	40.59	36.98	40.89	36.49	+.60	-.97
100 Free	Slower Than Silver	1:32.07	1:23.31	1:32.53	1:22.60	1:32.99	1:21.89	+.92	-1.42
200 Free	Slower Than Silver	3:45.41	2:59.83	3:34.60	2:59.26	3:23.79	2:58.69	-21.62	-1.14
400 Free	Slower Than Silver	6:51.34	6:24.57	6:53.57	6:17.13	6:55.79	6:09.69	+4.45	-14.88
50 Back	Slower Than Silver	48.90	44.70	49.40	44.20	49.89	43.69	+.99	-1.01
100 Back	Slower Than Silver	1:48.77	1:36.32	1:48.83	1:35.80	1:48.89	1:35.29	+.12	-.97
50 Breast	Slower Than Silver	55.48	49.65	55.18	48.97	54.89	48.29	-.59	-1.36
100 Breast	Slower Than Silver	2:02.91	1:49.21	2:02.65	1:48.15	2:02.39	1:47.09	-.52	-2.12
50 Fly	Slower Than Silver	49.27	42.88	48.93	42.44	48.59	42.09	-.68	-.79
100 Fly	Slower Than Silver	2:11.81	1:39.78	2:04.00	1:39.23	1:56.19	1:38.69	-15.62	-1.09
200 IM	Slower Than Silver	4:13.51	3:24.10	4:00.40	3:22.34	3:47.29	3:20.59	-26.22	-3.51

11 - 12	Girls	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	36.43	34.31	36.41	34.00	36.39	33.69	-.04	-.62
100 Free	Slower Than Silver	1:19.58	1:14.84	1:19.88	1:14.46	1:20.19	1:14.09	+.61	-.75
200 Free	Slower Than Silver	2:59.09	2:40.42	2:55.74	2:39.81	2:52.39	2:39.19	-6.70	-1.23
400 Free	Slower Than Silver	6:24.57	5:33.03	6:12.33	5:32.71	6:00.09	5:32.39	-24.48	-.64
800 Free	Slower Than Silver		11:36.59	12:39.49	11:36.54	12:34.49	11:36.49	-5.00	-.10
1500 Free	Slower Than Silver			24:25.79	22:33.79	24:15.79	22:23.79	-10.00	-10.00
50 Back	Slower Than Silver	42.95	39.51	42.72	39.35	42.49	39.19	-.45	-.32
100 Back	Slower Than Silver	1:35.06	1:26.60	1:34.72	1:26.44	1:34.39	1:26.29	-.67	-.31
200 Back	Slower Than Silver	3:29.40	3:09.42	3:22.59	3:05.05	3:15.79	3:00.69	-13.61	-8.73
50 Breast	Slower Than Silver	47.93	44.17	46.76	43.13	45.59	42.09	-2.34	-2.08
100 Breast	Slower Than Silver	1:46.00	1:35.73	1:43.94	1:34.76	1:41.89	1:33.79	-4.11	-1.94
200 Breast	Slower Than Silver	3:54.09	3:34.11	3:47.34	3:28.90	3:40.59	3:23.69	-13.50	-11.42
50 Fly	Slower Than Silver	42.51	37.54	41.10	37.06	39.69	36.59	-2.82	-.95
100 Fly	Slower Than Silver	1:39.29	1:24.61	1:35.04	1:23.75	1:30.79	1:22.89	-8.50	-1.72
200 Fly	Slower Than Silver	3:28.14	3:08.16	3:22.96	3:05.37	3:17.79	3:02.59	-10.35	-5.57
200 IM	Slower Than Silver	3:31.20	3:03.03	3:23.19	3:01.61	3:15.19	3:00.19	-15.01	-2.86
400 IM	Slower Than Silver	7:19.84	6:29.89	7:09.81	6:28.74	6:59.79	6:27.59	-20.05	-2.30

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13 - 14	Girls	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	33.86	31.54	34.67	31.46	35.49	31.39	+1.63	-.15
100 Free	Slower Than Silver	1:13.92	1:08.19	1:15.45	1:08.14	1:16.99	1:08.09	+3.07	-.10
200 Free	Slower Than Silver	2:46.20	2:29.26	2:45.74	2:27.72	2:45.29	2:26.19	-.91	-3.07
400 Free	Slower Than Silver	6:05.92	5:15.04	5:54.45	5:15.81	5:42.99	5:16.59	-22.93	+1.55
800 Free	Slower Than Silver	12:37.63	10:49.46	12:09.81	10:48.72	11:41.99	10:47.99	-55.64	-1.47
1500 Free	Slower Than Silver	23:46.77	20:36.43	23:04.93	20:38.11	22:23.09	20:39.79	-83.78	+3.36
50 Back	Slower Than Silver	42.23	37.79	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Back	Slower Than Silver	1:28.69	1:18.89	1:27.74	1:19.49	1:26.79	1:20.09	-1.90	+1.20
200 Back	Slower Than Silver	3:17.19	2:48.89	3:11.74	2:50.14	3:05.69	2:51.39	-11.50	+2.50
50 Breast	Slower Than Silver	47.07	42.07	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Breast	Slower Than Silver	1:39.36	1:29.35	1:37.97	1:29.22	1:36.59	1:29.09	-2.77	-.26
200 Breast	Slower Than Silver	3:43.77	3:11.80	3:35.88	3:11.89	3:27.99	3:11.99	-14.78	+1.19
50 Fly	Slower Than Silver	39.55	36.22	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Fly	Slower Than Silver	1:29.76	1:17.31	1:26.72	1:17.30	1:23.69	1:17.29	+2.93	-.02
200 Fly	Slower Than Silver	3:15.26	2:47.73	3:09.42	2:48.61	3:03.59	2:49.49	-11.76	+1.78
200 IM	Slower Than Silver	3:05.10	2:49.58	3:05.94	2:50.98	3:06.79	2:52.39	+1.69	+2.81
400 IM	Slower Than Silver	7:04.19	6:04.47	6:48.34	6:03.38	6:32.49	6:02.29	-31.70	-2.18

15-16	Girls	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	33.59	30.98	34.29	30.94	34.99	30.89	+1.40	-.09
100 Free	Slower Than Silver	1:14.98	1:07.19	1:15.13	1:06.94	1:15.29	1:06.69	+.31	-.50
200 Free	Slower Than Silver	2:49.64	2:24.16	2:45.76	2:23.67	2:41.89	2:23.19	-7.75	-.97
400 Free	Slower Than Silver	6:04.40	5:12.37	5:51.29	5:12.28	5:38.19	5:12.19	-26.21	-.18
800 Free	Slower Than Silver	12:37.63	10:38.93	12:06.51	10:40.41	11:35.39	10:41.89	-62.24	+2.96
1500 Free	Slower Than Silver	23:46.77	20:22.97	22:58.58	20:25.68	22:10.69	20:28.39	-96.08	+5.42
50 Back	Slower Than Silver	42.23	36.79	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Back	Slower Than Silver	1:27.30	1:17.33	1:26.04	1:17.81	1:24.79	1:18.29	-2.51	+.96
200 Back	Slower Than Silver	3:15.54	2:45.45	3:08.41	2:46.32	3:01.29	2:47.29	-14.25	+1.84

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50 Breast	Slower Than Silver	47.07	40.57	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Breast	Slower Than Silver	1:36.68	1:28.24	1:35.83	1:27.96	1:34.99	1:27.69	-1.69	+55
200 Breast	Slower Than Silver	3:34.98	3:09.36	3:29.58	3:08.92	3:24.19	3:08.49	-10.79	-87
50 Fly	Slower Than Silver	39.55	34.56	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Fly	Slower Than Silver	1:27.35	1:16.42	1:24.77	1:16.15	1:22.19	1:15.89	-5.16	-.53
200 Fly	Slower Than Silver	3:15.26	2:46.29	3:06.82	2:45.49	2:58.39	2:44.69	-16.87	-1.60
200 IM	Slower Than Silver	3:05.62	2:44.80	3:03.85	2:46.44	3:02.09	2:48.09	-3.53	+3.29
400 IM	Slower Than Silver	7:04.19	5:58.26	6:45.24	5:57.42	6:26.29	5:56.59	-37.90	-1.67

17-18 (and Older)	Girls	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	33.59	30.98	34.24	30.89	34.89	30.79	+1.30	-.19
100 Free	Slower Than Silver	1:14.98	1:07.19	1:14.98	1:06.74	1:14.99	1:06.29	+0.01	-.90
200 Free	Slower Than Silver	2:49.64	2:24.16	2:45.06	2:23.08	2:40.49	2:21.99	-9.15	-2.17
400 Free	Slower Than Silver	6:04.40	5:12.37	5:49.79	5:10.88	5:35.19	5:09.39	-29.21	-2.98
800 Free	Slower Than Silver	12:37.63	10:38.93	12:02.21	10:36.46	11:26.79	10:33.99	-70.84	-4.94
1500 Free	Slower Than Silver	23:46.77	20:22.97	22:48.06	20:18.53	21:58.49	20:17.09	-108.28	-5.88
50 Back	Slower Than Silver	42.23	36.79	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Back	Slower Than Silver	1:27.30	1:17.33	1:25.79	1:17.56	1:24.29	1:17.79	-3.01	+46
200 Back	Slower Than Silver	3:15.54	2:45.45	3:07.81	2:45.87	3:00.09	2:46.29	-15.45	+84
50 Breast	Slower Than Silver	47.07	40.57	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Breast	Slower Than Silver	1:36.68	1:28.24	1:35.78	1:27.91	1:34.89	1:27.59	-1.79	-.65
200 Breast	Slower Than Silver	3:34.98	3:09.36	3:29.63	3:08.97	3:24.29	3:08.59	-2.69	-.77
50 Fly	Slower Than Silver	39.55	34.56	Must Qualify for the 100		Must Qualify for the 100		n/a	
100 Fly	Slower Than Silver	1:27.35	1:16.42	1:24.42	1:15.80	1:21.49	1:15.19	-5.86	-1.23
200 Fly	Slower Than Silver	3:15.26	2:46.29	3:05.57	2:44.39	2:55.89	2:42.39	-19.37	-3.90
200 IM	Slower Than Silver	3:05.62	2:44.80	3:03.95	2:46.54	3:02.29	2:48.29	-3.33	+3.49
400 IM	Slower Than Silver	7:04.19	5:58.26	6:44.49	5:56.72	6:24.79	5:55.19	-39.40	-3.07