

2013-2014 Swimming Canada FEMALE STANDARDS - East / West / Senior										
West 15&U	West 16&O	East 15&U	East 16&O	Sr. Nat.	EVENT	Sr. Nat.	East 16&O	East 15&U	West 16&O	West 15&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
28.52	28.09	28.52	28.00	27.06	50 free	26.19	27.45	27.96	27.53	27.96
1:01.75	1:00.62	1:01.72	1:00.35	57.66	100 free	56.51	59.17	1:00.51	59.43	1:00.54
2:14.82	2:11.91	2:14.82	2:11.09	2:05.36	200 free	2:01.90	2:08.52	2:12.18	2:09.32	2:12.18
4:42.17	4:38.25	4:42.17	4:36.48	4:25.19	400 free	4:18.23	4:31.06	4:36.64	4:32.79	4:36.64
9:46.69	9:46.69	9:46.69	9:33.84	9:13.46	800 free	8:57.08	9:22.59	9:35.19	9:35.19	9:35.19
18:46.88	18:42.69	18:39.51	18:33.61	17:51.51	1500 free	17:27.91	18:11.77	18:17.56	18:20.68	18:24.78
32.73	31.98	32.65	31.70	30.85	50 back	29.70	31.08	32.01	31.35	32.09
1:09.25	1:08.05	1:09.25	1:07.71	1:05.32	100 back	1:02.76	1:06.38	1:07.89	1:06.72	1:07.89
2:28.34	2:26.65	2:28.34	2:24.91	2:21.39	200 back	2:14.75	2:22.07	2:25.43	2:23.78	2:25.43
36.55	35.71	36.55	35.53	33.90	50 breast	33.12	34.83	35.83	35.01	35.83
1:20.00	1:17.73	1:20.00	1:17.59	1:13.40	100 breast	1:11.40	1:16.07	1:18.43	1:16.21	1:18.43
2:50.00	2:47.06	2:50.00	2:47.06	2:38.96	200 breast	2:34.21	2:43.78	2:46.74	2:43.78	2:46.74
31.10	30.25	31.10	29.92	28.65	50 fly	28.28	29.33	30.49	29.66	30.49
1:09.68	1:07.68	1:09.68	1:06.80	1:03.26	100 fly	1:02.57	1:05.49	1:08.31	1:06.35	1:08.31
2:34.90	2:33.37	2:33.37	2:27.97	2:21.92	200 fly	2:17.92	2:25.07	2:30.36	2:30.36	2:31.86
2:32.55	2:29.40	2:32.55	2:29.40	2:22.84	200 IM	2:18.09	2:26.47	2:29.56	2:26.47	2:29.56
5:21.37	5:19.40	5:20.33	5:14.20	5:04.39	400 IM	4:52.18	5:08.04	5:14.05	5:13.14	5:15.07

2013-2014 Swimming Canada MALE STANDARDS - East / West / Senior										
West 16&U	West 17&O	East 16&U	East 17&O	Sr. Nat.	EVENT	Sr. Nat.	East 17&O	East 16&U	West 17&O	West 16&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
26.04	25.04	25.65	25.04	24.11	50 free	23.35	24.55	25.15	24.55	25.53
56.60	54.66	56.03	54.66	52.14	100 free	50.83	53.59	54.94	53.59	55.49
2:02.44	1:59.74	2:02.44	1:59.60	1:54.82	200 free	1:51.19	1:57.25	2:00.04	1:57.39	2:00.04
4:20.17	4:20.17	4:20.17	4:18.42	4:06.19	400 free	3:57.80	4:13.35	4:15.07	4:15.07	4:15.07
9:16.73	9:16.73	9:06.33	9:06.33	8:41.04	800 free	8:23.14	8:55.62	8:55.62	9:05.82	9:05.82
17:32.29	17:21.87	17:21.87	17:02.65	16:36.12	1500 free	15:57.74	16:42.60	17:01.45	17:01.45	17:11.66
30.60	29.01	29.38	28.76	27.98	50 back	26.68	28.20	28.80	28.44	30.00
1:03.75	1:01.83	1:02.90	1:00.75	59.39	100 back	56.59	59.56	1:01.67	1:00.62	1:02.50
2:18.05	2:16.68	2:16.58	2:14.11	2:09.09	200 back	2:02.46	2:11.48	2:13.90	2:14.00	2:15.34
33.15	32.64	32.35	31.62	30.23	50 breast	29.52	31.00	31.72	32.00	32.50
1:12.42	1:11.47	1:11.47	1:09.52	1:06.17	100 breast	1:03.85	1:08.16	1:10.07	1:10.07	1:11.00
2:37.08	2:35.27	2:35.27	2:31.48	2:24.64	200 breast	2:18.83	2:28.51	2:32.23	2:32.23	2:34.00
28.56	27.60	27.77	27.17	25.97	50 fly	25.36	26.64	27.23	27.06	28.00
1:02.22	1:01.15	1:01.15	1:00.13	56.79	100 fly	55.92	58.95	59.95	59.95	1:01.00
2:20.25	2:19.54	2:18.18	2:15.27	2:08.62	200 fly	2:04.65	2:12.62	2:15.47	2:16.80	2:17.50
2:20.25	2:19.43	2:17.03	2:15.70	2:10.62	200 IM	2:05.49	2:13.04	2:14.34	2:16.70	2:17.50
4:59.69	4:55.39	4:56.72	4:52.93	4:39.10	400 IM	4:29.34	4:47.19	4:50.90	4:50.90	4:53.81

The **Qualifying Period** for all Swimming Canada meets in 2013-2014 shall be September 1, 2012 to the published entry deadline for the competition.

The **Entry Age** for all Swimming Canada meets shall be the swimmer's age as of the first day of the meet.

Please Note: Time standards are generated for all events. This does not presume that all events will be offered at all competitions. Where an event is not offered at a competition the entry standard for that event cannot be used to access other events