



2016 Swimming Canada Female Standards – West / East / CSC / Trials

W 15&U	W 16&O	E 15&U	E 16&O	CSC	Trials	EVENT	Trials	CSC	E 16&O	E 15&U	W 16&O	W 15&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
28.62	28.18	28.40	27.85	27.15	27.04	50 fr	26.12	26.23	27.15	27.68	27.53	27.92
1:02.14	1:00.49	1:01.60	1:00.20	58.31	57.45	100 fr	56.32	57.16	58.82	1:00.19	59.43	1:00.54
2:14.78	2:12.17	2:14.78	2:11.47	2:06.14	2:04.96	200 fr	2:01.56	2:02.71	2:07.48	2:11.04	2:09.32	2:11.22
4:44.53	4:39.57	4:44.53	4:38.77	4:28.98	4:25.15	400 fr	4:17.43	4:21.15	4:29.23	4:36.16	4:32.79	4:36.64
9:54.47	9:54.47	9:54.47	9:43.78	9:19.00	9:11.99	800 fr	8:54.89	9:01.67	9:18.97	9:34.92	9:34.92	9:34.92
18:50.00	18:50.00	18:45.12	18:45.12	18:07.87		1500 fr		17:35.23	18:09.58	18:24.78	18:24.78	18:24.78
33.00	32.55	32.76	32.02	30.95		50 bk		29.61	30.84	31.67	31.45	31.81
1:10.24	1:09.05	1:09.71	1:08.43	1:05.55	1:04.89	100 bk	1:02.38	1:03.01	1:05.78	1:07.00	1:06.72	1:07.63
2:31.24	2:29.43	2:30.66	2:28.23	2:22.03	2:20.61	200 bk	2:14.35	2:15.71	2:21.65	2:24.49	2:23.78	2:25.43
36.65	35.90	36.45	35.77	34.26		50 br		33.24	34.82	35.63	35.01	35.63
1:20.09	1:18.90	1:20.09	1:18.21	1:14.46	1:13.40	100 br	1:11.25	1:12.28	1:15.51	1:17.52	1:16.21	1:17.52
2:51.19	2:49.00	2:51.19	2:48.22	2:42.06	2:38.96	200 br	2:33.45	2:36.44	2:43.33	2:46.02	2:43.78	2:46.02
30.62	29.97	30.44	29.78	28.84		50 fl		28.33	29.34	30.14	29.66	30.18
1:08.99	1:07.15	1:08.79	1:06.42	1:03.81	1:03.20	100 fl	1:02.12	1:02.72	1:05.02	1:07.26	1:06.35	1:07.92
2:36.73	2:33.49	2:35.29	2:31.08	2:23.02	2:21.92	200 fl	2:17.23	2:18.30	2:25.06	2:30.22	2:30.36	2:32.00
2:34.06	2:30.38	2:34.06	2:30.38	2:24.40	2:22.73	200 IM	2:17.50	2:19.12	2:25.66	2:29.31	2:26.47	2:29.31
5:25.09	5:22.50	5:25.09	5:19.49	5:06.78	5:03.82	400 IM	4:51.09	4:53.93	5:04.97	5:13.72	5:12.23	5:14.98

2016 Swimming Canada Male Standards – West / East / CSC / Trials

W 16&U	W 17&O	E 16&U	E 17&O	CSC	Trials	EVENT	Trials	CSC	E 17&O	E 16&U	W 17&O	W 16&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
26.01	25.37	25.81	25.41	24.32	24.09	50 fr	23.25	23.47	24.43	24.99	24.55	25.22
57.11	54.74	56.08	55.19	52.60	52.05	100 fr	50.55	51.09	53.33	54.36	53.42	55.45
2:04.52	2:01.89	2:03.83	2:01.72	1:55.16	1:54.38	200 fr	1:50.71	1:51.54	1:56.65	1:59.00	1:57.39	2:00.04
4:24.20	4:23.90	4:23.65	4:23.65	4:06.18	4:05.43	400 fr	3:56.86	3:57.59	4:11.04	4:14.34	4:15.07	4:15.07
9:20.00	9:20.00	9:18.43	9:09.31	8:45.62		800 fr		8:26.91	8:50.55	8:50.22	8:50.22	8:50.22
17:59.02	17:59.02	17:47.00	17:47.00	16:35.66	16:32.11	1500 fr	15:52.12	15:55.54	17:01.45	17:01.45	17:05.85	17:05.85
30.08	30.10	30.08	29.71	27.95		50 bk		26.41	28.19	28.78	28.44	28.78
1:05.23	1:03.88	1:03.93	1:02.80	59.63	59.13	100 bk	56.19	56.67	59.56	1:01.08	1:00.77	1:02.18
2:21.79	2:21.79	2:20.24	2:19.52	2:10.32	2:08.84	200 bk	2:01.86	2:03.26	2:11.23	2:13.60	2:14.97	2:15.21
33.28	33.16	32.47	32.24	30.32		50 br		29.46	31.00	31.72	32.00	32.40
1:13.49	1:13.49	1:13.22	1:11.17	1:06.29	1:05.88	100 br	1:03.41	1:03.80	1:07.44	1:10.07	1:10.07	1:10.31
2:38.17	2:38.17	2:38.17	2:37.76	2:24.62	2:23.43	200 br	2:17.62	2:18.76	2:28.11	2:32.11	2:32.11	2:32.11
28.24	27.48	27.62	26.90	26.01		50 fl		25.27	26.31	27.23	26.96	27.69
1:02.54	1:01.30	1:02.21	1:00.31	56.96	56.68	100 fl	55.67	55.95	58.95	1:00.55	59.92	1:01.00
2:25.36	2:21.30	2:20.92	2:18.49	2:08.07	2:07.80	200 fl	2:03.92	2:04.18	2:12.62	2:15.47	2:16.80	2:20.00
2:21.94	2:19.20	2:19.27	2:17.76	2:11.28	2:09.89	200 IM	2:04.67	2:06.00	2:12.31	2:14.34	2:16.70	2:17.39
5:01.39	5:01.39	5:01.39	5:01.39	4:41.82	4:39.10	400 IM	4:26.59	4:29.20	4:46.93	4:49.07	4:49.07	4:49.07

West (W) = Speedo Western Canadian Open
 CSC = Canadian Swimming Championships (Summer Nationals)
 East (E) = Speedo Eastern Canadian Open
 Trials = Canadian Swimming Trials (Olympic and Paralympic Trials)

- The Qualifying Period for Swimming Canada meets in 2016 shall be Sept 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.
- Swimmer's will be limited to one Bonus Swim regardless of events qualified for E, W and CSC - there will be NO bonus swims at Trials.