

## 2024-25 COUGARS DEVELOPMENT STANDARDS - V1 (MAR 22ND, 2024)

<i><b>WOMEN</b></i>																		EVENT
<i><b>ROSTER (10%)</b></i>			<i><b>CANWEST (7.5%)</b></i>			<i><b>5%</b></i>			<i><b>3%</b></i>			<i><b>1.5%</b></i>			<i><b>U SPORTS</b></i>			
SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	
0:26.08	0:29.82	0:28.95	0:25.49	0:29.14	0:28.29	0:24.90	0:28.47	0:27.64	0:24.42	0:27.92	0:27.11	0:24.07	0:27.52	0:26.72	0:23.71	0:27.11	0:26.32	<b>50 FREE</b>
0:56.54	1:04.64	1:02.76	0:55.25	1:03.17	1:01.33	0:53.97	1:01.70	0:59.90	0:52.94	1:00.52	0:58.76	0:52.17	0:59.64	0:57.91	0:51.40	0:58.76	0:57.05	<b>100 FREE</b>
2:01.66	2:19.10	2:15.05	1:58.90	2:15.94	2:11.98	1:56.13	2:12.78	2:08.91	1:53.92	2:10.25	2:06.45	1:52.26	2:08.35	2:04.61	1:50.60	2:06.45	2:02.77	<b>200 FREE</b>
5:29.93	4:57.35	4:48.68	5:22.43	4:50.59	4:42.12	5:14.93	4:43.83	4:35.56	5:08.93	4:38.42	4:30.31	5:04.43	4:34.37	4:26.38	4:59.93	4:30.31	4:22.44	<b>400 FREE</b>
11:21.86	10:14.53	9:56.63	11:06.37	10:00.56	9:43.07	10:50.87	9:46.60	9:29.51	10:38.47	9:35.42	9:18.66	10:29.17	9:27.04	9:10.53	10:19.87	9:18.66	9:02.39	<b>800 FREE</b>
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	<b>1500 FREE</b>
0:29.11	0:33.28	0:32.31	0:28.44	0:32.52	0:31.57	0:27.78	0:31.76	0:30.84	0:27.25	0:31.16	0:30.25	0:26.86	0:30.71	0:29.81	0:26.46	0:30.25	0:29.37	<b>50 BACK</b>
1:02.85	1:11.86	1:09.76	1:01.42	1:10.22	1:08.18	0:59.99	1:08.59	1:06.59	0:58.85	1:07.28	1:05.32	0:57.99	1:06.30	1:04.37	0:57.14	1:05.32	1:03.42	<b>100 BACK</b>
2:15.84	2:35.30	2:30.78	2:12.75	2:31.77	2:27.35	2:09.66	2:28.24	2:23.92	2:07.19	2:25.42	2:21.18	2:05.34	2:23.30	2:19.13	2:03.49	2:21.18	2:17.07	<b>200 BACK</b>
0:32.63	0:37.31	0:36.22	0:31.89	0:36.46	0:35.40	0:31.15	0:35.61	0:34.58	0:30.56	0:34.94	0:33.92	0:30.11	0:34.43	0:33.42	0:29.67	0:33.92	0:32.93	<b>50 BREAST</b>
1:11.01	1:21.18	1:18.82	1:09.39	1:19.33	1:17.02	1:07.78	1:17.49	1:15.23	1:06.49	1:16.01	1:13.80	1:05.52	1:14.91	1:12.73	1:04.55	1:13.80	1:11.65	<b>100 BREAST</b>
2:34.97	2:57.18	2:52.02	2:31.45	2:53.15	2:48.11	2:27.93	2:49.13	2:44.20	2:25.11	2:45.90	2:41.07	2:23.00	2:43.49	2:38.73	2:20.88	2:41.07	2:36.38	<b>200 BREAST</b>
0:27.80	0:31.78	0:30.86	0:27.17	0:31.06	0:30.15	0:26.53	0:30.34	0:29.45	0:26.03	0:29.76	0:28.89	0:25.65	0:29.33	0:28.47	0:25.27	0:28.89	0:28.05	<b>50 FLY</b>
1:02.33	1:11.27	1:09.19	1:00.92	1:09.65	1:07.62	0:59.50	1:08.03	1:06.05	0:58.37	1:06.73	1:04.79	0:57.52	1:05.76	1:03.84	0:56.67	1:04.79	1:02.90	<b>100 FLY</b>
2:19.54	2:39.54	2:34.89	2:16.37	2:35.91	2:31.37	2:13.20	2:32.29	2:27.85	2:10.66	2:29.39	2:25.03	2:08.76	2:27.21	2:22.92	2:06.86	2:25.03	2:20.81	<b>200 FLY</b>
2:19.16	2:39.10	2:34.46	2:15.99	2:35.48	2:30.95	2:12.83	2:31.86	2:27.44	2:10.30	2:28.97	2:24.63	2:08.40	2:26.80	2:22.53	2:06.51	2:24.63	2:20.42	<b>200 I.M.</b>
4:55.41	5:37.75	5:27.91	4:48.70	5:30.07	5:20.46	4:41.99	5:22.40	5:13.01	4:36.62	5:16.25	5:07.04	4:32.59	5:11.65	5:02.57	4:28.56	5:07.04	4:58.10	<b>400 I.M.</b>
3:49.27	4:22.12	4:14.49	3:44.06	4:16.16	4:08.70	3:38.85	4:10.21	4:02.92	3:34.68	4:05.44	3:58.29	3:31.55	4:01.87	3:54.82	3:28.42	3:58.29	3:51.35	<b>400 Fr. Rly</b>
8:20.43	9:32.14	9:15.48	8:09.06	9:19.14	9:02.85	7:57.68	9:06.14	8:50.23	7:48.59	8:55.73	8:40.13	7:41.76	8:47.93	8:32.56	7:34.94	8:40.13	8:24.98	<b>800 Fr. Rly</b>
4:13.91	4:50.30	4:41.84	4:08.14	4:43.70	4:35.44	4:02.37	4:37.10	4:29.03	3:57.75	4:31.82	4:23.91	3:54.29	4:27.87	4:20.06	3:50.83	4:23.91	4:16.22	<b>400 Med. Rly</b>