



Swimming Canada 2019 Female Standards - Trials/CSC/CJC/East&West												
Event	Trials		CSC	CJC				CJC relay	Easterns/Westerns			
AG	Senior	2002-2005 YOB	Senior	16-17	15	14	13	13-17	16&Over	15	14	13
50 fr	26.87	27.29	27.15	27.29	27.81	27.99	28.55		27.84	28.37	28.55	29.12
100 fr	57.45	58.94	58.31	58.94	1:00.17	1:00.69	1:02.27		1:00.12	1:01.37	1:01.90	1:03.52
200 fr	2:04.66	2:07.57	2:06.14	2:07.57	2:10.38	2:11.95	2:15.42		2:10.12	2:12.99	2:14.59	2:18.13
400 fr	4:25.15	4:31.63	4:28.98	4:31.63	4:37.36	4:40.43	4:46.78		4:37.06	4:42.91	4:46.04	4:52.52
800 fr	9:11.99	9:21.43	9:18.86	9:21.43	9:32.62	9:41.73	9:50.56		9:32.66	9:44.07	9:53.36	10:02.37
1500 fr	18:01.82	18:11.55	18:07.87	18:11.55	18:35.01	18:43.99	19:10.94		18:33.38	18:57.31	19:06.47	19:33.96
50 bk	30.53	31.04	30.86						32.40	32.40	32.40	32.40
100 bk	1:04.51	1:05.97	1:05.55	1:05.97	1:07.79	1:08.65	1:10.65		1:07.29	1:09.15	1:10.02	1:12.06
200 bk	2:19.60	2:22.97	2:22.03	2:22.97	2:26.64	2:28.46	2:32.37		2:25.83	2:29.57	2:31.43	2:35.42
50 brst	33.82	34.56	34.26						35.97	35.97	35.97	35.97
100 brst	1:13.10	1:15.78	1:14.46	1:15.78	1:17.56	1:18.11	1:20.36		1:17.30	1:19.11	1:19.67	1:21.97
200 brst	2:38.35	2:42.80	2:42.05	2:42.80	2:47.77	2:48.73	2:53.62		2:46.06	2:51.13	2:52.10	2:57.09
50 fly	28.31	29.09	28.78						30.22	30.22	30.22	30.22
100 fly	1:02.63	1:04.35	1:03.81	1:04.35	1:05.89	1:06.75	1:08.73		1:05.64	1:07.21	1:08.09	1:10.10
200 fly	2:21.51	2:24.40	2:22.01	2:24.40	2:29.46	2:30.70	2:36.66		2:27.29	2:32.45	2:33.71	2:39.79
200 IM	2:22.40	2:24.90	2:24.40	2:24.90	2:28.23	2:29.84	2:33.71		2:27.80	2:31.19	2:32.84	2:36.78
400 IM	5:03.68	5:08.43	5:06.78	5:08.43	5:15.05	5:19.28	5:27.24		5:14.60	5:21.35	5:25.67	5:33.78
400 FR								4:05.00				
400 MR								4:35.00				
800 FR								9:00.00				

Swimming Canada 2019 Male Standards - Trials/CSC/CJC/East&West												
Event	Trials		CSC	CJC				CJC relay	Easterns/Westerns			
AG	Senior	2001-2004 YOB	Senior	17-18	16	15	14	14-18	17&Over	16	15	14
50 fr	23.95	24.56	24.12	24.56	25.20	25.55	26.20		25.05	25.70	26.06	26.72
100 fr	51.79	53.25	52.60	53.25	54.79	55.52	57.12		54.32	55.89	56.63	58.26
200 fr	1:53.63	1:56.47	1:54.97	1:56.47	2:00.02	2:01.70	2:05.43		1:58.80	2:02.42	2:04.13	2:07.94
400 fr	4:03.10	4:10.18	4:06.18	4:10.18	4:16.68	4:20.66	4:28.31		4:15.18	4:21.81	4:25.87	4:33.68
800 fr	8:40.28	8:44.55	8:43.17	8:44.55	8:59.99	9:03.92	9:17.14		8:55.04	9:10.79	9:14.80	9:28.28
1500 fr	16:23.72	16:48.31	16:35.66	16:48.31	17:11.96	17:22.37	17:44.86		17:08.48	17:32.60	17:43.22	18:06.16
50 bk	27.80	28.23	27.90						29.29	29.29	29.29	29.29
100 bk	58.88	1:00.11	59.63	1:00.11	1:02.13	1:03.14	1:04.95		1:01.31	1:03.37	1:04.40	1:06.25
200 bk	2:08.48	2:11.69	2:09.91	2:11.69	2:15.53	2:17.59	2:21.29		2:14.32	2:18.24	2:20.34	2:24.12
50 brst	30.15	31.04	30.29						31.80	31.80	31.80	31.80
100 brst	1:05.49	1:08.10	1:06.29	1:08.10	1:09.81	1:11.11	1:13.40		1:09.46	1:11.21	1:12.53	1:14.87
200 brst	2:22.41	2:28.74	2:24.62	2:28.74	2:33.00	2:35.60	2:40.36		2:31.71	2:36.06	2:38.71	2:43.57
50 fly	25.75	26.35	25.89						27.24	27.24	27.24	27.24
100 fly	56.33	58.02	56.96	58.02	59.65	1:00.57	1:02.67		59.18	1:00.84	1:01.78	1:03.92
200 fly	2:06.55	2:10.89	2:08.07	2:10.89	2:15.20	2:18.09	2:23.40		2:13.51	2:17.90	2:20.85	2:26.27
200 IM	2:09.02	2:12.21	2:10.75	2:12.21	2:16.06	2:18.00	2:21.79		2:14.85	2:18.78	2:20.76	2:24.63
400 IM	4:37.96	4:44.63	4:41.82	4:44.63	4:52.66	4:56.04	5:04.71		4:50.32	4:58.51	5:01.96	5:10.80
400 FR								3:45.00				
400 MR								4:10.00				
800 FR								8:10.00				

Trials = Canadian Swimming Trials (age as of December 31, 2019)

CSC = Canadian Swimming Championships

CJC = Canadian Junior Championships

[For more information on the Competition Improvement Plan and rationale - please see here](#)