



Cochrane Comets Parent Information Session #1 - TIME STANDARDS

I will outline two types of time standards – Provincial and National.

Provincial Time Standards are set by Swim Alberta and will qualify swimmers for the following competitions:

- Alberta Age Group Trials – Held yearly in February and June
- Alberta Age Group Provincial Championships – Held yearly in March and June/July
- Alberta Senior Championships – Held yearly in January and June/July

National Time Standards are set by Swimming Canada and will qualify swimmers for the following competitions:

- Canadian Age Group Championships – Held yearly in July – alternating between Calgary, Winnipeg and Montreal
- Western Canadian Nationals – Held yearly in February
- Canadian Senior Nationals/International Trials eg. Olympic Trials



Swim Alberta has 3 different Time Standards. They are divided into Age Groups – 10 & Under; 11; 12; 13; 14; 15-16; Senior

“MQT” Time Standards – 200/400 IM and 400/800/1500 Freestyle – Age Groups 14 & Under only

- Alberta brought MQT standards in about 10 years ago. The standards are only offered in IM and distance Freestyle.
 - This is to ensure that coaches/programs that are working primarily with Age Group swimmers are training all strokes with a focus on an aerobic base.
 - These standards help to prevent early specialization.
- These standards are the goal that BLUE and some GOLD swimmers are working towards.
- When a swimmer achieves an MQT in any event they are eligible to participate at Alberta Age Group Trials.

“B” Time Standards – All events

- These standards are good for swimmers to use for goal setting. There are no Age Group provincial level meets that use these standards.
- “B” is the standard for 15 & Over Senior Provincial Championships.

“A” Time Standards – All events

- These are standards the some GOLD swimmers are working towards.
- When a 14 & Under swimmer achieves an “A” standard they are eligible to participate at Alberta Age Group Provincial Championships.
- 14 & Under swimmers are eligible to attend Senior Provincial Championships if they achieve a 15-16 “A” standard



Swimming Canada has 3 different Time Standards.

Canadian Age Group Championship National Standards:

- These are the standards that most BLACK swimmers are working towards
- When a swimmer achieves an Age Group Champ standard they are eligible to participate in the Canadian Age Group Championships.
- These National standards are broken into age groups:
 - Female – 12 & Under; 13; 14; 15; 16-18
 - Male – 13 & Under; 14; 15; 16; 17-18
- To ensure Age Group coaches are not focusing on early specialization shorter distance events are not offered in the younger age categories.

Western Canadian National Standards:

- When a swimmer achieves a Western standard they are eligible to participate in Western Canadian Nationals
- These National standards are broken into age groups:
 - Female – 15 & Under; 16 & Over
 - Male – 16 & Under; 17 & Over

Canadian Senior National Standards:

- When a swimmer achieves a Senior standard they are eligible to participate in any Canadian National/ Trials competition
- There are no age groups – standards are open to all swimmers