

Swimming Canada 2023 World Class On Track Times

(Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free								
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3						
13			13			13			13			13			13								
14			14			14	2:06.49		14	4:26.16		14	9:03.80		14	17:19.06							
15			15	56.74		15	2:03.16	2:04.44	15	4:19.53	4:21.14	15	8:53.49	8:56.53	15	16:59.36	17:05.16						
16	25.83		16	55.71	56.35	16	2:00.90	2:02.15	2:02.56	16	4:14.94	4:16.52	4:17.00	16	8:46.05	8:49.04	8:49.92	16	16:45.14	16:50.86	16:52.55		
17	25.56	25.83	17	55.07	55.70	55.99	17	1:59.56	2:00.80	2:01.20	17	4:12.16	4:13.72	4:14.21	17	8:41.04	8:44.01	8:44.88	17	16:35.58	16:41.24	16:42.91	
18	25.37	25.64	25.78	18	54.63	55.26	55.55	18	1:58.66	1:59.89	2:00.29	18	4:10.57	4:12.12	4:12.60	18	8:37.90	8:40.85	8:41.72	18	16:29.57	16:35.20	16:36.86
19	25.20	25.46	25.61	19	54.25	54.88	55.16	19		1:59.18	1:59.58	19		4:11.20	4:11.68	19		8:38.96	8:39.83	19		16:31.60	16:33.26
20	25.04	25.30	25.45	20		54.54	54.82	20		1:58.66	1:59.05	20		4:10.57	4:11.05	20		8:37.90	8:38.76	20		16:29.57	16:31.22
21		25.16	25.30	21		54.25	54.53	21			1:58.77	21			4:10.64	21			8:38.19	21			16:30.13
22		25.04	25.19	22			54.34	22			1:58.66	22			4:10.57	22			8:37.90	22			16:29.57
23			25.10	23			54.25	23				23				23				23			
24			25.04	24				24				24				24				24			

100 Back			200 Back				
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3		
13	1:06.38		13	2:23.03			
14	1:04.18	1:05.03	14	2:18.50	2:20.35		
15	1:02.52	1:03.35	1:03.90	15	2:15.07	2:16.88	2:17.73
16	1:01.34	1:02.15	1:02.70	16	2:12.63	2:14.41	2:15.24
17	1:00.59	1:01.40	1:01.93	17	2:11.08	2:12.84	2:13.66
18		1:00.92	1:01.46	18		2:11.79	2:12.60
19		1:00.59	1:01.12	19		2:11.08	2:11.89
20			1:00.83	20			2:11.40
21			1:00.59	21			2:11.08
22				22			
23				23			

100 Fly			200 Fly				
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3		
13			13				
14			14	2:17.24			
15	1:01.40		15	2:14.12	2:15.36		
16	1:00.27	1:00.89	16	2:11.81	2:13.02	2:13.46	
17	59.42	1:00.03	1:00.23	17	2:10.23	2:11.43	2:11.87
18	58.80	59.41	59.61	18	2:09.21	2:10.40	2:10.83
19	58.33	58.93	59.13	19		2:09.69	2:10.11
20		58.58	58.77	20		2:09.21	2:09.63
21		58.33	58.53	21			2:09.35
22			58.38	22			2:09.21
23			58.33	23			

FEMALE



100 Breast			200 Breast				
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3		
13			13				
14			14				
15	1:10.18		15	2:31.33			
16	1:08.90	1:09.57	16	2:28.89	2:30.05		
17	1:08.13	1:08.79	1:09.30	17	2:27.45	2:28.60	2:29.23
18	1:07.68	1:08.34	1:08.84	18	2:26.59	2:27.74	2:28.36
19	1:07.35	1:08.01	1:08.51	19	2:25.91	2:27.05	2:27.67
20		1:07.69	1:08.18	20		2:26.41	2:27.03
21		1:07.35	1:07.85	21		2:25.91	2:26.53
22			1:07.54	22			2:26.16
23			1:07.35	23			2:25.91

200 IM			400 IM				
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3		
13			13				
14			14	5:01.10			
15	2:18.97		15	4:53.94	4:55.62		
16	2:16.48	2:17.39	16	4:48.67	4:50.32	4:50.69	
17	2:14.86	2:15.76	2:15.99	17	4:45.12	4:46.75	4:47.11
18	2:13.75	2:14.64	2:14.87	18	4:43.06	4:44.68	4:45.04
19	2:12.98	2:13.87	2:14.10	19		4:43.54	4:43.90
20		2:13.34	2:13.57	20		4:43.06	4:43.42
21		2:12.98	2:13.21	21			4:43.21
22			2:13.00	22			4:43.06
23			2:12.98	23			

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Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3						
15			15	53.40		15	1:56.32		15	4:06.79		15	8:27.84		15	16:11.05							
16			16	51.65	52.63	16	1:53.03	1:54.74	16	4:00.04	4:03.00	16	8:14.80	8:19.37	16	15:46.11	15:54.86						
17	23.51		17	50.28	51.23	51.70	17	1:50.43	1:52.11	1:52.80	17	3:54.76	3:57.66	3:58.38	17	15:27.06	15:35.64	15:37.81					
18	22.97	23.20	18	49.24	50.17	50.64	18	1:48.45	1:50.10	1:50.78	18	3:50.83	3:53.68	3:54.39	18	7:57.68	8:02.10	8:03.22	18	15:13.39	15:21.84	15:23.98	
19	22.58	22.81	22.88	19	48.51	49.43	49.89	19	1:47.06	1:48.69	1:49.36	19	3:48.15	3:50.96	3:51.67	19	7:53.11	7:57.49	7:58.60	19	15:04.64	15:13.01	15:15.13
20	22.31	22.54	22.60	20		48.90	49.35	20		1:47.71	1:48.38	20		3:49.20	3:49.90	20		7:54.67	7:55.77	20		15:07.62	15:09.73
21	22.12	22.34	22.41	21		48.51	48.96	21		1:47.06	1:47.72	21		3:48.15	3:48.84	21		7:53.11	7:54.21	21		15:04.64	15:06.74
22		22.21	22.27	22			48.69	22			1:47.29	22			3:48.29	22			7:53.37	22			15:05.13
23		22.12	22.18	23			48.51	23			1:47.06	23			3:48.15	23			7:53.11	23			15:04.64
24			22.14	24				24				24				24				24			
25			22.12	25				25				25				25				25			

100 Back			200 Back				
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3		
15			15	2:07.96			
16	57.82		16	2:03.84	2:04.96		
17	56.29	56.87	17	2:00.94	2:02.04	2:02.34	
18	55.24	55.81	55.97	18	1:59.14	2:00.22	2:00.52
19	54.52	55.09	55.25	19	1:58.07	1:59.14	1:59.43
20	54.03	54.59	54.75	20		1:58.48	1:58.77
21		54.25	54.40	21		1:58.07	1:58.36
22		54.03	54.19	22			1:58.13
23			54.07	23			1:58.07
24			54.03	24			

100 Fly			200 Fly				
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3		
15			15	2:06.95			
16	55.45		16	2:03.23	2:04.93		
17	54.00	54.56	17	2:00.34	2:02.00	2:02.47	
18	53.03	53.58	53.71	18	1:58.18	1:59.81	2:00.28
19	52.40	52.95	53.07	19	1:56.71	1:58.32	1:58.78
20	51.96	52.50	52.63	20		1:57.33	1:57.78
21		52.18	52.31	21		1:56.71	1:57.16
22		51.96	52.09	22			1:56.82
23			51.97	23			1:56.71
24			51.96	24			

MALE



100 Breast			200 Breast				
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3		
15			15	2:22.53			
16	1:04.07		16	2:18.39	2:21.06		
17	1:02.52	1:03.41	17	2:15.02	2:17.62	2:18.77	
18	1:01.31	1:02.18	1:02.62	18	2:12.35	2:14.89	2:16.01
19	1:00.41	1:01.27	1:01.70	19	2:10.32	2:12.83	2:13.93
20	59.75	1:00.60	1:01.03	20		2:11.31	2:12.40
21		1:00.11	1:00.54	21		2:10.32	2:11.40
22		59.75	1:00.17	22			2:10.74
23			59.92	23			2:10.32
24			59.75	24			

200 IM			400 IM				
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3		
15			15	4:36.79			
16	2:07.21		16	4:30.22	4:34.00		
17	2:04.24	2:05.33	17	4:24.87	4:28.58	4:29.47	
18	2:02.03	2:03.11	2:03.30	18	4:20.64	4:24.29	4:25.17
19	2:00.53	2:01.59	2:01.78	19	4:17.48	4:21.08	4:21.95
20	1:59.53	2:00.59	2:00.77	20		4:18.82	4:19.68
21		1:59.94	2:00.12	21		4:17.48	4:18.34
22		1:59.53	1:59.71	22			4:17.65
23			1:59.52	23			4:17.48
24			1:59.53	24			