



2022/2023 STANDARDS

29-Mar-22

CW (Canada West) Championship Standard - Minimum standard to join the program
 USport (University Sport) Championships standard



WOMEN		EVENT		MEN				
LONG COURSE		SHORT COURSE			SHORT COURSE		LONG COURSE	
Usport	CW	CW	Usport		Usport	CW	CW	Usports
0:27.24	0:29.29	0:28.43	0:26.45	50 FREE	0:23.12	0:24.85	0:25.60	0:23.81
0:58.81	1:03.22	1:01.38	0:57.10	100 FREE	0:50.48	0:54.27	0:55.89	0:51.99
2:06.73	2:16.24	2:12.27	2:03.04	200 FREE	1:50.39	1:58.67	2:02.23	1:53.70
4:30.61	4:50.91	4:42.43	4:22.73	400 FREE	3:55.80	4:13.48	4:21.09	4:02.87
9:19.02	10:00.95	9:43.45	9:02.74	800 FREE				
				1500 FREE	15:55.63	17:07.30	17:38.12	16:24.30
0:30.26	0:32.53	0:31.58	0:29.38	50 BACK	0:25.87	0:27.81	0:28.64	0:26.65
1:05.31	1:10.21	1:08.17	1:03.41	100 BACK	0:55.66	0:59.83	1:01.63	0:57.33
2:22.00	2:32.65	2:28.20	2:17.86	200 BACK	2:02.29	2:11.46	2:15.41	2:05.96
0:34.17	0:36.73	0:35.66	0:33.17	50 BREAST	0:28.89	0:31.06	0:31.99	0:29.76
1:14.12	1:19.68	1:17.36	1:11.96	100 BREAST	1:02.83	1:07.54	1:09.57	1:04.71
2:41.13	2:53.22	2:48.17	2:36.44	200 BREAST	2:17.52	2:27.83	2:32.27	2:21.65
0:28.90	0:31.07	0:30.16	0:28.06	50 FLY	0:24.93	0:26.80	0:27.60	0:25.68
1:04.59	1:09.44	1:07.41	1:02.71	100 FLY	0:55.24	0:59.38	1:01.16	0:56.90
2:25.30	2:36.20	2:31.65	2:21.07	200 FLY	2:03.02	2:12.25	2:16.21	2:06.71
2:25.18	2:36.07	2:31.52	2:20.95	200 I.M.	2:04.06	2:13.36	2:17.37	2:07.78
5:09.47	5:32.68	5:22.99	5:00.46	400 I.M.	4:25.55	4:45.47	4:54.03	4:33.52
4:03.32		4:08.66	3:51.31	400 F.R.	3:22.90	3:38.12		3:37.02
8:50.52		9:00.88	8:23.14	800 F.R.	7:28.63	8:02.28		8:00.28
4:29.97		4:33.44	4:14.36	400 M.R.	3:44.42	4:01.25		3:59.84