



2012 – 13 National Standards

Coaches:

Please find attached the National Standards for the 2012-13 season. The new standards reflect a diligent effort to review, reflect and generate standards that will not only represent the progress accomplished by your athletes over the past few years, but present concrete and real challenges for the quadrennial ahead. The standards (particularly the Canadian Age Group Championship standards) are developed to help better shape not only the structure of the competition but assist in shaping athlete development.

The following points are intended to assist you in understanding how standards are established and some of the changes:

Senior National Standards

- The methodology for generating these standards has not changed – a 5 year rolling average of 24th place from the primary long course competition is utilized to set the Senior Long Course Standards
- Short Course Senior Standards methodology has likewise not changed. These standards are set utilizing 32nd place from the short course rankings on a 5 year rolling average.
- Bonus swims will be reduced by one: 1 QT = 2 Bonus swims; 2 QT = 1 Bonus swim; 3 QT + = 1 Bonus swim

Eastern and Western Championship Standards

- These standards are based on the 24th place rolling average methodology as described above. There are not always 24 participants in each event (particularly in the younger age group) so a few standards have been amended (slowed) to open up events. This is to encourage a better developmental progression in some events; the principle of never slowing standards has been abandoned where long-term data suggests it is appropriate.
- Long Course standards are a 2% conversion of the short course standards.
- Bonus swims will be reduced by one: 1 QT = 2 Bonus swims; 2 QT = 1 Bonus swim; 3 QT + = 1 Bonus swim
- Yes, there are some standards in a single event that are the same for both age groups. This is due to the fact that performances in the younger age group dictate a stronger standard than the older age group.

Canadian Age Group Championships

- Both L/C and S/C standards are based on 32nd place from the national rankings for the specific age groups, averaged over 5 years. Competition results are not suitable for use in the development of these standards given the variability of results between the 3 different host locations (Montreal, vs Winnipeg and Calgary).
- For the first time in the history of this meet, 12 & under girls / 13 & under boys have 50 and 100 meter standards. Likewise, the 13 year old girls and 14 year old boys have 50 meter standards. These standards have been introduced to give the opportunity for direct qualifying, but are set at a 32nd place average minus 1% to provide a more rigorous entry point than 200 meter events and above.
- Qualifying Events: part of the revised entry strategy for CAGC's also involves the number of qualifying times required to enter the competition and the number of bonus events available at the competition. All age groups will be required to have 3 specific entry times to gain access to CAGC.



- All age groups will be able to access a maximum of 2 bonus swims.

A Note about Bonus Swims

- Comprehensive analysis has been conducted on the effect of bonus swims and the impact giving 'free' swims to athletes has not only on meet size, but on the impact such practices have on overall program development. Swimming Canada has taken the position that it is in the best interest of athlete development to limit the number of bonus swims a swimmers may access at any given Swimming Canada designated meet. It is our intent to reduce the number of bonus swims gradually over the quadrennial to **zero bonus swims for Canadian Age Group Championships** and **one bonus swim regardless of qualifying times for Senior, Eastern and Western Nationals**. We will be reviewing the impact of this strategy after every competition and if necessary, consider the addition of secondary qualifying standards for free swims at Senior, Western and Eastern Nationals.
- More information on the quadrennial strategy will be forthcoming; the urgency to get the qualifying standards to the field with some rationale limits the opportunity to do so in this document.

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2012-2013 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

2012-2013 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 2012-2013 shall be September 1, 2011 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

2012-2013 Swimming Canada FEMALE STANDARDS - AGE GROUP CHAMPIONSHIPS										
12 & u	13	14	15	16-18	EVENT	16-18	15	14	13	12 & u
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
29.50	28.80	28.40	28.10	28.00	50 free	27.10	27.40	27.70	28.00	28.90
1:04.50	1:03.00	1:01.40	1:00.80	59.90	100 free	58.10	59.30	1:00.10	1:01.60	1:03.10
2:20.10	2:16.40	2:12.90	2:11.60	2:10.50	200 free	2:06.60	2:08.10	2:09.90	2:13.30	2:17.40
4:56.50	4:49.10	4:42.40	4:39.10	4:37.70	400 free	4:29.40	4:31.50	4:34.30	4:40.80	4:51.90
10:17.20	9:59.10	9:46.50	9:39.70	9:34.10	800 free	9:16.90	9:23.10	9:28.20	9:41.00	10:04.30
20:18.00	19:32.70	18:59.30	18:51.10	18:48.00	1500 free	18:14.00	18:16.60	18:27.30	19:02.10	19:46.60
34.70	33.80	32.90	32.50	32.30	50 back	31.30	31.30	31.80	32.30	33.40
1:14.30	1:12.20	1:10.10	1:08.90	1:08.80	100 back	1:06.20	1:06.20	1:07.40	1:09.30	1:11.30
2:39.50	2:34.70	2:30.90	2:28.60	2:28.60	200 back	2:22.10	2:22.10	2:25.20	2:28.40	2:33.40
38.60	37.30	36.70	36.50	35.70	50 breast	34.60	35.50	35.90	36.40	37.60
1:23.50	1:21.90	1:19.70	1:19.00	1:18.20	100 breast	1:15.80	1:16.30	1:16.80	1:18.80	1:21.10
3:00.40	2:55.70	2:51.70	2:50.30	2:49.80	200 breast	2:44.40	2:44.40	2:45.90	2:49.30	2:54.60
32.50	31.30	30.80	30.40	29.70	50 fly	28.80	30.00	30.40	31.10	32.10
1:13.20	1:10.70	1:08.40	1:07.30	1:06.00	100 fly	1:04.00	1:05.80	1:06.90	1:09.30	1:11.70
2:46.20	2:39.40	2:33.90	2:31.50	2:27.80	200 fly	2:23.40	2:27.10	2:29.70	2:34.70	2:40.80
2:40.20	2:35.60	2:32.00	2:30.20	2:28.30	200 IM	2:23.80	2:25.30	2:27.40	2:31.20	2:35.40
5:41.40	5:31.50	5:22.80	5:19.10	5:18.50	400 IM	5:07.90	5:07.90	5:12.70	5:20.30	5:29.80

2012-2013 Swimming Canada MALE STANDARDS - AGE GROUP CHAMPIONSHIPS										
13 & u	14	15	16	17-18	EVENT	17-18	16	15	14	13 & u
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
27.30	26.40	25.90	25.50	24.80	50 free	24.10	24.70	25.20	25.60	26.70
59.70	57.80	56.30	55.20	53.60	100 free	52.30	53.80	54.90	56.50	58.20
2:11.70	2:06.50	2:03.10	2:00.90	1:57.70	200 free	1:54.00	1:57.00	1:59.40	2:02.60	2:07.90
4:41.50	4:30.20	4:24.00	4:18.80	4:12.70	400 free	4:04.30	4:10.00	4:14.70	4:21.80	4:32.00
9:52.20	9:34.40	9:20.30	9:14.00	9:02.90	800 free	8:40.70	8:49.10	8:56.00	9:09.80	9:30.30
18:39.50	18:02.40	17:39.50	17:28.70	17:06.70	1500 free	16:31.90	16:53.50	17:02.90	17:28.90	18:10.00
32.40	30.90	30.40	29.80	28.90	50 back	27.50	28.70	29.10	29.60	31.20
1:09.20	1:06.50	1:04.40	1:03.20	1:01.30	100 back	58.30	1:00.40	1:01.70	1:03.70	1:06.10
2:31.80	2:23.70	2:19.20	2:17.00	2:13.70	200 back	2:06.80	2:10.90	2:13.50	2:17.50	2:23.40
36.00	34.10	33.60	33.00	31.70	50 breast	30.80	32.20	32.70	33.40	35.20
1:18.10	1:15.30	1:13.40	1:11.70	1:09.40	100 breast	1:06.40	1:09.10	1:10.50	1:12.40	1:15.30
2:50.00	2:44.00	2:40.20	2:37.10	2:32.20	200 breast	2:24.60	2:30.50	2:33.60	2:38.00	2:44.50
30.00	28.80	28.10	27.60	26.80	50 fly	26.20	27.20	27.80	28.40	29.70
1:07.20	1:04.00	1:02.00	1:00.80	58.80	100 fly	57.70	59.60	1:00.80	1:02.80	1:06.10
2:32.60	2:26.00	2:20.80	2:17.60	2:13.10	200 fly	2:09.00	2:13.80	2:17.20	2:21.70	2:29.60
2:29.70	2:24.00	2:20.40	2:17.70	2:13.80	200 IM	2:09.30	2:13.50	2:15.80	2:19.20	2:25.00
5:19.20	5:07.90	5:00.30	4:55.80	4:50.20	400 IM	4:38.00	4:44.80	4:50.50	4:58.20	5:09.50

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