

BARBADOS AMATEUR SWIMMING ASSOCIATION																	
QUALIFYING LONG COURSE STANDARDS - QUALIFYING PERIOD 2017 - 2020																	
New time standard posted in Summer 2016																	
Based on results over the 4-year period 2013- 2016																	
8th place 11-12 and 6th place others																	
		GIRLS	GIRLS	BOYS	BOYS	GIRLS	GIRLS	BOYS	BOYS	GIRLS	GIRLS	BOYS	BOYS	GIRLS	GIRLS	BOYS	BOYS
		11-12	11-12	11-12	11-12	13-14	13-14	13-14	13-14	15-17	15-17	15-17	15-17	18 & over	18 & over	18 & over	18 & over
		8TH PLACE	GOLD	8TH PLACE	GOLD	6TH PLACE	GOLD	6TH PLACE	GOLD	6TH PLACE	GOLD	6TH PLACE	GOLD	6TH PLACE	GOLD	6TH PLACE	GOLD
50 BREASTSTROKE	CARIFTA	00:38.42	00:34.89	00:37.10	00:33.45	00:36.24	00:34.50	00:32.47	00:30.41	00:35.66	00:33.19	00:31.06	00:29.08	0	0	0	0
	CISC	00:38.42	00:34.92	00:36.58	00:33.37	00:36.24	00:34.14	00:32.05	00:29.68	00:35.58	00:33.53	00:31.01	00:29.00	00:31.64	00:30.64	00:30.04	00:28.18
	CCCAN	00:38.42	00:34.53	00:35.12	00:33.05	00:34.72	00:34.60	00:32.05	00:30.20	00:35.58	00:34.16	00:31.01	00:29.33	00:31.64	00:33.17	00:30.04	00:28.73
100 BREASTSTROKE	CARIFTA	01:25.30	01:16.72	01:20.30	01:13.10	01:19.00	01:14.35	01:11.96	01:07.76	01:17.97	01:12.12	01:08.29	01:04.25				
	CISC	01:25.30	01:17.13	01:20.30	01:10.94	01:19.00	01:14.61	01:10.74	01:06.24	01:17.66	01:13.63	01:08.29	01:04.82	01:20.32	01:12.01	01:06.77	01:02.55
	CCCAN	01:25.10	01:17.31	01:18.67	01:10.94	01:19.00	01:15.80	01:10.74	01:06.76	01:17.66	01:14.01	01:08.16	01:05.10	01:18.93	01:13.23	01:06.77	01:03.83
200 BREAST	CARIFTA	03:06.84	02:47.93	02:56.19	02:37.78	02:55.19	02:41.04	02:39.46	02:24.99	02:50.26	02:37.97	02:32.22	02:20.18				
	CISC	03:06.84	02:51.14	02:56.19	02:36.83	02:55.19	02:42.74	02:37.20	02:23.43	02:50.26	02:36.83	02:32.22	02:19.50	03:00.26	02:37.97	02:35.64	02:20.39
	CCCAN	03:03.13	02:48.76	02:52.37	02:35.89	02:55.19	02:42.42	02:36.00	02:26.53	02:50.26	02:43.71	02:30.12	02:25.01	02:48.25	02:37.44	02:29.23	02:22.91
50 BUTTERFLY	CARIFTA	00:32.15	00:29.09	00:30.86	00:28.05	00:29.69	00:28.44	00:27.20	00:25.99	00:29.47	00:28.72	00:25.92	00:25.06				
	CISC	00:32.02	00:29.59	00:30.48	00:27.86	00:29.69	00:28.55	00:27.20	00:25.75	00:29.47	00:28.44	00:25.92	00:24.53	00:29.32	00:26.79	00:24.85	00:24.21
	CCCAN	00:31.90	00:30.30	00:29.49	00:27.30	00:29.69	00:28.89	00:27.12	00:25.35	00:29.47	00:28.56	00:25.92	00:24.97	00:29.21	00:28.00	00:24.85	00:24.43
100 BUTTERFLY	CARIFTA	01:14.31	01:06.27	01:08.06	01:02.40	01:07.56	01:03.50	01:00.88	00:57.49	01:05.95	01:02.54	00:57.75	00:55.00				
	CISC	01:13.99	01:06.05	01:08.06	01:01.40	01:07.56	01:04.20	01:00.88	00:57.40	01:02.62	01:02.54	00:57.56	00:55.41	01:09.13	01:00.01	00:58.85	00:54.58
	CCCAN	01:10.73	01:07.38	01:06.48	01:02.26	01:07.38	01:03.54	01:00.88	00:57.40	01:02.62	01:01.50	00:57.44	00:55.41	01:05.52	01:03.18	00:57.49	00:54.95
200 BUTTERFLY	CARIFTA	02:51.07	02:30.93	02:41.68	02:21.67	02:38.54	02:22.37	02:21.63	02:13.58	02:35.31	02:21.16	02:14.69	02:05.83				
	CISC	02:51.07	02:35.74	02:41.68	02:22.85	02:38.54	02:24.26	02:21.02	02:10.38	02:28.44	02:22.94	02:13.66	02:08.61	02:33.51	02:19.79	02:23.82	02:07.13
	CCCAN	02:44.52	02:25.56	02:33.52	02:20.12	02:29.21	02:20.45	02:17.10	02:09.83	02:27.94	02:16.14	02:11.20	02:03.35	02:31.75	02:20.69	02:10.38	02:03.27
200 I MEDLEY	CARIFTA	02:44.25	02:27.95	02:37.96	02:20.24	02:34.94	02:26.62	02:23.05	02:13.56	02:30.72	02:20.09	02:16.47	02:07.27				
	CISC	02:44.25	02:31.78	02:37.06	02:19.22	02:34.26	02:26.07	02:19.45	02:27.59	02:30.72	02:20.09	02:15.85	02:06.19	02:34.66	02:20.09	02:19.40	02:08.79
	CCCAN	02:42.38	02:31.81	02:31.45	02:22.31	02:33.08	02:26.14	02:19.42	02:12.83	02:29.23	02:24.29	02:14.53	02:08.24	02:32.36	02:25.56	02:14.52	02:07.70
400 I MEDLEY	CARIFTA	05:52.00	05:23.40	05:37.01	05:11.79	05:28.35	05:11.99	05:07.16	04:48.12	05:24.64	05:00.00	04:48.14	04:38.94			0	0
	CISC	05:52.00	05:39.50	05:37.01	05:31.38	05:28.35	05:17.98	05:06.25	04:30.23	05:24.64	05:00.00	04:48.14	04:35.48	05:33.11	05:00.00	04:50.18	04:37.97
	CCCAN					05:26.15	05:08.21	05:01.51	04:46.66	05:24.64	05:02.43	04:48.14	04:30.47	05:23.14	05:00.34	04:50.18	04:37.46
50 FREESTYLE	CARIFTA	00:29.49	00:27.42	00:28.63	00:26.00	00:27.53	00:26.93	00:25.36	00:24.25	00:27.79	00:26.12	00:24.39	00:23.44				
	CISC	00:29.49	00:27.64	00:27.59	00:25.53	00:27.53	00:26.56	00:25.23	00:24.05	00:27.50	00:26.34	00:24.17	00:23.39	00:26.94	00:25.90	00:23.06	00:22.54
	CCCAN	00:29.45	00:28.24	00:27.59	00:24.93	00:27.53	00:26.65	00:25.23	00:24.10	00:27.50	00:26.13	00:24.17	00:23.59	00:26.94	00:25.32	00:23.06	00:22.75
100 FREESTYLE	CARIFTA	01:05.99	01:01.39	01:02.66	00:56.11	01:01.00	00:59.34	00:55.87	00:53.64	01:00.04	00:56.77	00:53.75	00:50.67				
	CISC	01:04.84	01:00.26	01:02.46	00:56.36	01:01.00	00:58.45	00:55.53	00:53.03	00:59.62	00:56.77	00:53.46	00:51.14	00:58.56	00:56.74	00:52.28	00:49.33
	CCCAN	01:04.47	01:01.64	01:00.68	00:55.22	01:01.00	00:58.90	00:55.16	00:52.80	00:59.62	00:56.79	00:53.46	00:51.75	00:58.56	00:55.96	00:52.28	00:49.84
200 FREESTYLE	CARIFTA	02:22.99	02:14.22	02:17.96	02:04.11	02:14.92	02:09.51	02:02.87	01:56.80	02:09.81	02:03.00	01:58.12	01:50.35			0	0
	CISC	02:20.03	02:15.29	02:17.96	02:05.14	02:14.61	02:10.12	02:01.44	01:57.78	02:09.81	02:06.80	01:57.48	01:53.62	02:12.59	02:02.95	01:59.10	01:54.77
	CCCAN	02:20.03	02:13.81	02:13.65	02:01.46	02:14.27	02:06.54	02:01.44	01:55.55	02:09.81	02:02.28	01:57.48	01:53.50	02:12.59	02:03.88	01:58.12	01:52.43
400 FREESTYLE	CARIFTA	05:03.68	04:41.89	04:49.03	04:29.92	04:44.20	04:31.26	04:23.80	04:09.46	04:39.55	04:16.48	04:15.36	03:59.79				

	CISC	05:00.37	04:40.40	04:49.03	04:27.67	04:44.20	04:30.99	04:23.80	04:12.93	04:39.55	04:29.38	04:15.36	03:57.30	04:45.29	04:14.11	04:21.46	04:01.07
	CCCAN	05:00.15	04:38.49	04:41.30	04:25.50	04:42.23	04:30.20	04:19.74	04:08.88	04:26.68	04:01.14	04:11.66	04:00.98	04:45.29	04:19.20	04:19.00	03:59.06
800 FREESTYLE	CARIFTA					09:56.18	09:11.82			09:30.21	08:49.32						
	CISC					09:56.18	09:28.09			09:30.21	09:12.12			09:54.14	08:40.68		
	CCCAN					09:52.37	09:00.11			09:30.21	08:44.17			09:54.14	08:50.48		
1500 FREESTYLE	CARIFTA							18:02.01	16:17.72			16:48.33	15:45.04			0	0
	CISC							18:02.01	16:45.99			16:48.33	16:26.33			17:44.98	06:22.01
	CCCAN							17:32.84	16:28.89			16:48.33	15:57.86			17:15.06	16:16.10
50 BACKSTROKE	CARIFTA	00:34.22	00:31.93	00:32.87	00:29.80	00:32.40	00:30.43	00:29.90	00:27.76	00:31.65	00:29.84	00:28.23	00:26.31	0	0	0	0
	CISC	00:34.22	00:31.93	00:32.87	00:29.63	00:32.40	00:30.12	00:29.83	00:27.76	00:31.65	00:29.61	00:28.23	00:26.96	00:32.00	00:29.61	00:28.32	00:26.47
	CCCAN	00:34.22	00:30.78	00:32.87	00:29.63	00:32.77	00:30.96	00:29.31	00:26.96	00:31.65	00:30.48	00:28.23	00:26.87	00:28.52	00:29.68	00:28.29	00:25.93
100 BACKSTROKE	CARIFTA	01:17.31	01:08.69	01:13.67	01:05.25	01:11.11	01:06.58	01:05.73	00:59.63	01:08.64	01:06.00	01:02.25	00:57.32	0	0	0	0
	CISC	01:15.30	01:08.65	01:13.67	01:03.07	01:10.04	01:05.92	01:05.14	00:58.89	01:08.64	01:05.22	01:01.06	00:57.77	01:12.07	01:04.23	01:03.29	00:56.05
	CCCAN	01:15.30	01:07.14	01:12.28	01:04.93	01:10.04	01:05.11	01:04.35	00:58.70	01:08.64	01:05.42	01:01.06	00:57.41	01:10.86	01:03.96	01:03.12	00:56.47
200 BACKSTROKE	CARIFTA	02:46.37	02:29.18	02:38.35	02:23.09	02:33.99	02:24.16	02:23.98	02:11.49	02:31.69	02:21.38	02:14.77	02:07.30	0	0	0	0
	CISC	02:42.54	02:30.31	02:38.35	02:22.08	02:35.65	02:27.60	02:21.75	02:08.44	02:31.69	02:22.81	02:14.77	02:03.05	02:37.58	02:20.00	02:26.20	02:03.37
	CCCAN	02:42.54	02:29.64	02:34.97	02:19.67	02:35.65	02:23.24	02:21.64	02:09.55	02:31.69	02:21.13	02:14.77	02:04.94	02:34.73	02:20.05	02:21.13	02:09.49