



2018 Swimming Canada Female Standards – Trials/CSC/CJC/East/West

Event	Trials	CSC*					CJC Relay	CJC				Easterns				Westerns			
		Open	Open	17	15	14		13-17	16-17	15	14	13	16&Over	15	14	13	16&Over	15	14
AG	26.87	27.15	27.19	27.45	27.68	28.16	13-17	27.40	27.90	28.10	28.62	27.95	28.46	28.66	29.19	28.22	28.73	28.94	29.48
50 fr	57.45	58.31	58.44	59.28	59.83	1:01.51		59.08	1:00.35	1:00.87	1:02.40	1:00.27	1:01.56	1:02.08	1:03.65	1:00.86	1:02.16	1:02.69	1:04.28
100 fr	2:04.66	2:06.14	2:06.83	2:09.28	2:10.29	2:14.29		2:07.76	2:10.68	2:12.17	2:15.69	2:10.35	2:13.30	2:14.81	2:18.40	2:11.62	2:14.60	2:16.13	2:19.76
200 fr	4:25.15	4:28.98	4:29.13	4:33.16	4:34.89	4:42.78		4:31.78	4:37.94	4:40.74	4:47.47	4:37.33	4:43.50	4:46.35	4:53.22	4:40.05	4:46.28	4:49.16	4:56.09
400 fr	9:11.99	9:18.90	9:19.27	9:30.41	9:32.23	9:45.63		9:22.03	9:35.74	9:43.92	9:58.35	9:33.81	9:47.25	9:55.60	10:10.31	9:39.43	9:53.01	10:01.44	10:16.30
800 fr	18:07.43	18:07.87	18:07.87	18:27.35	18:46.75	19:28.01		18:13.31	18:47.61	19:05.29	19:44.48	18:35.18	19:10.16	19:28.20	20:08.17	18:46.11	19:21.44	19:39.65	20:20.01
1500 fr	30.53	30.86										32.40	32.40	32.40	32.40	32.71	32.71	32.71	32.71
50 bk	1:04.51	1:05.55	1:06.52	1:06.77	1:07.69	1:09.24		1:06.52	1:07.93	1:08.88	1:11.00	1:07.85	1:09.29	1:10.26	1:12.42	1:08.52	1:09.97	1:10.95	1:13.13
100 bk	2:19.60	2:22.03	2:23.13	2:23.34	2:25.56	2:28.63		2:23.55	2:26.72	2:28.86	2:32.97	2:26.42	2:29.66	2:31.83	2:36.03	2:27.86	2:31.12	2:33.32	2:37.56
200 bk	33.82	34.26										35.97	35.97	35.97	35.97	36.32	36.32	36.32	36.32
50 brst	1:13.10	1:14.46	1:14.99	1:14.99	1:16.76	1:19.04		1:15.90	1:17.88	1:18.41	1:20.36	1:17.41	1:19.44	1:19.98	1:21.97	1:18.17	1:20.21	1:20.76	1:22.77
100 brst	2:38.35	2:42.06	2:42.06	2:43.42	2:47.07	2:50.04		2:43.13	2:48.04	2:49.26	2:54.03	2:46.39	2:51.40	2:52.64	2:57.51	2:48.02	2:53.08	2:54.33	2:59.26
200 brst	28.41	28.78										30.22	30.22	30.22	30.22	30.51	30.51	30.51	30.51
50 fly	1:02.64	1:03.81	1:03.85	1:04.12	1:06.14	1:08.10		1:04.69	1:06.18	1:07.05	1:08.92	1:05.98	1:07.51	1:08.40	1:10.30	1:06.63	1:08.17	1:09.07	1:10.99
100 fly	2:21.78	2:22.01	2:22.01	2:22.01	2:27.78	2:34.53		2:24.83	2:29.94	2:31.88	2:37.04	2:27.73	2:32.94	2:34.91	2:40.18	2:29.18	2:34.44	2:36.43	2:41.75
200 fly	2:22.40	2:24.40	2:24.40	2:25.94	2:26.93	2:33.65		2:25.23	2:28.79	2:29.98	2:33.71	2:28.13	2:31.76	2:32.98	2:36.78	2:29.59	2:33.25	2:34.48	2:38.32
400 IM	5:03.68	5:06.78	5:06.78	5:11.98	5:12.18	5:24.66		5:09.10	5:15.77	5:20.24	5:27.24	5:15.28	5:22.08	5:26.64	5:33.79	5:18.37	5:25.24	5:29.85	5:37.06
400 FR								4:10.00											
400 MR								4:35.00											
800 FR								9:00.00											

2018 Swimming Canada Male Standards – Trials/CSC/CJC/East/West

Event	Trials	CSC*					CJC Relay	CJC				Easterns				Westerns			
		Open	Open	18	16	15		14-18	17-18	16	15	14	17&Over	16	15	14	17&Over	16	15
AG	23.95	24.17	24.48	24.48	25.11	26.32	14-18	24.56	25.28	25.66	26.29	25.05	25.79	26.18	26.81	25.30	26.04	26.43	27.07
50 fr	51.79	52.60	53.40	53.77	55.00	57.23		53.40	54.90	55.73	57.26	54.87	56.00	56.84	58.41	55.00	56.55	57.40	58.98
100 fr	1:53.63	1:54.97	1:56.46	1:58.92	1:59.85	2:04.49		1:56.47	2:00.05	2:02.19	2:05.58	1:58.84	2:02.45	2:04.64	2:08.09	2:00.00	2:03.65	2:05.86	2:09.35
200 fr	4:03.10	4:06.18	4:06.95	4:13.57	4:18.02	4:23.22		4:10.18	4:16.68	4:21.63	4:28.73	4:15.64	4:22.00	4:26.86	4:34.10	4:18.14	4:24.57	4:29.48	4:36.79
400 fr	8:45.60	8:45.62	8:45.62	8:53.06	9:05.21	9:19.11		8:54.34	9:00.43	9:08.93	9:20.87	9:05.03	9:11.24	9:19.91	9:32.09	9:10.37	9:16.64	9:25.40	9:37.70
800 fr	16:23.72	16:35.66	16:35.66	16:50.45	17:02.43	17:33.18		16:48.87	17:17.39	17:31.24	18:00.75	17:09.05	17:38.13	17:54.42	18:22.36	17:19.14	17:48.51	18:04.95	18:33.17
1500 fr	27.80	27.90										29.29	29.29	29.29	29.29	29.57	29.57	29.57	29.57
50 bk	58.88	59.63	59.63	59.91	1:02.12	1:04.73		1:00.29	1:02.33	1:03.43	1:05.18	1:01.49	1:03.58	1:04.70	1:06.48	1:02.10	1:04.20	1:05.33	1:07.13
100 bk	2:08.60	2:10.19	2:10.48	2:10.49	2:15.20	2:19.34		2:11.69	2:15.68	2:18.13	2:21.90	2:14.32	2:18.47	2:20.90	2:24.73	2:15.64	2:19.83	2:22.28	2:26.15
200 bk	30.15	30.29										31.80	31.80	31.80	31.80	32.11	32.11	32.11	32.11
50 brst	1:05.49	1:06.29	1:07.11	1:08.39	1:08.90	1:12.89		1:08.37	1:10.25	1:11.57	1:13.75	1:09.74	1:11.66	1:13.00	1:15.23	1:10.42	1:12.36	1:13.71	1:15.96
100 brst	2:22.49	2:24.62	2:27.22	2:28.27	2:31.79	2:36.98		2:29.06	2:33.77	2:36.51	2:41.44	2:32.04	2:36.85	2:39.64	2:44.66	2:33.53	2:38.39	2:41.20	2:46.28
200 brst	25.75	25.89										27.24	27.24	27.24	27.24	27.50	27.50	27.50	27.50
50 fly	56.33	56.96	57.60	58.74	59.34	1:03.05		58.03	59.81	1:00.85	1:02.81	59.19	1:01.00	1:02.06	1:04.07	59.77	1:01.60	1:02.67	1:04.69
100 fly	2:06.55	2:08.07	2:09.71	2:14.55	2:14.83	2:23.89		2:10.89	2:15.68	2:18.63	2:23.53	2:13.50	2:18.39	2:21.40	2:26.40	2:14.81	2:19.75	2:22.78	2:27.84
200 fly	2:09.02	2:10.84	2:12.21	2:13.25	2:14.40	2:20.76		2:12.21	2:16.30	2:18.73	2:22.32	2:14.85	2:19.03	2:21.50	2:25.17	2:16.18	2:20.39	2:22.89	2:26.59
400 IM	4:37.96	4:41.82	4:43.25	4:43.72	4:47.90	4:58.61		4:44.63	4:52.66	4:57.38	5:05.82	4:50.33	4:58.77	5:03.33	5:11.94	4:53.17	5:01.70	5:06.30	5:15.00
400 FR								3:45.00											
400 MR								4:10.00											
800 FR								8:15.00											

Trials = Canadian Swimming Trials

*CSC = Canadian Swimming Championships (age as of December 31, 2018)

CJC = Canadian Junior Championships