

**2019-2020 Can Am Standards / WOMEN Long Course Meters Meet Qualifying Standard**

	S/SB/SM1	S/SB/SM2	S/SB/SM3	S/SB/SM4	S/SB/SM5	S/SB/SM6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM10	S/SB/SM11	S/SB/SM12	S/SB/SM13	S/SB/SM14
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									3:06.00
400 Free						8:46.00	8:15.00	8:04.00	7:09.00	6:47.00	8:15.00	7:42.00	7:20.00	
50 Back	3:18.00	2:23.00	2:12.00	1:39.00	1:28.00									
100 Back	6:46.00	4:56.00				2:23.00	2:12.00	2:01.00	1:50.00	1:39.00	2:12.00	2:01.00	1:50.00	1:50.00
200 Back														
50 Breast	3:51.00	2:56.00	2:12.00											
100 Breast				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	2:01.00
50 Fly	2:45.00	2:34.00	2:12.00	2:01.00	1:50.00	1:22.50	1:06.00							
100 Fly								2:12.00	2:01.00	1:50.00	2:12.00	2:01.00	1:50.00	2:01.00
150 IM	7:09.00	6:52.50	6:36.00	5:30.00										
200 IM					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	3:40.00

\* swimmers must have two Meet Qualifying Standards to enter.

\*\* Canadian registered swimmers can only qualify using long course times.

**2019-2020 Can Am Standards / WOMEN Long Course Meters Meet Entry Time**

	S/SB/SM1	S/SB/SM2	S/SB/SM3	S/SB/SM4	S/SB/SM5	S/SB/SM6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM10	S/SB/SM11	S/SB/SM12	S/SB/SM13	S/SB/SM14
50 Free														39.60
100 Free														1:28.00
200 Free						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									7:09.00
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	14:18.00
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	27:36.00
50 Back						1:06.50	1:01.00	56.50	50.00	44.50	1:01.00	56.50	50.00	50.00
100 Back			4:34.00	3:28.00	3:06.00									
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	3:39.60
50 Breast				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	55.50
100 Breast	7:52.00	6:02.00	4:34.00											
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	4:03.00
50 Fly								1:01.00	55.50	50.00	1:01.00	55.50	50.00	55.50
100 Fly	5:40.00	5:13.00	4:29.00	4:06.00	3:45.00	2:55.00	2:17.00							
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	3:39.60
200 IM	9:59.00	8:31.50	8:53.00	7:36.00										
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	7:05.00

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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									2:44.00
400 Free						7:42.00	7:20.00	7:09.00	6:36.00	6:25.00	7:42.00	6:58.00	6:39.00	
50 Back	2:56.00	2:12.00	1:50.00	1:28.00	1:06.00									
100 Back	5:57.00	4:29.00				2:01.00	1:50.00	1:44.50	1:28.00	1:25.00	2:01.00	1:50.00	1:39.00	1:28.00
50 Breast	3:38.00	2:12.00	1:50.00											
100 Breast				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	1:34.60
50 Fly	2:12.00	2:01.00	1:39.00	1:28.00	1:17.00	1:00.50	49.50							
100 Fly								1:44.50	1:28.00	1:22.00	1:50.00	1:33.50	1:28.00	1:28.00
150 IM	6:36.00	6:03.00	5:30.00	4:24.00										
200 IM					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	3:18.00

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50 Free														35.20
100 Free														1:17.00
200 Free						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									6:36.00
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	13:12.00
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	22:00.50
50 Back						55.50	50.00	47.25	39.00	37.90	55.50	50.00	44.50	39.00
100 Back			3:45.00	3:01.00	2:17.00									
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	3:06.00
50 Breast				1:12.00	1:09.25	1:06.50	1:01.00	50.00	42.30		1:01.00	50.00	44.50	42.30
100 Breast	7:26.00	4:34.00	3:50.00											
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	3:52.00
50 Fly								47.25	39.00	36.00	50.00	41.75	39.00	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							
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	3:35.20
200 IM	8:53.00	8:09.00	7:14.00	5:57.00										
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	6:46.00