

Female																		
	12-13 Years			14 Years				15 Years				16 Years				17-18 Years		
Events	Gold	Silver	Bronze	Gold	Silver	Bronze	Blue	Gold	Silver	Bronze	Blue	Gold	Silver	Bronze	Blue	Gold	Silver	Bronze
50 Free	29.60	30.62	31.39	29.35	30.37	31.13	31.90	29.09	30.11	30.88	31.64	28.84	29.86	30.62	31.39	28.58	29.60	30.37
100 Free	1:04.22	1:06.43	1:08.09	1:03.66	1:05.88	1:07.54	1:09.20	1:03.11	1:05.32	1:06.99	1:08.65	1:02.56	1:04.77	1:06.43	1:08.09	1:02.00	1:04.22	1:05.88
200 Free	2:20.27	2:25.10	2:28.73	2:19.06	2:23.89	2:27.52	2:31.15	2:17.85	2:22.69	2:26.31	2:29.94	2:16.64	2:21.48	2:25.10	2:28.73	2:15.43	2:20.27	2:23.89
400 Free	4:52.12	5:02.20	5:09.75	4:49.60	4:59.68	5:07.23	5:14.79	4:47.09	4:57.16	5:04.71	5:12.27	4:44.57	4:54.64	5:02.20	5:09.75	4:42.05	4:52.12	4:59.68
800 Free	10:02.77	10:23.56	10:39.14	9:57.57	10:18.36	10:33.95	10:49.54	9:52.38	10:13.16	10:28.75	10:44.34	9:47.18	10:07.97	10:23.56	10:39.14	9:41.99	10:02.77	10:18.36
1500 Free	19:06.08	19:45.60	20:15.24	18:56.20	19:35.72	20:05.36	20:35.00	18:46.32	19:25.84	19:55.48	20:25.12	18:36.44	19:15.96	19:45.60	20:15.24	18:26.56	19:06.08	19:35.72
50 Back	33.29	34.44	35.30	33.01	34.15	35.01	35.88	32.72	33.87	34.73	35.59	32.43	33.58	34.44	35.30	32.14	33.29	34.15
100 Back	1:11.28	1:13.74	1:15.58	1:10.67	1:13.13	1:14.97	1:16.81	1:10.05	1:12.51	1:14.35	1:16.20	1:09.44	1:11.90	1:13.74	1:15.58	1:08.82	1:11.28	1:13.13
200 Back	2:33.68	2:38.98	2:42.95	2:32.35	2:37.65	2:41.63	2:45.60	2:31.03	2:36.33	2:40.30	2:44.28	2:29.70	2:35.00	2:38.98	2:42.95	2:28.38	2:33.68	2:37.65
50 Breast	36.77	38.04	38.99	36.46	37.72	38.67	39.63	36.14	37.41	38.36	39.31	35.82	37.09	38.04	38.99	35.50	36.77	37.72
100 Breast	1:19.48	1:22.22	1:24.28	1:18.80	1:21.54	1:23.59	1:25.65	1:18.11	1:20.85	1:22.91	1:24.96	1:17.43	1:20.17	1:22.22	1:24.28	1:16.74	1:19.48	1:21.54
200 Breast	2:52.18	2:58.12	3:02.57	2:50.69	2:56.63	3:01.08	3:05.54	2:49.21	2:55.15	2:59.60	3:04.05	2:47.73	2:53.66	2:58.12	3:02.57	2:46.24	2:52.18	2:56.63
50 Butterfly	31.17	32.24	33.05	30.90	31.98	32.78	33.59	30.63	31.71	32.51	33.32	30.36	31.44	32.24	33.05	30.09	31.17	31.98
100 Butterfly	1:09.32	1:11.71	1:13.50	1:08.72	1:11.11	1:12.91	1:14.70	1:08.13	1:10.52	1:12.31	1:14.10	1:07.53	1:09.92	1:11.71	1:13.50	1:06.93	1:09.32	1:11.11
200 Butterfly	2:34.11	2:39.42	2:43.41	2:32.78	2:38.09	2:42.08	2:46.06	2:31.45	2:36.76	2:40.75	2:44.73	2:30.12	2:35.43	2:39.42	2:43.41	2:28.79	2:34.11	2:38.09
200 Medley	2:37.59	2:43.02	2:47.10	2:36.23	2:41.66	2:45.74	2:49.81	2:34.87	2:40.30	2:44.38	2:48.45	2:33.51	2:38.94	2:43.02	2:47.10	2:32.15	2:37.59	2:41.66
400 Medley	5:32.99	5:44.47	5:53.08	5:30.12	5:41.60	5:50.21	5:58.83	5:27.25	5:38.73	5:47.34	5:55.95	5:24.38	5:35.86	5:44.47	5:53.08	5:21.51	5:32.99	5:41.60
Male																		
	12-13 Years			14 Years				15 Years				16 Years				17-18 Years		
Events	Gold	Silver	Bronze	Gold	Silver	Bronze	Blue	Gold	Silver	Bronze	Blue	Gold	Silver	Bronze	Blue	Gold	Silver	Bronze
50 Free	27.82	28.73	29.41	26.90	27.82	28.50	29.18	25.99	26.90	27.59	28.27	25.99	26.90	27.59	28.27	25.76	26.68	27.36
100 Free	1:01.01	1:03.01	1:04.51	59.01	1:01.01	1:02.51	1:04.01	57.01	59.01	1:00.51	1:02.01	57.01	59.01	1:00.51	1:02.01	56.51	58.51	1:00.01
200 Free	2:13.28	2:17.66	2:20.93	2:08.91	2:13.28	2:16.56	2:19.84	2:04.54	2:08.91	2:12.19	2:15.47	2:04.54	2:08.91	2:12.19	2:15.47	2:03.45	2:07.82	2:11.10
400 Free	4:42.73	4:52.00	4:58.96	4:33.46	4:42.73	4:49.69	4:56.64	4:24.19	4:33.46	4:40.42	4:47.37	4:24.19	4:33.46	4:40.42	4:47.37	4:21.88	4:31.15	4:38.10
800 Free	9:45.27	10:04.46	10:18.85	9:26.08	9:45.27	9:59.66	10:14.05	9:06.89	9:26.08	9:40.47	9:54.87	9:06.89	9:26.08	9:40.47	9:54.87	9:02.09	9:21.28	9:35.68
1500 Free	18:44.06	19:20.91	19:48.55	18:07.20	18:44.06	19:11.70	19:39.34	17:30.35	18:07.20	18:34.85	19:02.49	17:30.35	18:07.20	18:34.85	19:02.49	17:21.14	17:57.99	18:25.63
50 Back	31.26	32.28	33.05	30.23	31.26	32.03	32.79	29.21	30.23	31.00	31.77	29.21	30.23	31.00	31.77	28.95	29.98	30.74
100 Back	1:06.86	1:09.05	1:10.69	1:04.66	1:06.86	1:08.50	1:10.14	1:02.47	1:04.66	1:06.31	1:07.95	1:02.47	1:04.66	1:06.31	1:07.95	1:01.92	1:04.12	1:05.76
200 Back	2:26.49	2:31.29	2:34.89	2:21.68	2:26.49	2:30.09	2:33.69	2:16.88	2:21.68	2:25.28	2:28.89	2:16.88	2:21.68	2:25.28	2:28.89	2:15.68	2:20.48	2:24.08
50 Breast	34.57	35.71	36.56	33.44	34.57	35.43	36.28	32.31	33.44	34.29	35.14	32.31	33.44	34.29	35.14	32.02	33.16	34.01
100 Breast	1:14.63	1:17.07	1:18.91	1:12.18	1:14.63	1:16.46	1:18.30	1:09.73	1:12.18	1:14.02	1:15.85	1:09.73	1:12.18	1:14.02	1:15.85	1:09.12	1:11.57	1:13.40
200 Breast	2:43.85	2:49.22	2:53.25	2:38.47	2:43.85	2:47.88	2:51.90	2:33.10	2:38.47	2:42.50	2:46.53	2:33.10	2:38.47	2:42.50	2:46.53	2:31.76	2:37.13	2:41.16
50 Butterfly	29.29	30.25	30.97	28.33	29.29	30.01	30.73	27.37	28.33	29.05	29.77	27.37	28.33	29.05	29.77	27.13	28.09	28.81
100 Butterfly	1:04.38	1:06.49	1:08.07	1:02.27	1:04.38	1:05.96	1:07.55	1:00.16	1:02.27	1:03.85	1:05.43	1:00.16	1:02.27	1:03.85	1:05.43	59.63	1:01.74	1:03.32
200 Butterfly	2:25.39	2:30.15	2:33.73	2:20.62	2:25.39	2:28.96	2:32.54	2:15.85	2:20.62	2:24.20	2:27.77	2:15.85	2:20.62	2:24.20	2:27.77	2:14.66	2:19.43	2:23.00
200 Medley	2:28.73	2:33.61	2:37.26	2:23.85	2:28.73	2:32.39	2:36.04	2:18.98	2:23.85	2:27.51	2:31.17	2:18.98	2:23.85	2:27.51	2:31.17	2:17.76	2:22.63	2:26.29
400 Medley	5:17.91	5:28.33	5:36.15	5:07.48	5:17.91	5:25.73	5:33.54	4:57.06	5:07.48	5:15.30	5:23.12	4:57.06	5:07.48	5:15.30	5:23.12	4:54.46	5:04.88	5:12.70

2019-2021 SNQ Regional Development Standards

Level 3

1 Gold time and all 17/18 athletes regardless of RDS achieved



Level 2

All Silver, Bronze & Blue standard athletes