

2009-2012 Can-Am Standards / WOMEN Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	3:38.00	2:22.00	2:01.00	1:28.00	1:17.00	1:00.50	49.50	45.10	39.60	38.50	49.50	42.90	39.60
100 Free	6:36.00	4:46.00	4:02.00	3:07.00	2:45.00	2:01.00	1:44.50	1:39.00	1:28.00	1:22.50	1:50.00	1:39.00	1:33.50
200 Free	12:52.00	8:35.00	7:40.00	6:39.00	5:30.00	4:12.00	3:29.00	3:28.00	3:06.00	2:55.00	3:50.00	3:28.00	3:12.00
400 Free	25:44.00	17:30.00	15:40.00	13:38.00	11:20.00	8:46.00	8:15.00	8:04.00	7:09.00	6:47.00	8:15.00	7:42.00	7:20.00
800 Free						17:12.00	16:30.00	16:08.00	14:18.00	13:14.00	16:30.00	15:24.00	14:40.00
1500 Free						33:24.00	32:00.00	31:16.00	27:36.00	25:28.00	32:00.00	29:28.00	28:20.00
50 Back	3:18.00	2:23.00	2:12.00	1:39.00	1:28.00	1:06.50	1:01.00	56.50	50.00	44.50	1:01.00	56.50	50.00
100 Back	6:46.00	4:56.00	4:34.00	3:28.00	3:06.00	2:23.00	2:12.00	2:01.00	1:50.00	1:39.00	2:12.00	2:01.00	1:50.00
200 Back	13:42.00	10:02.00	9:18.00	7:06.00	6:22.00	4:54.00	4:24.00	4:13.50	3:29.00	3:27.50	4:12.00	3:31.50	3:30.00
50 Breast	3:51.00	2:56.00	2:12.00	1:34.00	1:28.50	1:23.00	1:12.00	1:01.00	55.50		1:12.00	1:01.00	55.50
100 Breast	7:52.00	6:02.00	4:34.00	3:18.00	3:07.00	2:56.00	2:34.00	2:12.00	2:01.00		2:34.00	2:12.00	2:01.00
200 Breast	15:44.00	12:04.00	9:08.00	7:15.00	6:05.00	5:34.00	5:07.00	4:03.50	4:03.00		4:28.00	4:08.00	4:03.00
50 Fly	2:45.00	2:34.00	2:12.00	2:01.00	1:50.00	1:22.50	1:06.00	1:01.00	55.50	50.00	1:01.00	55.50	50.00
100 Fly	5:40.00	5:13.00	4:29.00	4:06.00	3:45.00	2:55.00	2:17.00	2:12.00	2:01.00	1:50.00	2:12.00	2:01.00	1:50.00
200 Fly	11:20.00	10:26.00	8:58.00	8:12.00	7:30.00	5:50.00	4:34.00	4:00.00	3:35.00	3:34.00	4:13.50	4:07.50	4:06.00
150 IM	7:09.00	6:52.50	6:36.00	5:30.00									
200 IM	9:59.00	8:31.50	8:53.00	7:36.00	6:36.00	5:30.00	4:46.00	4:24.00	3:40.00	3:29.00	4:24.00	4:13.00	3:51.00
400 IM	19:58.00	17:03.00	17:46.00	15:12.00	13:22.00	11:10.00	9:42.00	8:07.00	7:05.00	6:48.00	7:37.00	6:35.50	6:30.00

2009-2012 Can-Am Standards / WOMEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	3:42.36	2:24.84	2:03.42	1:29.76	1:17.00	1:00.50	48.51	44.20	38.81	37.73	48.51	47.54	38.81
100 Free	6:43.92	4:51.72	4:06.84	3:10.74	2:45.00	2:01.00	1:42.41	1:37.02	1:26.24	1:20.85	1:47.80	1:45.64	1:31.63
200 Free	13:07.44	8:45.30	7:49.20	6:46.98	5:30.00	4:12.00	3:24.82	3:23.84	3:02.28	2:51.50	3:45.40	3:40.89	3:08.16
400 Free	26:14.88	17:51.00	15:58.80	13:54.36	11:20.00	8:46.00	8:05.10	7:54.32	7:00.42	6:38.86	8:05.10	7:55.40	7:11.20
800 Free						17:12.00	16:10.20	15:48.64	14:00.84	12:58.12	16:10.20	15:50.80	14:22.40
1500 Free						33:24.00	31:21.60	30:38.48	27:02.88	24:57.44	31:21.60	30:43.97	27:46.00
50 Back	3:21.96	2:25.86	2:14.64	1:40.98	1:28.00	1:06.50	59.78	55.37	49.00	43.61	59.78	58.58	49.00
100 Back	6:54.12	5:01.92	4:39.48	3:32.16	3:06.00	2:23.00	2:09.36	1:58.58	1:47.80	1:37.02	2:09.36	2:06.77	1:47.80
200 Back	13:58.44	10:14.04	9:29.16	7:14.52	6:22.00	4:54.00	4:18.72	4:08.43	3:24.82	3:23.35	4:06.96	4:02.02	3:25.80
50 Breast	3:55.62	2:59.52	2:14.64	1:35.88	1:28.50	1:23.00	1:10.56	59.78	54.39		1:10.56	1:09.15	54.39
100 Breast	8:01.44	6:09.24	4:39.48	3:21.96	3:07.00	2:56.00	2:30.92	2:09.36	1:58.58		2:30.92	2:27.90	1:58.58
200 Breast	16:02.88	12:18.48	9:18.96	7:23.70	6:05.00	5:34.00	5:00.86	3:58.63	3:58.14		4:22.64	4:17.39	3:58.14
50 Fly	2:48.30	2:37.08	2:14.64	2:03.42	1:50.00	1:22.50	1:04.68	59.78	54.39	49.00	59.78	58.58	49.00
100 Fly	5:46.80	5:19.26	4:34.38	4:10.92	3:45.00	2:55.00	2:14.26	2:09.36	1:58.58	1:47.80	2:09.36	2:06.77	1:47.80
200 Fly	11:33.60	10:38.52	9:08.76	8:21.84	7:30.00	5:50.00	4:28.52	3:55.20	3:30.70	3:29.72	4:08.43	4:03.46	4:01.08
150 IM	7:17.58	7:00.75	6:43.92	5:36.60									
200 IM	10:10.98	8:41.73	9:03.66	7:45.12	6:36.00	5:30.00	4:40.28	4:18.72	3:35.60	3:24.82	4:18.72	4:13.55	3:46.38
400 IM	20:21.96	17:23.46	18:07.32	15:30.24	13:22.00	11:10.00	9:30.36	7:57.26	6:56.50	6:39.84	7:27.86	7:18.90	6:22.20

2009-2012 Can-Am Standards / MEN Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	2:56.00	1:50.00	1:28.00	1:17.00	1:00.50	49.50	39.60	38.50	35.20	34.10	44.00	38.50	35.20
100 Free	5:30.00	3:51.00	3:18.00	2:45.00	2:12.00	1:44.50	1:33.50	1:28.00	1:17.00	1:12.60	1:28.00	1:22.50	1:17.00
200 Free	11:00.00	7:40.00	5:54.00	5:30.00	5:08.00	3:38.00	3:17.00	3:06.00	2:44.00	2:34.00	3:06.00	2:55.00	2:44.00
400 Free	22:20.00	15:10.00	11:48.00	11:20.00	10:36.00	7:42.00	7:20.00	7:09.00	6:36.00	6:25.00	7:42.00	6:58.00	6:39.00
800 Free						15:24.00	14:40.00	14:18.00	13:12.00	12:50.00	15:24.00	13:56.00	13:18.00
1500 Free						30:48.00	25:57.00	24:37.50	22:00.50	20:53.00	28:43.50	24:50.00	22:27.50
50 Back	2:56.00	2:12.00	1:50.00	1:28.00	1:06.00	55.50	50.00	47.25	39.00	37.90	55.50	50.00	44.50
100 Back	5:57.00	4:29.00	3:45.00	3:01.00	2:17.00	2:01.00	1:50.00	1:44.50	1:28.00	1:25.00	2:01.00	1:50.00	1:39.00
200 Back	12:04.00	9:08.0	7:40.00	6:12.00	5:44.00	4:00.00	3:50.00	3:29.00	3:06.00	3:00.00	4:11.00	3:50.00	3:28.00
50 Breast	3:38.00	2:12.00	1:50.00	1:12.00	1:09.25	1:06.50	1:01.00	50.00	42.30		1:01.00	50.00	44.50
100 Breast	7:26.00	4:34.00	3:50.00	2:34.00	2:28.50	2:23.00	2:12.00	1:50.00	1:34.60		2:12.00	1:50.00	1:39.00
200 Breast	15:08.00	9:18.00	7:50.00	5:15.00	4:52.00	4:50.00	4:22.00	3:58.50	3:52.00		4:34.00	3:50.00	3:38.00
50 Fly	2:12.00	2:01.00	1:39.00	1:28.00	1:17.00	1:00.50	49.50	47.25	39.00	36.00	50.00	41.75	39.00
100 Fly	4:34.00	4:12.00	3:28.00	3:06.00	2:44.00	2:11.00	1:49.00	1:44.50	1:28.00	1:22.00	1:50.00	1:33.50	1:28.00
200 Fly	9:18.00	8:34.00	7:06.00	6:22.00	5:43.00	4:32.00	3:48.00	3:35.00	3:23.00	3:10.00	3:40.00	3:37.00	3:15.00
150 IM	6:36.00	6:03.00	5:30.00	4:24.00									
200 IM	8:53.00	8:09.00	7:14.00	5:57.00	5:30.00	4:24.00	3:51.00	3:40.00	3:18.00	3:07.00	4:02.00	3:40.00	3:18.00
400 IM	17:54.00	16:23.00	14:33.00	11:59.00	11:05.00	8:53.00	7:52.00	7:30.00	6:46.00	6:24.00	8:14.00	7:30.00	6:46.00

2009-2012 Can-Am Standards / MEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	2:59.52	1:52.20	01:29.76	01:18.54	1:00.50	49.50	38.81	37.73	34.50	33.42	43.12	37.73	34.50
100 Free	5:30.00	3:55.62	03:21.96	02:48.30	2:12.00	1:44.50	1:35.37	1:29.76	1:18.54	1:14.05	1:26.24	1:20.85	1:15.46
200 Free	11:00.00	7:49.20	06:01.08	05:36.60	5:08.00	3:38.00	3:20.94	3:09.72	2:47.28	2:37.08	3:02.28	2:51.50	2:40.72
400 Free	22:20.00	15:28.20	12:02.16	11:33.60	10:36.00	7:42.00	7:28.80	7:17.58	6:43.92	6:32.70	7:32.76	6:49.64	6:31.02
800 Free						15:24.00	14:57.60	14:35.16	13:27.84	13:05.40	15:05.52	13:39.28	13:02.04
1500 Free						30:48.00	26:28.14	25:07.05	22:26.91	21:18.06	28:09.03	24:20.20	22:00.55
50 Back	2:56.00	2:14.64	01:52.20	01:29.76	1:06.00	55.50	51.00	48.19	39.78	38.66	54.39	49.00	43.61
100 Back	5:57.00	4:34.38	03:49.50	03:04.62	2:17.00	2:01.00	1:52.20	1:46.59	1:29.76	1:26.70	1:58.58	1:47.80	1:37.02
200 Back	12:04.00	9:18.96	07:49.20	06:19.44	5:44.00	4:00.00	3:54.60	3:33.18	3:09.72	3:03.60	4:05.98	3:45.40	3:23.84
50 Breast	3:38.00	2:14.64	01:52.20	01:13.44	1:09.25	1:06.50	1:02.22	51.00	43.15		59.78	49.00	43.61
100 Breast	7:26.00	4:39.48	03:54.60	02:37.08	2:28.50	2:23.00	2:14.64	1:52.20	1:36.49		2:09.36	1:47.80	1:37.02
200 Breast	15:08.00	9:29.16	07:59.40	05:21.30	4:52.00	4:50.00	4:27.24	4:03.27	3:56.64		4:28.52	3:45.40	3:33.64
50 Fly	2:12.00	2:03.42	01:40.98	01:29.76	1:17.00	1:00.50	50.49	48.19	39.78	36.72	49.00	40.92	38.22
100 Fly	4:34.00	4:17.04	03:32.16	03:09.72	2:44.00	2:11.00	1:51.18	1:46.59	1:29.76	1:23.64	1:47.80	1:31.63	1:26.24
200 Fly	9:18.00	8:44.28	07:14.52	06:29.64	5:43.00	4:32.00	3:52.56	3:39.30	3:27.06	3:13.80	3:35.60	3:32.66	3:11.10
150 IM	6:36.00	6:10.26	05:36.60	04:29.28									
200 IM	8:53.00	8:18.78	07:22.68	06:04.14	5:30.00	4:24.00	3:55.62	3:44.40	3:21.96	3:10.74	3:57.16	3:35.60	3:14.04
400 IM	17:54.00	16:42.66	14:50.46	12:13.38	11:05.00	8:53.00	8:01.44	7:39.00	6:54.12	6:31.68	8:04.12	7:21.00	6:37.88