



SWIMMING CANADA EASTERNS / WESTERNS 2022 FEMALE STANDARDS								
Long Course Metres				Short Course Metres				
16&Over	15	14	13	Event	16&Over	15	14	13
27.84	28.20	28.42	29.03	50 FR	27.29	27.65	27.86	28.46
1:00.12	1:01.08	1:01.79	1:03.15	100 FR	58.94	59.88	1:00.58	1:01.91
2:10.12	2:12.41	2:14.08	2:17.48	200 FR	2:07.57	2:09.81	2:11.45	2:14.78
4:37.06	4:41.63	4:44.74	4:51.05	400 FR	4:31.63	4:36.11	4:39.16	4:45.34
9:32.66	9:40.96	9:49.52	9:57.39	800 FR	9:21.43	9:29.57	9:37.96	9:45.68
18:33.38	18:52.43	18:54.84	19:12.10	1500 FR	18:11.55	18:30.23	18:32.59	18:49.51
32.40	32.40	32.40	32.40	50 BK	31.76	31.76	31.76	31.76
1:07.29	1:08.75	1:09.63	1:11.60	100 BK	1:05.97	1:07.40	1:08.26	1:10.20
2:25.83	2:28.63	2:30.61	2:34.56	200 BK	2:22.97	2:25.72	2:27.66	2:31.53
35.97	35.97	35.97	35.97	50 BR	35.26	35.26	35.26	35.26
1:17.30	1:18.44	1:19.11	1:21.62	100 BR	1:15.78	1:16.90	1:17.56	1:20.02
2:46.06	2:50.18	2:51.49	2:56.58	200 BR	2:42.80	2:46.84	2:48.13	2:53.12
30.22	30.22	30.22	30.22	50 FL	29.63	29.63	29.63	29.63
1:05.64	1:06.76	1:07.80	1:09.48	100 FL	1:04.35	1:05.45	1:06.47	1:08.12
2:27.29	2:30.89	2:33.09	2:37.97	200 FL	2:24.40	2:27.93	2:30.09	2:34.87
2:27.80	2:30.38	2:32.57	2:35.76	200 IM	2:24.90	2:27.43	2:29.58	2:32.71
5:14.60	5:19.75	5:24.53	5:32.23	400 IM	5:08.43	5:13.48	5:18.17	5:25.72

SWIMMING CANADA EASTERNS / WESTERNS 2022 MALE STANDARDS								
Long Course Metres				Short Course Metres				
17&Over	16	15	14	Event	17&Over	16	15	14
25.05	25.56	25.94	26.56	50 FR	24.56	25.06	25.43	26.04
54.32	55.56	56.50	57.85	100 FR	53.25	54.47	55.39	56.72
1:58.80	2:01.70	2:03.83	2:07.16	200 FR	1:56.47	1:59.31	2:01.40	2:04.67
4:15.18	4:20.90	4:24.62	4:31.73	400 FR	4:10.18	4:15.78	4:19.43	4:26.40
8:55.04	9:03.68	9:11.46	9:22.98	800 FR	8:44.55	8:53.02	9:00.65	9:11.94
17:08.48	17:19.17	17:37.53	17:54.69	1500 FR	16:48.31	16:58.79	17:16.79	17:33.62
29.29	29.29	29.29	29.29	50 BK	28.72	28.72	28.72	28.72
1:01.31	1:03.33	1:04.12	1:05.87	100 BK	1:00.11	1:02.09	1:02.86	1:04.58
2:14.32	2:17.30	2:19.18	2:22.79	200 BK	2:11.69	2:14.61	2:16.45	2:19.99
31.80	31.80	31.80	31.80	50 BR	31.18	31.18	31.18	31.18
1:09.46	1:10.54	1:12.01	1:14.14	100 BR	1:08.10	1:09.16	1:10.60	1:12.69
2:31.71	2:34.79	2:37.50	2:42.11	200 BR	2:28.74	2:31.75	2:34.41	2:38.93
27.24	27.24	27.24	27.24	50 FL	26.71	26.71	26.71	26.71
59.18	1:00.51	1:01.54	1:03.45	100 FL	58.02	59.32	1:00.33	1:02.21
2:13.51	2:17.01	2:19.83	2:24.32	200 FL	2:10.89	2:14.32	2:17.09	2:21.49
2:14.85	2:18.16	2:19.92	2:23.60	200 IM	2:12.21	2:15.45	2:17.18	2:20.78
4:50.32	4:56.27	5:00.15	5:10.80	400 IM	4:44.63	4:50.46	4:54.26	5:04.71