

Pointe-Claire Invitational Time Standards

Filles | Girls - Short Course Meters (25m)

Level	Competition Group 2						Competition Group 1					
Age	11	12	13	14	15	16+	11	12	13	14	15	16+
50 Free	34.36	32.64	30.98	30.36	29.75	29.16	32.34	30.73	28.61	28.03	27.47	26.92
100 Free	1:15.51	1:11.74	1:08.08	1:06.72	1:05.39	1:04.08	1:11.33	1:07.76	1:03.40	1:02.13	1:00.89	59.67
200 Free	2:44.00	2:35.80	2:26.83	2:23.89	2:21.02	2:18.20	2:34.77	2:27.03	2:16.78	2:14.05	2:11.37	2:08.74
400 Free	5:43.11	5:25.95	5:07.85	5:01.69	4:55.66	4:49.74	5:23.82	5:07.63	4:46.69	4:40.96	4:35.34	4:29.83
800 Free	12:01.08	11:25.02	10:57.81	10:44.65	10:31.76	10:19.12	11:20.52	10:46.50	9:56.34	9:44.41	9:32.72	9:21.27
1500 Free	19:31.66	19:31.66	20:58.58	20:33.41	20:08.74	19:44.57	19:31.66	19:31.66	19:31.66	19:08.23	18:45.26	18:22.76
100 Back	1:28.38	1:23.96	1:15.49	1:13.98	1:12.50	1:11.05	1:18.12	1:14.21	1:10.24	1:08.84	1:07.46	1:06.11
200 Back	3:03.03	2:53.88	2:42.00	2:38.76	2:35.59	2:32.47	2:45.50	2:37.22	2:30.85	2:27.83	2:24.88	2:21.98
100 Breast	1:37.86	1:32.96	1:25.78	1:24.07	1:22.39	1:20.74	1:27.86	1:23.47	1:19.84	1:18.24	1:16.68	1:15.15
200 Breast	3:27.97	3:17.57	3:05.66	3:01.95	2:58.31	2:54.74	3:08.13	2:58.72	2:52.90	2:49.45	2:46.06	2:42.74
100 Fly	1:25.97	1:21.67	1:13.23	1:11.77	1:10.33	1:08.92	1:15.76	1:11.97	1:08.15	1:06.79	1:05.45	1:04.14
200 Fly	3:03.12	2:53.97	2:42.09	2:38.85	2:35.67	2:32.56	2:45.60	2:37.32	2:34.75	2:31.65	2:28.62	2:25.65
200 IM	3:04.37	2:55.16	2:45.61	2:42.30	2:39.06	2:35.87	2:46.68	2:38.35	2:34.18	2:31.09	2:28.07	2:25.11
400 IM	6:32.98	6:13.33	5:50.02	5:43.02	5:36.16	5:29.44	5:55.41	5:37.64	5:30.70	5:24.09	5:17.61	5:11.26

Revision 1.0 (September 24th, 2026)

Pointe-Claire Invitational Time Standards

Filles | Girls - Long Course Meters (50m)

Level Age	Competition Group 2						Competition Group 1					
	11	12	13	14	15	16+	11	12	13	14	15	16+
50 Free	35.79	34.00	31.94	31.30	30.67	30.06	33.69	32.01	29.49	28.90	28.32	27.76
100 Free	1:18.66	1:14.73	1:10.19	1:08.78	1:07.41	1:06.06	1:14.30	1:10.59	1:05.36	1:04.05	1:02.77	1:01.51
200 Free	2:50.83	2:42.29	2:31.37	2:28.34	2:25.38	2:22.47	2:41.22	2:33.16	2:21.01	2:18.19	2:15.43	2:12.72
400 Free	5:57.40	5:39.53	5:17.37	5:11.02	5:04.80	4:58.70	5:37.32	5:20.45	4:55.56	4:49.65	4:43.85	4:38.18
800 Free	12:31.12	11:53.57	11:18.15	11:04.59	10:51.30	10:38.27	11:48.88	11:13.44	10:14.78	10:02.48	9:50.43	9:38.63
1500 Free	20:07.90	20:07.90	21:37.51	21:11.56	20:46.13	20:21.21	20:07.90	20:07.90	20:07.90	19:43.74	19:20.07	18:56.86
100 Back	1:32.07	1:27.46	1:17.82	1:16.27	1:14.74	1:13.25	1:21.37	1:17.31	1:12.41	1:10.96	1:09.54	1:08.15
200 Back	3:10.66	3:01.13	2:47.01	2:43.67	2:40.40	2:37.19	2:52.39	2:43.78	2:35.52	2:32.41	2:29.36	2:26.37
100 Breast	1:41.94	1:36.84	1:28.44	1:26.67	1:24.93	1:23.23	1:31.52	1:26.95	1:22.31	1:20.66	1:19.05	1:17.47
200 Breast	3:36.63	3:25.80	3:11.40	3:07.58	3:03.82	3:00.15	3:15.97	3:06.17	2:58.25	2:54.69	2:51.19	2:47.77
100 Fly	1:29.55	1:25.08	1:15.49	1:13.98	1:12.51	1:11.06	1:18.91	1:14.97	1:10.26	1:08.85	1:07.47	1:06.12
200 Fly	3:10.75	3:01.21	2:47.11	2:43.76	2:40.49	2:37.28	2:52.50	2:43.87	2:39.53	2:36.34	2:33.22	2:30.15
200 IM	3:12.06	3:02.45	2:50.74	2:47.32	2:43.97	2:40.70	2:53.62	2:44.94	2:38.95	2:35.77	2:32.65	2:29.60
400 IM	6:49.35	6:28.88	6:00.85	5:53.63	5:46.56	5:39.63	6:10.22	5:51.71	5:40.93	5:34.11	5:27.43	5:20.88

Revision 1.0 (September 24th, 2026)

Pointe-Claire Invitational Time Standards

Hommes | Men - Short Course Meters (25m)

Level	Competition Group 2							Competition Group 1						
Age	11	12	13	14	15	16	17+	11	12	13	14	15	16	17+
50 Free	32.82	31.18	30.00	29.40	28.81	28.24	27.67	31.34	29.77	26.92	25.84	25.32	24.82	24.32
100 Free	1:12.83	1:09.19	1:06.53	1:05.20	1:03.90	1:02.62	1:01.37	1:08.77	1:05.33	59.53	57.74	56.59	55.46	54.35
200 Free	2:38.99	2:31.04	2:24.77	2:21.87	2:19.03	2:16.25	2:13.53	2:30.05	2:22.55	2:09.44	2:05.56	2:03.04	2:00.58	1:58.17
400 Free	5:35.60	5:18.82	5:08.08	5:01.92	4:55.88	4:49.96	4:44.16	5:16.74	5:00.90	4:35.31	4:27.05	4:21.71	4:16.47	4:11.34
800 Free	11:47.58	11:12.20	10:31.19	10:18.57	10:06.19	9:54.07	9:42.19	11:07.73	10:34.35	9:32.62	9:21.16	9:09.94	8:58.94	8:48.16
1500 Free	18:13.68	18:13.68	20:04.78	19:40.69	19:17.07	18:53.93	18:31.25	18:13.68	18:13.68	18:13.68	17:51.80	17:30.37	17:09.36	16:48.77
100 Back	1:26.51	1:22.18	1:14.42	1:12.93	1:11.48	1:10.05	1:08.64	1:20.19	1:16.18	1:06.54	1:04.54	1:03.25	1:01.99	1:00.75
200 Back	2:59.46	2:50.49	2:41.31	2:38.08	2:34.92	2:31.82	2:28.78	2:49.43	2:40.96	2:24.13	2:19.81	2:17.01	2:14.27	2:11.59
100 Breast	1:35.36	1:30.59	1:23.74	1:22.06	1:20.42	1:18.81	1:17.24	1:28.94	1:24.50	1:14.80	1:12.55	1:11.10	1:09.68	1:08.29
200 Breast	3:20.82	3:10.78	3:02.13	2:58.48	2:54.91	2:51.42	2:47.99	3:09.51	3:00.03	2:42.76	2:37.88	2:34.72	2:31.63	2:28.59
100 Fly	1:24.00	1:19.80	1:11.76	1:10.33	1:08.92	1:07.54	1:06.19	1:17.33	1:13.47	1:04.14	1:02.21	1:00.97	59.75	58.56
200 Fly	3:00.62	2:51.59	2:40.83	2:37.62	2:34.46	2:31.37	2:28.35	2:50.42	2:41.90	2:25.67	2:21.30	2:18.47	2:15.70	2:12.99
200 IM	3:02.94	2:53.80	2:43.49	2:40.22	2:37.02	2:33.88	2:30.80	2:51.11	2:42.55	2:26.15	2:21.76	2:18.93	2:16.15	2:13.43
400 IM	6:24.49	6:05.26	5:46.67	5:39.74	5:32.95	5:26.29	5:19.76	6:02.79	5:44.65	5:13.62	5:04.22	4:58.13	4:52.17	4:46.33

Revision 1.0 (September 24th, 2026)

Pointe-Claire Invitational Time Standards

Hommes | Men - Long Course Meters (50m)

Level	Competition Group 2							Competition Group 1						
Age	11	12	13	14	15	16	17+	11	12	13	14	15	16	17+
50 Free	34.19	32.48	30.93	30.31	29.70	29.11	28.53	32.65	31.01	27.75	26.64	26.11	25.59	25.07
100 Free	1:15.87	1:12.07	1:08.59	1:07.22	1:05.87	1:04.56	1:03.27	1:11.64	1:08.06	1:01.37	59.53	58.34	57.17	56.03
200 Free	2:45.62	2:37.33	2:29.24	2:26.26	2:23.33	2:20.47	2:17.66	2:36.30	2:28.49	2:13.44	2:09.44	2:06.85	2:04.31	2:01.83
400 Free	5:49.58	5:32.10	5:17.61	5:11.26	5:05.03	4:58.93	4:52.95	5:29.94	5:13.44	4:43.82	4:35.31	4:29.80	4:24.41	4:19.12
800 Free	12:17.06	11:40.21	10:50.71	10:37.70	10:24.94	10:12.44	10:00.19	11:35.55	11:00.78	9:50.33	9:38.52	9:26.95	9:15.61	9:04.50
1500 Free	18:47.50	18:47.50	20:42.04	20:17.20	19:52.86	19:29.00	19:05.62	18:47.50	18:47.50	18:47.50	18:24.95	18:02.85	17:41.20	17:19.97
100 Back	1:30.11	1:25.61	1:16.72	1:15.19	1:13.69	1:12.21	1:10.77	1:23.53	1:19.35	1:08.60	1:06.54	1:05.21	1:03.90	1:02.63
200 Back	3:06.94	2:57.59	2:46.30	2:42.97	2:39.71	2:36.52	2:33.39	2:56.49	2:47.67	2:28.59	2:24.13	2:21.25	2:18.42	2:15.66
100 Breast	1:39.33	1:34.36	1:26.33	1:24.60	1:22.91	1:21.25	1:19.63	1:32.65	1:28.02	1:17.11	1:14.80	1:13.30	1:11.84	1:10.40
200 Breast	3:29.19	3:18.73	3:07.76	3:04.00	3:00.32	2:56.72	2:53.18	3:17.40	3:07.53	2:47.80	2:42.76	2:39.51	2:36.32	2:33.19
100 Fly	1:27.50	1:23.13	1:13.98	1:12.50	1:11.05	1:09.63	1:08.24	1:20.55	1:16.53	1:06.12	1:04.14	1:02.86	1:01.60	1:00.37
200 Fly	3:08.15	2:58.74	2:45.81	2:42.49	2:39.24	2:36.06	2:32.93	2:57.52	2:48.64	2:30.17	2:25.67	2:22.75	2:19.90	2:17.10
200 IM	3:10.57	3:01.04	2:48.55	2:45.18	2:41.88	2:38.64	2:35.47	2:58.24	2:49.33	2:30.67	2:26.15	2:23.23	2:20.36	2:17.55
400 IM	6:40.51	6:20.48	5:57.40	5:50.25	5:43.24	5:36.38	5:29.65	6:17.91	5:59.01	5:23.32	5:13.62	5:07.35	5:01.20	4:55.18

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