



Appendix 1 - Swimming Canada On Track Times

| FEMALE | | | | | | | | | | | | | | |
|---------|-------------|--------|-----------------------------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|-------|
| | Target Time | | Age as of December 31, 2016 | | | | | | | | | | | |
| | | | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14&U | |
| 50 FR | 25.27 | Gold | | | 25.27 | 25.27 | 25.27 | 25.27 | 25.27 | 25.27 | 25.27 | 25.47 | 25.75 | 26.24 |
| | | Podium | | 25.27 | 25.31 | 25.35 | 25.40 | 25.45 | 25.50 | 25.50 | 25.74 | 26.03 | 26.52 | |
| | | Final | 25.27 | 25.41 | 25.54 | 25.68 | 25.81 | 25.95 | 26.08 | 26.22 | 26.54 | 26.92 | 27.56 | |
| 100 FR | 54.57 | Gold | | | | | 54.57 | 54.76 | 54.95 | 55.15 | 55.67 | 56.29 | 57.36 | |
| | | Podium | | | | 54.57 | 54.88 | 55.19 | 55.51 | 55.83 | 56.36 | 56.98 | 58.06 | |
| | | Final | | | 54.57 | 54.88 | 55.18 | 55.49 | 55.79 | 56.10 | 56.83 | 57.67 | 59.12 | |
| 200 FR | 1:58.33 | Gold | | | | | | | 1:58.33 | 1:58.96 | 2:00.09 | 2:01.41 | 2:03.72 | |
| | | Podium | | | | | | 1:58.33 | 1:58.92 | 1:59.50 | 2:00.89 | 2:02.51 | 2:05.29 | |
| | | Final | | | | 1:58.33 | 1:59.12 | 1:59.91 | 2:00.70 | 2:02.58 | 2:04.75 | 2:08.50 | | |
| 400 FR | 4:09.35 | Gold | | | | | | | 4:09.35 | 4:09.97 | 4:12.34 | 4:15.12 | 4:19.97 | |
| | | Podium | | | | | | 4:09.35 | 4:10.96 | 4:12.58 | 4:14.98 | 4:17.78 | 4:22.68 | |
| | | Final | | | | 4:09.35 | 4:10.94 | 4:12.54 | 4:14.13 | 4:17.91 | 4:22.29 | 4:29.86 | | |
| 800 FR | 8:33.84 | Gold | | | | | | | | 8:33.84 | 8:39.04 | 8:44.75 | 8:54.72 | |
| | | Podium | | | | | | 8:33.84 | 8:36.21 | 8:41.87 | 8:48.37 | 8:59.63 | | |
| | | Final | | | | | 8:33.84 | 8:37.14 | 8:40.43 | 8:48.26 | 8:57.33 | 9:12.99 | | |
| 100 BK | 1:00.82 | Gold | | | | | | | 1:00.82 | 1:01.33 | 1:01.91 | 1:02.59 | 1:03.78 | |
| | | Podium | | | | | | 1:00.82 | 1:01.17 | 1:01.52 | 1:02.34 | 1:03.30 | 1:04.95 | |
| | | Final | | | | | 1:00.82 | 1:01.26 | 1:01.69 | 1:02.13 | 1:03.16 | 1:04.36 | 1:06.43 | |
| 200 BK | 2:10.84 | Gold | | | | | | | | 2:10.84 | 2:12.23 | 2:13.83 | 2:16.61 | |
| | | Podium | | | | | | | 2:10.84 | 2:11.52 | 2:13.14 | 2:15.02 | 2:18.26 | |
| | | Final | | | | | | 2:10.84 | 2:11.78 | 2:12.71 | 2:14.94 | 2:17.51 | 2:21.96 | |
| 100 BR | 1:08.49 | Gold | | | | | | | 1:08.49 | 1:08.81 | 1:09.46 | 1:10.23 | 1:11.56 | |
| | | Podium | | | | | | 1:08.49 | 1:08.97 | 1:09.44 | 1:10.10 | 1:10.87 | 1:12.22 | |
| | | Final | | | | 1:08.49 | 1:08.99 | 1:09.35 | 1:09.71 | 1:10.56 | 1:11.54 | 1:13.22 | | |
| 200 BR | 2:26.89 | Gold | | | | | | | 2:26.89 | 2:26.89 | 2:27.47 | 2:29.09 | 2:31.92 | |
| | | Podium | | | | | | 2:26.89 | 2:27.43 | 2:27.46 | 2:28.86 | 2:30.50 | 2:33.36 | |
| | | Final | | | | 2:26.89 | 2:27.82 | 2:28.74 | 2:29.67 | 2:31.87 | 2:34.41 | 2:38.81 | | |
| 100 FLY | 58.70 | Gold | | | | | | 58.70 | 59.05 | 59.40 | 59.96 | 1:00.62 | 1:01.78 | |
| | | Podium | | | | | 58.70 | 59.11 | 59.52 | 59.93 | 1:00.50 | 1:01.16 | 1:02.33 | |
| | | Final | | | | 58.70 | 59.09 | 59.49 | 59.88 | 1:00.27 | 1:01.20 | 1:02.28 | 1:04.15 | |
| 200 FLY | 2:08.95 | Gold | | | | | | | 2:08.95 | 2:10.06 | 2:11.30 | 2:12.74 | 2:15.26 | |
| | | Podium | | | | | | 2:08.95 | 2:09.62 | 2:10.29 | 2:11.87 | 2:13.71 | 2:16.88 | |
| | | Final | | | | 2:08.95 | 2:09.98 | 2:11.01 | 2:12.05 | 2:14.50 | 2:17.34 | 2:22.24 | | |
| 200 IM | 2:13.36 | Gold | | | | | | | 2:13.36 | 2:13.36 | 2:14.30 | 2:15.78 | 2:18.36 | |
| | | Podium | | | | | | 2:13.36 | 2:14.04 | 2:14.72 | 2:16.33 | 2:18.20 | 2:21.42 | |
| | | Final | | | | 2:13.36 | 2:14.19 | 2:15.02 | 2:15.85 | 2:17.82 | 2:20.10 | 2:24.04 | | |
| 400 IM | 4:41.75 | Gold | | | | | | | | | 4:41.75 | 4:47.81 | 4:53.88 | |
| | | Podium | | | | | | | | 4:41.75 | 4:45.50 | 4:49.84 | 4:57.33 | |
| | | Final | | | | | | 4:41.75 | 4:44.03 | 4:49.43 | 4:55.70 | 5:06.51 | | |



| MALE | | | | | | | | | | | |
|---------|-------------|--------|-----------------------------|---------|---------|----------|----------|----------|----------|----------|----------|
| | Target Time | | Age as of December 31, 2016 | | | | | | | | |
| | | | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16&U |
| 50 FR | 22.11 | Gold | | | 22.11 | 22.24 | 22.37 | 22.50 | 22.64 | 22.84 | 23.21 |
| | | Podium | | 22.11 | 22.26 | 22.41 | 22.56 | 22.71 | 22.92 | 23.13 | 23.50 |
| | | Final | 22.11 | 22.33 | 22.55 | 22.77 | 22.99 | 23.21 | 23.43 | 23.76 | 24.35 |
| 100 FR | 48.82 | Gold | | | | 48.82 | 49.15 | 49.49 | 49.94 | 50.39 | 51.20 |
| | | Podium | | | 48.82 | 49.15 | 49.48 | 49.81 | 50.23 | 50.68 | 51.49 |
| | | Final | | 48.82 | 49.35 | 49.88 | 50.41 | 50.94 | 51.47 | 52.26 | 53.66 |
| 200 FR | 1:47.82 | Gold | | | | | | 1:47.82 | 1:48.64 | 1:49.87 | 1:52.05 |
| | | Podium | | | | | 1:47.82 | 1:48.65 | 1:49.48 | 1:50.73 | 1:52.94 |
| | | Final | | | | 1:47.82 | 1:48.88 | 1:49.94 | 1:51.00 | 1:52.59 | 1:55.41 |
| 400 FR | 3:48.92 | Gold | | | | | | 3:48.92 | 3:50.64 | 3:53.23 | 3:57.83 |
| | | Podium | | | | | 3:48.92 | 3:50.66 | 3:52.41 | 3:55.03 | 3:59.68 |
| | | Final | | | | 3:48.92 | 3:51.05 | 3:53.18 | 3:55.31 | 3:58.50 | 4:04.18 |
| 1500 FR | 15:11.83 | Gold | | | | | | 15:11.83 | 15:18.46 | 15:26.73 | 15:41.55 |
| | | Podium | | | | | 15:11.83 | 15:17.75 | 15:25.09 | 15:33.42 | 15:48.35 |
| | | Final | | | | 15:11.83 | 15:20.78 | 15:29.73 | 15:38.68 | 15:52.10 | 16:15.97 |
| 100 BK | 54.40 | Gold | | | | | 54.40 | 54.65 | 54.90 | 55.39 | 56.28 |
| | | Podium | | | | 54.40 | 54.82 | 55.24 | 55.66 | 56.29 | 57.41 |
| | | Final | | | 54.40 | 55.00 | 55.59 | 56.19 | 56.79 | 57.68 | 59.27 |
| 200 BK | 1:58.48 | Gold | | | | | | 1:58.48 | 1:58.55 | 1:59.62 | 2:01.53 |
| | | Podium | | | | | 1:58.48 | 1:59.31 | 2:00.13 | 2:01.37 | 2:03.58 |
| | | Final | | | | 1:58.48 | 1:59.85 | 2:01.23 | 2:02.60 | 2:04.66 | 2:08.32 |
| 100 BR | 1:00.79 | Gold | | | | 1:00.79 | 1:01.16 | 1:01.53 | 1:01.90 | 1:02.46 | 1:03.46 |
| | | Podium | | | 1:00.79 | 1:01.33 | 1:01.87 | 1:02.44 | 1:03.01 | 1:03.58 | 1:04.59 |
| | | Final | | 1:00.79 | 1:01.36 | 1:01.92 | 1:02.49 | 1:03.05 | 1:03.62 | 1:04.46 | 1:05.97 |
| 200 BR | 2:11.74 | Gold | | | | | | 2:11.74 | 2:12.73 | 2:13.92 | 2:16.07 |
| | | Podium | | | | | 2:11.74 | 2:12.91 | 2:14.08 | 2:15.84 | 2:18.96 |
| | | Final | | | | 2:11.74 | 2:13.63 | 2:15.53 | 2:17.42 | 2:20.26 | 2:25.31 |
| 100 FLY | 52.56 | Gold | | | | 52.56 | 52.71 | 52.87 | 53.03 | 53.51 | 54.36 |
| | | Podium | | | 52.56 | 52.82 | 53.09 | 53.36 | 53.63 | 54.11 | 54.98 |
| | | Final | | 52.56 | 53.03 | 53.50 | 53.97 | 54.44 | 54.91 | 55.62 | 56.87 |
| 200 FLY | 1:56.86 | Gold | | | | | 1:56.86 | 1:57.66 | 1:58.46 | 1:59.53 | 2:01.44 |
| | | Podium | | | | 1:56.86 | 1:57.83 | 1:58.81 | 1:59.78 | 2:01.24 | 2:03.84 |
| | | Final | | | 1:56.86 | 1:58.08 | 1:59.30 | 2:00.52 | 2:01.74 | 2:03.57 | 2:06.83 |
| 200 IM | 1:59.99 | Gold | | | | | 1:59.99 | 2:00.82 | 2:01.66 | 2:02.75 | 2:04.72 |
| | | Podium | | | | 1:59.99 | 2:00.79 | 2:01.60 | 2:02.67 | 2:03.77 | 2:05.75 |
| | | Final | | | 1:59.99 | 2:01.20 | 2:02.41 | 2:03.63 | 2:04.84 | 2:06.66 | 2:09.89 |
| 400 IM | 4:16.46 | Gold | | | | | | 4:16.46 | 4:17.37 | 4:19.69 | 4:23.84 |
| | | Podium | | | | | 4:16.46 | 4:18.44 | 4:20.42 | 4:23.38 | 4:28.66 |
| | | Final | | | | 4:16.46 | 4:18.82 | 4:21.17 | 4:23.53 | 4:27.07 | 4:33.35 |