



## 2022 / 2023 TIME STANDARDS CCCAN Championships

GIRLS 11-12		CCCAN STANDARDS		
EVENT	LCM	SCM	SCY	
50 Free	00:29.56	00:28.75	00:25.91	
100 Free	01:05.34	01:03.39	00:57.10	
200 Free	02:23.61	02:20.42	02:06.51	
400/500 Free	05:03.03	04:56.63	05:39.53	
50 Back	00:34.74	00:34.12	00:30.75	
100 Back	01:15.78	01:14.57	01:07.18	
200 Back	02:42.39	02:39.99	02:24.14	
50 Brst	00:38.22	00:37.22	00:32.86	
100 Brst	01:25.68	01:23.68	01:15.39	
200 Brst	03:07.12	03:03.12	02:44.96	
50 Fly	00:32.44	00:31.74	00:28.59	
100 Fly	01:11.43	01:10.03	01:03.09	
200 Fly	02:42.22	02:39.41	02:23.62	
200 IM	02:42.58	02:39.38	02:23.58	

GIRLS 13-14		CCCAN STANDARDS		
EVENT	LCM	SCM	SCY	
50 Free	00:28.20	00:27.40	00:24.69	
100 Free	01:02.73	01:01.12	00:55.06	
200 Free	02:17.63	02:14.44	02:01.11	
400/500 Free	04:48.91	04:42.52	05:23.75	
800/1000 Free	09:55.02	09:42.22	11:06.71	
1500/1650 Free	18:59.34	18:39.19	22:04.81	
50 Back	00:32.42	00:31.82	00:28.66	
100 Back	01:10.91	01:09.70	01:02.80	
200 Back	02:34.69	02:32.28	02:17.20	
50 Brst	00:36.71	00:35.72	00:32.17	
100 Brst	01:21.02	01:19.02	01:11.18	
200 Brst	02:54.32	02:50.32	02:33.43	
50 Fly	00:30.26	00:29.55	00:26.62	
100 Fly	01:07.91	01:06.50	00:59.92	
200 Fly	02:35.00	02:32.19	02:17.12	
200 IM	02:37.61	02:34.42	02:19.11	
400 IM	05:35.26	05:28.86	04:56.28	



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**CCCAN Championships**

<b>GIRLS</b> 15-17		<b>CCCAN STANDARDS</b>		
<b>EVENT</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	
50 Free	00:27.59	00:26.79	00:24.13	
100 Free	01:01.55	00:59.95	00:54.01	
200 Free	02:13.65	02:09.82	01:56.95	
400/500 Free	04:43.47	04:37.07	05:17.68	
800/1000 Free	09:47.05	09:34.24	10:57.76	
1500/1650 Free	18:45.45	18:25.55	20:12.52	
50 Back	00:31.75	00:31.14	00:28.06	
100 Back	01:10.38	01:09.18	01:02.32	
200 Back	02:30.35	02:27.96	02:13.29	
50 Brst	00:35.73	00:34.74	00:31.28	
100 Brst	01:19.13	01:17.14	01:09.49	
200 Brst	02:53.47	02:49.47	02:32.68	
50 Fly	00:29.64	00:28.94	00:26.07	
100 Fly	01:06.46	01:05.06	00:58.62	
200 Fly	02:30.42	02:27.62	02:12.99	
200 IM	02:32.07	02:28.88	02:14.12	
400 IM	05:27.19	05:20.80	04:49.01	

<b>GIRLS</b> 18 and Older		<b>CCCAN STANDARDS</b>		
<b>EVENT</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	
50 Free	00:27.07	00:26.27	00:23.67	
100 Free	01:00.61	00:59.00	00:53.15	
200 Free	02:11.04	02:07.84	01:55.17	
400/500 Free	04:38.42	04:32.02	05:11.95	
800/1000 Free	09:37.44	09:24.64	10:47.03	
1500/1650 Free	18:32.64	18:16.20	20:10.22	
50 Back	00:31.25	00:30.64	00:27.61	
100 Back	01:08.94	01:07.73	01:01.03	
200 Back	02:27.22	02:24.82	02:10.47	
50 Brst	00:34.78	00:33.79	00:30.43	
100 Brst	01:17.81	01:15.80	01:08.29	
200 Brst	02:51.74	02:47.70	02:31.09	
50 Fly	00:29.04	00:28.34	00:25.53	
100 Fly	01:05.39	01:03.99	00:57.65	
200 Fly	02:27.12	02:24.32	02:10.02	
200 IM	02:27.68	02:24.48	02:10.16	
400 IM	05:21.45	05:15.05	04:43.83	



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<b>BOYS</b> <b>11-12</b>			
<b>EVENT</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
50 Free	00:28.19	00:27.38	00:24.67
100 Free	01:02.47	01:00.87	00:54.84
200 Free	02:18.02	02:14.83	02:01.46
400/500 Free	04:52.05	04:45.66	05:27.31
50 Back	00:33.55	00:32.95	00:29.68
100 Back	01:12.81	01:11.61	01:04.51
200 Back	02:38.21	02:35.81	02:20.37
50 Brst	00:36.22	00:35.23	00:31.74
100 Brst	01:20.24	01:18.24	01:10.41
200 Brst	02:51.16	02:46.80	02:30.27
50 Fly	00:30.15	00:29.45	00:26.53
100 Fly	01:06.07	01:04.67	00:58.26
200 Fly	02:33.79	02:30.99	02:16.03
200 IM	02:36.14	02:32.96	02:17.79

<b>BOYS</b> <b>13-14</b>			
<b>EVENT</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
50 Free	00:25.95	00:25.14	00:22.66
100 Free	00:57.02	00:55.43	00:49.92
200 Free	02:05.33	02:02.14	01:50.03
400/500 Free	04:30.55	04:23.82	05:02.92
800 Free	08:58.52	08:47.96	10:09.63
1500/1650 Free	17:18.54	16:50.57	17:58.62
50 Back	00:29.99	00:29.39	00:26.48
100 Back	01:04.72	01:03.52	00:57.22
200 Back	02:21.39	02:18.99	02:05.22
50 Brst	00:32.83	00:30.94	00:28.68
100 Brst	01:13.48	01:11.49	01:04.40
200 Brst	02:41.50	02:37.51	02:21.90
50 Fly	00:27.92	00:27.22	00:24.52
100 Fly	01:02.14	01:00.74	00:54.71
200 Fly	02:22.11	02:19.32	02:05.51
200 IM	02:22.71	02:19.53	02:05.70
400 IM	05:08.48	05:02.10	04:32.16



## 2022 / 2023 TIME STANDARDS

BOYS 15-17			
EVENT	LCM	SCM	SCY
50 Free	00:25.09	00:24.28	00:21.88
100 Free	00:55.14	00:53.54	00:48.23
200 Free	02:01.31	01:58.12	01:46.40
400/500 Free	04:20.52	04:14.11	04:51.92
800 Free	08:58.86	08:45.72	10:09.87
1500/1650 Free	17:13.22	16:49.24	17:53.04
50 Back	00:28.47	00:27.86	00:25.11
100 Back	01:02.46	01:01.26	00:55.19
200 Back	02:17.43	02:15.04	02:01.65
50 Brst	00:30.18	00:29.18	00:26.29
100 Brst	01:09.56	01:07.57	01:00.87
200 Brst	02:29.91	02:25.93	02:11.47
50 Fly	00:26.04	00:25.35	00:22.84
100 Fly	00:58.96	00:57.56	00:51.85
200 Fly	02:12.94	02:10.15	01:57.26
200 IM	02:16.87	02:13.68	02:00.42
400 IM	04:53.72	04:47.34	04:18.85

BOYS 18 and Older				CCCAN STANDARDS
EVENT	LCM	SCM	SCY	
50 Free	00:24.30	00:23.49	00:21.16	
100 Free	00:53.25	00:51.38	00:46.29	
200 Free	01:56.19	01:52.99	01:41.78	
400/500 Free	04:09.66	04:03.25	04:39.75	
800 Free	08:55.26	08:42.20	10:02.22	
1500/1650 Free	16:53.89	16:29.91	17:33.95	
50 Back	00:27.92	00:27.31	00:24.60	
100 Back	01:00.59	00:59.38	00:53.50	
200 Back	02:14.17	02:11.76	01:58.70	
50 Brst	00:29.59	00:28.60	00:25.77	
100 Brst	01:06.48	01:04.47	00:58.09	
200 Brst	02:26.38	02:22.38	02:08.27	
50 Fly	00:25.51	00:24.81	00:22.35	
100 Fly	00:58.03	00:56.63	00:51.01	
200 Fly	02:10.84	02:08.03	01:55.35	
200 IM	02:14.47	02:11.28	01:58.27	
400 IM	04:52.14	04:45.74	04:17.42	