



2023-2024 LCM Men Canadian Open - Minimal Qualifying Standard [MQS]															
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:10.25	01:25.73	01:07.92	01:00.57	00:48.39									
100	Backstroke	04:29.81	03:04.21				01:37.68	01:31.47	01:22.36	01:16.29	01:12.45	01:30.79	01:19.33	01:14.27	01:12.61
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	01:23.59	01:20.68
50	Butterfly		01:02.73	00:56.98	00:51.23	00:46.70	00:40.20	00:37.83							
100	Butterfly								01:16.41	01:11.49	01:10.01	01:32.25	01:12.92	01:08.60	01:07.50
50	Freestyle	01:45.32	01:33.93	01:02.70	00:49.42	00:41.62	00:38.24	00:34.43	00:32.54	00:30.28	00:28.72	00:32.74	00:29.20	00:28.80	00:28.72
100	Freestyle	03:55.23	03:26.91	02:21.14	01:52.32	01:32.80	01:22.20	01:17.08	01:11.06	01:07.31	01:02.38	01:17.04	01:06.64	01:03.88	01:02.52
200	Freestyle	08:47.95	06:17.36	05:26.25	04:09.81	03:29.56									02:16.75
400	Freestyle						06:29.24	05:55.33	05:27.25	05:07.96	04:53.65	06:12.32	06:06.14	05:09.61	
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	02:53.86	02:46.04	02:36.67	03:15.41	03:16.58	02:39.52	02:35.23

2023-2024 LCM Men Canadian Open - Minimal Entry Time [MET]															
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:21.58	01:33.18	01:13.83	01:05.84	00:52.60									
100	Backstroke	04:53.27	03:20.23				01:46.17	01:39.42	01:29.52	01:22.92	01:18.75	01:38.68	01:26.23	01:20.73	01:18.92
50	Breaststroke	04:21.36	04:07.97	01:10.50											
100	Breaststroke				02:27.74	02:16.00	01:50.70	01:48.14	01:38.53	01:31.85		01:46.92	01:35.22	01:30.86	01:27.70
50	Butterfly		01:08.18	01:01.93	00:55.68	00:50.76	00:43.70	00:41.12							
100	Butterfly								01:23.05	01:17.71	01:16.10	01:40.27	01:19.26	01:14.57	01:13.37
50	Freestyle	01:54.48	01:42.10	01:08.15	00:53.72	00:45.24	00:41.57	00:37.42	00:35.37	00:32.91	00:31.22	00:35.59	00:31.74	00:31.30	00:31.22
100	Freestyle	04:15.68	03:44.90	02:33.41	02:02.09	01:40.87	01:29.35	01:23.78	01:17.24	01:13.16	01:07.80	01:23.74	01:12.43	01:09.43	01:07.96
200	Freestyle	09:33.86	06:50.17	05:54.62	04:31.53	03:47.78									02:28.64
400	Freestyle						07:03.09	06:26.23	05:55.71	05:34.74	05:19.18	06:44.70	06:37.98	05:36.53	
150	Medley	12:52.73	10:36.36	05:53.72	03:57.14										
200	Medley					05:51.43	03:52.27	03:34.24	03:08.98	03:00.48	02:50.29	03:32.40	03:33.67	02:53.39	02:48.73

2023-2024 LCM Women Canadian Open - Minimal Qualifying Standard [MQS]															
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:36.81	02:10.62	01:25.92	01:12.61	00:58.74									
100	Backstroke	05:13.64	04:09.47				01:48.96	01:43.57	01:34.99	01:27.69	01:24.02	01:42.45	01:34.27	01:22.33	01:24.09
50	Breaststroke	03:08.19	01:49.77	01:18.65											
100	Breaststroke				02:46.16	02:17.09	02:06.22	02:00.80	01:46.36	01:37.38		01:56.28	01:45.24	01:36.59	01:37.05
50	Butterfly			01:39.31	01:23.64	01:05.08	00:48.86	00:46.29							
100	Butterfly								01:31.91	01:23.59	01:19.57	01:39.31	01:32.02	01:24.09	01:21.16
50	Freestyle	02:15.91	01:33.82	01:33.52	00:55.02	00:52.08	00:43.45	00:41.55	00:37.89	00:34.37	00:32.69	00:38.78	00:35.65	00:32.56	00:32.56
100	Freestyle	04:52.73	03:23.86	02:56.85	02:15.91	01:49.09	01:35.89	01:29.68	01:24.17	01:14.24	01:12.58	01:26.80	01:18.26	01:14.40	01:11.75
200	Freestyle		07:19.09	06:32.82	05:39.77	04:05.80									02:35.82
400	Freestyle						06:49.31	06:38.81	06:02.78	05:42.82	05:26.34	06:51.14	07:26.50	05:37.13	
150	Medley		08:21.81	05:13.64	04:17.08										
200	Medley					05:23.32	03:54.91	03:52.48	03:30.94	03:07.75	02:59.74	03:39.02	03:36.43	03:00.93	03:01.38

2023-2024 LCM Women Canadian Open - Minimal Entry Time [MET]															
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:50.45	02:21.98	01:33.39	01:18.92	01:03.85									
100	Backstroke	05:40.91	04:31.16				01:58.43	01:52.58	01:43.25	01:35.32	01:31.33	01:51.36	01:42.47	01:29.49	01:31.40
50	Breaststroke	03:24.55	01:59.32	01:25.49											
100	Breaststroke				03:00.61	02:29.01	02:17.20	02:11.30	01:55.61	01:45.85		02:06.39	01:54.39	01:44.99	01:45.49
50	Butterfly			01:47.95	01:30.91	01:10.74	00:53.11	00:50.32							
100	Butterfly								01:39.90	01:30.86	01:26.49	01:47.95	01:40.02	01:31.40	01:28.22
50	Freestyle	02:27.73	01:41.98	01:41.65	00:59.80	00:56.61	00:47.23	00:45.16	00:41.18	00:37.36	00:35.53	00:42.15	00:38.75	00:35.39	00:35.39
100	Freestyle	05:18.18	03:41.59	03:12.23	02:27.73	01:58.58	01:44.23	01:37.48	01:31.49	01:20.70	01:18.89	01:34.35	01:25.07	01:20.87	01:17.99
200	Freestyle		07:57.27	07:06.98	06:09.32	04:27.17									02:49.37
400	Freestyle						07:24.90	07:13.49	06:34.33	06:12.63	05:54.72	07:26.89	08:05.33	06:06.45	
150	Medley		09:05.45	05:40.91	04:39.43										
200	Medley					05:51.43	04:15.34	04:12.70	03:49.28	03:24.08	03:15.37	03:58.07	03:55.25	03:16.66	03:17.15