### Swimming Canada 2020 Female Standards - Trials/CSC/CJC/East&West

<table>
<thead>
<tr>
<th>Event</th>
<th>Trials</th>
<th>CSC</th>
<th>CJC</th>
<th>CJC relay</th>
<th>Easterns/Westerns</th>
</tr>
</thead>
<tbody>
<tr>
<td>AG</td>
<td>Senior</td>
<td>2002-2006 YOB</td>
<td>Senior</td>
<td>16-17</td>
<td>15</td>
</tr>
<tr>
<td>50 fr</td>
<td>26.87</td>
<td>27.29</td>
<td>27.15</td>
<td>27.29</td>
<td>27.65</td>
</tr>
<tr>
<td>100 fr</td>
<td>57.45</td>
<td>59.94</td>
<td>58.31</td>
<td>58.94</td>
<td>59.88</td>
</tr>
<tr>
<td>1500 fr</td>
<td>18:01.82</td>
<td>18:11.55</td>
<td>18:07.87</td>
<td>18:11.55</td>
<td>18:30.23</td>
</tr>
</tbody>
</table>

### Swimming Canada 2020 Male Standards - Trials/CSC/CJC/East&West

<table>
<thead>
<tr>
<th>Event</th>
<th>Trials</th>
<th>CSC</th>
<th>CJC</th>
<th>CJC relay</th>
<th>Easterns/Westerns</th>
</tr>
</thead>
<tbody>
<tr>
<td>AG</td>
<td>Senior</td>
<td>2002-2006 YOB</td>
<td>Senior</td>
<td>17-18</td>
<td>16</td>
</tr>
<tr>
<td>50 fr</td>
<td>23.95</td>
<td>24.56</td>
<td>24.12</td>
<td>24.56</td>
<td>25.06</td>
</tr>
<tr>
<td>100 fr</td>
<td>51.79</td>
<td>53.25</td>
<td>52.60</td>
<td>53.25</td>
<td>54.47</td>
</tr>
<tr>
<td>200 fr</td>
<td>1:53.63</td>
<td>1:56.47</td>
<td>1:54.97</td>
<td>1:56.47</td>
<td>1:59.31</td>
</tr>
<tr>
<td>800 fr</td>
<td>8:40.28</td>
<td>8:44.55</td>
<td>8:43.17</td>
<td>8:44.55</td>
<td>8:53.02</td>
</tr>
<tr>
<td>50 bk</td>
<td>27.90</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100 bk</td>
<td>58.88</td>
<td>1:00.11</td>
<td>59.63</td>
<td>1:00.11</td>
<td>1:02.09</td>
</tr>
<tr>
<td>50 brst</td>
<td>30.29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100 brst</td>
<td>1:05.49</td>
<td>1:08.10</td>
<td>1:06.29</td>
<td>1:08.10</td>
<td>1:09.16</td>
</tr>
<tr>
<td>50 fly</td>
<td>25.89</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100 fly</td>
<td>56.33</td>
<td>58.02</td>
<td>56.96</td>
<td>58.02</td>
<td>59.32</td>
</tr>
<tr>
<td>400 IM</td>
<td>4:37.96</td>
<td>4:44.63</td>
<td>4:41.82</td>
<td>4:44.63</td>
<td>4:50.46</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Event</th>
<th>400 FR</th>
<th>400 MR</th>
<th>800 FR</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:05.00</td>
<td>4:35.00</td>
<td>9:00.00</td>
<td></td>
</tr>
</tbody>
</table>

Trials = Canadian Swimming Trials (age as of December 31, 2020), CSC = Canadian Swimming Championships, CJC = Canadian Junior Championships