



2016 Swimming Canada Female Standards - Age Group Championships										
12&U	13	14	15	16-18	EVENT	16-18	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
29.50	28.80	28.40	28.10	27.60	50 fr	26.90	27.40	27.70	28.00	28.90
1:04.50	1:03.00	1:01.40	1:00.80	59.30	100 fr	57.80	59.30	1:00.10	1:01.60	1:03.10
2:20.10	2:16.40	2:12.90	2:11.60	2:08.40	200 fr	2:05.20	2:08.10	2:09.90	2:13.30	2:17.40
4:56.50	4:49.10	4:42.40	4:39.10	4:32.60	400 fr	4:25.70	4:31.50	4:34.30	4:40.80	4:51.90
10:17.20	9:59.10	9:46.50	9:39.70	9:28.50	800 fr	9:10.90	9:23.10	9:28.20	9:41.00	10:04.30
20:18.00	19:32.70	18:59.30	18:51.10	18:28.70	1500 fr	18:02.10	18:16.60	18:27.30	19:02.10	19:46.60
34.70	33.80	32.90	32.50	31.80	50 bk	30.80	31.30	31.80	32.30	33.40
1:14.30	1:12.20	1:10.10	1:08.90	1:07.20	100 bk	1:05.10	1:06.20	1:07.40	1:09.30	1:11.30
2:39.50	2:34.70	2:30.90	2:28.60	2:25.00	200 bk	2:19.80	2:22.10	2:25.20	2:28.40	2:33.40
38.60	37.30	36.70	36.50	35.10	50 br	34.30	35.50	35.90	36.40	37.60
1:23.50	1:21.90	1:19.70	1:19.00	1:16.50	100 br	1:14.50	1:16.30	1:16.80	1:18.80	1:21.10
3:00.40	2:55.70	2:51.70	2:50.30	2:45.20	200 br	2:40.80	2:44.40	2:45.90	2:49.30	2:54.60
32.50	31.30	30.80	30.40	29.50	50 fl	28.90	30.00	30.40	31.10	32.10
1:13.20	1:10.70	1:08.40	1:07.30	1:05.40	100 fl	1:03.70	1:05.80	1:06.90	1:09.30	1:11.70
2:46.20	2:39.40	2:33.90	2:31.50	2:26.10	200 fl	2:21.60	2:27.10	2:29.70	2:34.70	2:40.80
2:40.20	2:35.60	2:32.00	2:30.20	2:26.20	200 IM	2:21.90	2:25.30	2:27.40	2:31.20	2:35.40
5:41.40	5:31.50	5:22.80	5:19.10	5:11.10	400 IM	5:02.30	5:07.90	5:12.70	5:20.30	5:29.80

2016 Swimming Canada Male Standards - Age Group Championships										
13&U	14	15	16	17-18	EVENT	17-18	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
27.30	26.40	25.90	25.50	24.80	50 fr	24.10	24.70	25.20	25.60	26.70
59.70	57.80	56.30	55.20	53.60	100 fr	52.30	53.80	54.90	56.50	58.20
2:11.70	2:06.50	2:03.10	2:00.90	1:57.70	200 fr	1:54.00	1:57.00	1:59.40	2:02.60	2:07.90
4:41.50	4:30.20	4:24.00	4:18.80	4:12.70	400 fr	4:04.30	4:10.00	4:14.70	4:21.80	4:32.00
9:52.20	9:34.40	9:20.30	9:14.00	9:02.90	800 fr	8:40.70	8:49.10	8:56.00	9:09.80	9:30.30
18:39.50	18:02.40	17:39.50	17:28.70	17:06.70	1500 fr	16:31.90	16:53.50	17:02.90	17:28.90	18:10.00
32.40	30.90	30.40	29.80	28.90	50 bk	27.50	28.70	29.10	29.60	31.20
1:09.20	1:06.50	1:04.40	1:03.20	1:01.30	100 bk	58.30	1:00.40	1:01.70	1:03.70	1:06.10
2:31.80	2:23.70	2:19.20	2:17.00	2:13.70	200 bk	2:06.80	2:10.90	2:13.50	2:17.50	2:23.40
36.00	34.10	33.60	33.00	31.70	50 br	30.80	32.20	32.70	33.40	35.20
1:18.10	1:15.30	1:13.40	1:11.70	1:09.40	100 br	1:06.40	1:09.10	1:10.50	1:12.40	1:15.30
2:50.00	2:44.00	2:40.20	2:37.10	2:32.20	200 br	2:24.60	2:30.50	2:33.60	2:38.00	2:44.50
30.00	28.80	28.10	27.60	26.80	50 fl	26.20	27.20	27.80	28.40	29.70
1:07.20	1:04.00	1:02.00	1:00.80	58.80	100 fl	57.70	59.60	1:00.80	1:02.80	1:06.10
2:32.60	2:26.00	2:20.80	2:17.60	2:13.10	200 fl	2:09.00	2:13.80	2:17.20	2:21.70	2:29.60
2:29.70	2:24.00	2:20.40	2:17.70	2:13.80	200 IM	2:09.30	2:13.50	2:15.80	2:19.20	2:25.00
5:19.20	5:07.90	5:00.30	4:55.80	4:50.20	400 IM	4:38.00	4:44.80	4:50.50	4:58.20	5:09.50

- The Qualifying Period for Swimming Canada meets in 2016 shall be September 1, 2014 through to the published entry deadline.
- The Entry Age for all Swimming Canada meets shall be the Swimmer's age as of the first day of the competition.
- CAGC Swimmers are limited to one Bonus Swim for 3 & 4 qualified swims, 0 for 5 or more.