



Men LCM Canadian Swimming Championships - Minimal Qualifying Standard

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	01:45.32	01:15.27	01:02.70	00:49.42	00:41.62	00:36.06	00:34.43	00:32.94	00:31.23	00:29.29	00:32.74	00:30.82	00:29.38	00:29.27
100	Freestyle	03:55.23	02:47.27	02:21.14	01:52.32	01:32.80	01:22.20	01:16.31	01:11.06	01:07.44	01:03.57	01:10.56	01:06.64	01:02.73	01:03.77
200	Freestyle	08:47.95	06:17.36	05:26.25	04:09.81	03:29.56									02:19.48
400	Freestyle						06:29.24	05:55.33	05:33.79	05:10.27	04:59.52	06:12.32	05:03.19	05:15.80	
50	Backstroke	01:56.75	01:25.73	01:07.92	01:00.57	00:48.39									
100	Backstroke	04:02.17	03:04.21				01:37.68	01:31.47	01:23.70	01:16.29	01:13.42	01:30.79	01:19.33	01:14.27	01:14.06
50	Breaststroke	04:00.45	03:48.13	01:04.86											
100	Breaststroke				02:15.92	02:05.12	01:41.84	01:39.49	01:30.65	01:24.50		01:38.37	01:27.60	01:25.26	01:20.68
50	Butterfly	01:10.82	01:02.73	00:56.98	00:51.23	00:46.70	00:40.20	00:37.83							
100	Butterfly								01:16.41	01:13.69	01:10.12	01:32.25	01:13.69	01:10.06	01:08.85
150	Medley	11:50.91	09:45.45	05:25.42	03:38.17										
200	Medley					05:23.32	03:33.69	03:17.10	02:57.77	02:48.48	02:39.80	03:15.41	02:47.27	02:42.71	02:38.33

Men LCM Canadian Swimming Championships - Minimal Entry Standard

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	01:54.48	01:21.81	01:08.15	00:53.71	00:45.24	00:39.20	00:37.43	00:35.80	00:33.95	00:31.84	00:35.59	00:33.50	00:31.94	00:31.81
100	Freestyle	04:15.69	03:01.81	02:33.41	02:02.09	01:40.88	01:29.35	01:22.95	01:17.24	01:13.30	01:09.10	01:16.70	01:12.44	01:08.19	01:09.31
200	Freestyle	09:33.86	06:50.17	05:54.62	04:31.54	03:47.79									02:31.61
400	Freestyle						07:03.09	06:26.22	06:02.81	05:37.25	05:25.56	06:44.70	05:29.55	05:43.26	
50	Backstroke	02:06.90	01:33.19	01:13.82	01:05.84	00:52.60									
100	Backstroke	04:23.22	03:20.23				01:46.18	01:39.43	01:30.98	01:22.93	01:19.80	01:38.69	01:26.22	01:20.72	01:20.50
50	Breaststroke	04:21.36	04:07.96	01:10.50											
100	Breaststroke				02:27.74	02:16.00	01:50.70	01:48.14	01:38.54	01:31.85		01:46.93	01:35.21	01:32.68	01:27.70
50	Butterfly	01:16.97	01:08.19	01:01.94	00:55.69	00:50.76	00:43.70	00:41.12							
100	Butterfly								01:23.05	01:20.10	01:16.21	01:40.28	01:20.10	01:16.15	01:14.84
150	Medley	12:52.72	10:36.36	05:53.71	03:57.14										
200	Medley					05:51.44	03:52.27	03:34.24	03:13.23	03:03.12	02:53.70	03:32.40	03:01.81	02:56.86	02:52.10

Women LCM Canadian Swimming Championships - Minimal Qualifying Standard

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:15.91	01:33.82	01:14.23	00:55.02	00:49.14	00:43.45	00:41.03	00:38.65	00:35.63	00:33.34	00:38.78	00:36.06	00:33.21	00:33.45
100	Freestyle	04:52.73	03:23.86	02:56.85	02:15.91	01:49.09	01:37.47	01:29.68	01:22.59	01:15.81	01:12.58	01:26.80	01:18.26	01:12.66	01:13.19
200	Freestyle	10:42.95	07:19.09	06:32.82	05:39.77	04:05.80									02:38.94
400	Freestyle						06:49.31	06:38.81	06:10.10	05:49.68	05:32.51	06:51.22	06:21.59	05:43.87	
50	Backstroke	02:36.81	02:00.22	01:25.92	01:12.61	00:58.74									
100	Backstroke	05:13.64	04:08.12				01:48.96	01:44.17	01:36.59	01:27.69	01:25.70	01:41.51	01:34.27	01:23.98	01:25.77
50	Breaststroke	03:08.19	01:49.77	01:19.26											
100	Breaststroke				02:46.16	02:17.52	02:06.22	02:01.23	01:46.36	01:37.38		01:56.28	01:45.24	01:38.52	01:38.99
50	Butterfly	02:31.59	02:15.91	01:39.31	01:23.64	01:05.08	00:48.86	00:46.29							
100	Butterfly								01:33.75	01:23.59	01:20.90	01:39.31	01:30.95	01:25.77	01:22.78
150	Medley	09:55.91	08:21.81	05:13.64	04:17.08										
200	Medley					05:23.32	03:54.91	03:52.48	03:35.16	03:11.51	03:00.46	03:39.02	03:23.86	03:04.55	03:05.53

Women LCM Canadian Swimming Championships - Minimal Entry Standard

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:27.73	01:41.98	01:20.69	00:59.80	00:53.41	00:47.22	00:44.60	00:42.01	00:38.72	00:36.24	00:42.15	00:39.20	00:36.10	00:36.36
100	Freestyle	05:18.19	03:41.59	03:12.22	02:27.73	01:58.58	01:45.95	01:37.48	01:29.78	01:22.40	01:18.89	01:34.35	01:25.06	01:18.97	01:19.55
200	Freestyle	11:38.86	07:57.28	07:06.98	06:09.31	04:27.18									02:52.76
400	Freestyle						07:24.90	07:13.49	06:42.29	06:20.09	06:01.42	07:26.98	06:54.78	06:13.78	
50	Backstroke	02:50.45	02:10.67	01:33.39	01:18.92	01:03.85									
100	Backstroke	05:40.91	04:29.70				01:58.44	01:53.22	01:44.99	01:35.31	01:33.15	01:50.34	01:42.46	01:31.29	01:33.22
50	Breaststroke	03:24.55	01:59.31	01:26.15											
100	Breaststroke				03:00.61	02:29.48	02:17.20	02:11.78	01:55.61	01:45.85		02:06.39	01:54.39	01:47.09	01:47.60
50	Butterfly	02:44.77	02:27.73	01:47.95	01:30.91	01:10.74	00:53.11	00:50.31							
100	Butterfly								01:41.90	01:30.86	01:27.94	01:47.95	01:38.86	01:33.22	01:29.98
150	Medley	10:47.72	09:05.45	05:40.91	04:39.44										
200	Medley					05:51.44	04:15.34	04:12.70	03:53.88	03:28.16	03:16.15	03:58.06	03:41.59	03:20.60	03:21.66