

**CURRENT MANITOBA RECORDS  
LONG COURSE**



<<MALE				FEMALE >>				
11 & 12	13 & 14	15 - 17	SENIOR		SENIOR	15 - 17	13 & 14	11 & 12
27.73	24.86	23.66	23.66	<b>50 FREE</b>	25.83	25.83	26.30	27.95
59.55	53.63	52.25	51.06	<b>100 FREE</b>	56.05	56.18	57.37	1:01.21
2:10.19	1:55.55	1:55.24	1:53.86	<b>200 FREE</b>	2:01.25	2:02.60	2:07.16	2:12.61
4:29.43	4:05.63	4:04.96	3:59.45	<b>400 FREE</b>	4:17.53	4:20.81	4:27.26	4:39.80
9:16.91	8:27.83	8:28.15	8:18.56	<b>800 FREE</b>	8:46.09	9:03.11	9:10.50	9:29.45
17:31.86	16:10.48	15:56.74	15:46.27	<b>1500 FREE</b>	17:02.24	17:16.57	17:14.24	18:14.20
32.13	28.90	26.97	26.53	<b>50 BACK</b>	29.38	29.93	30.18	32.32
1:08.53	1:02.18	57.19	57.04	<b>100 BACK</b>	1:02.48	1:02.57	1:03.13	1:08.80
2:25.33	2:18.34	2:10.71	2:05.34	<b>200 BACK</b>	2:14.17	2:14.17	2:17.02	2:31.56
35.68	33.26	30.72	28.11	<b>50 BREAST</b>	31.73	32.96	34.06	36.50
1:18.38	1:11.22	1:05.69	1:05.69	<b>100 BREAST</b>	1:08.14	1:11.36	1:14.35	1:18.99
2:48.34	2:35.25	2:22.51	2:20.88	<b>200 BREAST</b>	2:29.15	2:29.85	2:43.30	2:51.22
30.25	27.31	25.28	25.28	<b>50 FLY</b>	27.40	27.40	27.79	29.74
1:08.75	59.24	58.45	55.17	<b>100 FLY</b>	1:00.43	1:00.43	1:00.92	1:08.32
2:33.50	2:13.60	2:08.13	1:59.22	<b>200 FLY</b>	2:16.78	2:16.78	2:21.66	2:30.39
2:28.10	2:13.00	2:07.77	2:07.77	<b>200 I.M.</b>	2:18.37	2:18.47	2:22.35	2:31.63
5:09.14	4:39.17	4:30.32	4:29.57	<b>400 I.M.</b>	4:50.49	4:50.49	4:58.13	5:24.64
1:57.79	1:46.70	1:38.17	1:35.36	<b>200 FREE RELAY</b>	1:46.47	1:47.67	1:52.07	1:58.11
4:40.53	4:06.79	3:39.62	3:31.39	<b>400 FREE RELAY</b>	3:53.35	3:57.65	4:03.74	4:30.67
10:15.95	9:15.96	8:16.29	7:47.53	<b>800 FREE RELAY</b>	8:39.48	8:41.67	9:21.76	10:03.56
2:17.01	2:00.37	1:52.51	1:49.53	<b>200 MEDLEY RELAY</b>	1:56.54	2:00.79	2:03.48	2:14.60
5:24.60	4:39.09	4:08.81	3:59.00	<b>400 MEDLEY RELAY</b>	4:12.93	4:24.74	4:31.93	5:01.50