SWIMMING CANADA NATATION

Swimming Canada 2026-2028 Female Standards									
Event	Trials			Canadian Open		CSC			Event
	Senior	Usport SCM	Junior	SCM	LCM	Senior	15-17	13-14	
50 fr	26.30	25.50	26.88	26.36	27.15	26.94	27.01	27.61	***50 fr***
100 fr	56.79	55.19	58.30	56.61	58.31	58.31	58.51	1:00.15	***100 fr***
200 fr	2:03.73	2:00.39	2:06.68	2:02.47	2:06.14	2:06.14	2:06.89	2:11.48	***200 fr***
400 fr	4:22.57	4:16.17	4:26.87	4:21.15	4:28.98	4:28.98	4:29.07	4:38.85	***400 fr***
800 fr	9:06.54	8:53.74	9:14.67	9:02.58	9:18.86	9:18.86	9:22.30	9:45.00	***800 fr***
1500 fr	17:41.18	n/a	17:48.37	17:36.18	18:07.87	18:07.87	18:10.60	18:45.91	***1500 fr***
50 bk	30.16	28.96	30.58	29.96	30.86	30.59	30.67	31.64	***50 bk***
100 bk	1:03.80	1:01.40	1:05.39	1:03.64	1:05.55	1:05.38	1:05.54	1:08.69	***100 bk***
200 bk	2:19.21	2:14.41	2:21.82	2:17.89	2:22.03	2:21.37	2:21.72	2:27.74	***200 bk***
50 brst	33.48	32.48	33.95	33.26	34.26	33.93	34.02	35.22	***50 brst***
100 brst	1:12.46	1:10.46	1:14.37	1:12.29	1:14.46	1:14.46	1:14.47	1:17.34	***100 brst***
200 brst	2:37.81	2:33.74	2:41.47	2:37.33	2:42.05	2:42.05	2:43.08	2:48.56	***200 brst***
50 fly	28.13	27.43	28.68	27.94	28.78	28.60	28.67	29.57	***50 fly***
100 fly	1:02.26	1:00.54	1:03.43	1:01.95	1:03.81	1:03.56	1:03.72	1:06.42	***100 fly***
200 fly	2:19.43	2:16.63	2:21.61	2:17.87	2:22.01	2:22.01	2:24.23	2:31.14	***200 fly***
100 IM	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	***100 IM***
200 IM	2:19.92	2:16.72	2:23.27	2:20.19	2:24.40	2:23.94	2:24.30	2:29.17	***200 IM***
400 IM	5:00.92	4:54.23	5:05.36	4:57.84	5:06.78	5:06.78	5:08.39	5:19.82	***400 IM***

OW Trials Senior/Junior
Please refer to the standards listed in the competition information package for USA Swimming's Open Water National and Junior National Championships

Swimming Canada 2026-2028 Male Standards									
Event	Trials			Canadian Open		CSC			Event
	Senior	Usport SCM	Junior	SCM	LCM	Senior	15-17	13-14	
50 fr	23.27	22.59	24.34	23.42	24.12	24.12	24.35	26.15	***50 fr***
100 fr	51.09	49.6	53.09	51.07	52.60	52.60	53.18	57.47	***100 fr***
200 fr	1:53.00	1:49.71	1:56.47	1:51.62	1:54.97	1:54.97	1:56.68	2:05.97	***200 fr***
400 fr	4:01.69	3:54.65	4:08.73	3:59.01	4:06.18	4:06.18	4:12.82	4:30.55	***400 fr***
800 fr	8:26.89	n/a	8:39.36	8:27.93	8:43.17	8:43.17	8:48.60	9:27.97	***800 fr***
1500 fr	16:18.02	15:49.53	16:31.79	16:06.66	16:35.66	16:35.66	17:00.93	18:11.55	***1500 fr***
50 bk	27.22	26.43	27.88	27.09	27.90	27.90	28.04	30.31	***50 bk***
100 bk	57.91	56.22	59.8	57.89	59.63	59.63	1:00.49	1:05.47	***100 bk***
200 bk	2:07.75	2:04.03	2:11.31	2:06.13	2:09.91	2:09.91	2:11.65	2:22.77	***200 bk***
50 brst	29.38	28.52	30.36	29.41	30.29	30.29	30.62	33.09	***50 brst***
100 brst	1:04.42	1:02.54	1:06.86	1:04.36	1:06.29	1:06.29	1:07.65	1:12.68	***100 brst***
200 brst	2:22.10	2:17.96	2:26.22	2:20.41	2:24.62	2:24.62	2:28.37	2:38.87	***200 brst***
50 fly	25.19	24.46	26.05	25.14	25.89	25.89	26.05	27.95	***50 fly***
100 fly	55.28	53.67	57.29	55.30	56.96	56.96	57.79	1:02.51	***100 fly***
200 fly	2:06.39	2:02.71	2:09.70	2:04.34	2:08.07	2:08.07	2:12.37	2:21.56	***200 fly***
100 IM	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	***100 IM***
200 IM	2:07.63	2:03.91	2:12.20	2:06.94	2:10.75	2:10.75	2:12.02	2:22.27	***200 IM***
400 IM	4:36.96	4:28.89	4:44.47	4:33.61	4:41.82	4:41.82	4:44.52	5:05.47	***400 IM***

OW Trials Senior/Junior
Please refer to the standards listed in the competition information package for USA Swimming's Open Water National and Junior National Championships

Trials - LCM Only = Canadian Swimming Trials (age as of December 31st)

Trials SCM - Only available to swimmers at the Usport Championships

Trials Juniors - LCM Only = Years of birth will be determined based on selection requirements in a given year, ie: 2025, 2026... and detailed in the Meet Information Package

Open Water (OW) Trials - In partnership with USA Swimming

Standards will be reviewed annually in August to ensure size of meets are still appropriate and changes will only be made if required