



Swimming Canada 2026-2028 Female Standards						
Event	Trials			Canadian Open		Event
	Senior	Usport SCM	Junior	SCM	LCM	
50 fr	26.30	25.50	26.88	26.36	27.15	50 fr
100 fr	56.79	55.19	58.30	56.61	58.31	100 fr
200 fr	2:03.73	2:00.39	2:06.68	2:02.47	2:06.14	200 fr
400 fr	4:22.57	4:16.17	4:26.87	4:21.15	4:28.98	400 fr
800 fr	9:06.54	8:53.74	9:14.67	9:02.58	9:18.86	800 fr
1500 fr	17:41.18	n/a	17:48.37	17:36.18	18:07.87	1500 fr
50 bk	30.16	28.96	30.58	29.96	30.86	50 bk
100 bk	1:03.80	1:01.40	1:05.39	1:03.64	1:05.55	100 bk
200 bk	2:19.21	2:14.41	2:21.82	2:17.89	2:22.03	200 bk
50 brst	33.48	32.48	33.95	33.26	34.26	50 brst
100 brst	1:12.46	1:10.46	1:14.37	1:12.29	1:14.46	100 brst
200 brst	2:37.81	2:33.74	2:41.47	2:37.33	2:42.05	200 brst
50 fly	28.13	27.43	28.68	27.94	28.78	50 fly
100 fly	1:02.26	1:00.54	1:03.43	1:01.95	1:03.81	100 fly
200 fly	2:19.43	2:16.63	2:21.61	2:17.87	2:22.01	200 fly
100 IM	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	200 IM
400 IM	5:00.92	4:54.23	5:05.36	4:57.84	5:06.78	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 Standards update 23 Jan 2026 (OW only)

Swimming Canada 2026-2028 Male Standards						
Event	Trials			Canadian Open		Event
	Senior	Usport SCM	Junior	SCM	LCM	
50 fr	23.27	22.59	24.34	23.42	24.12	50 fr
100 fr	51.09	49.6	53.09	51.07	52.60	100 fr
200 fr	1:53.00	1:49.71	1:56.47	1:51.62	1:54.97	200 fr
400 fr	4:01.69	3:54.65	4:08.73	3:59.01	4:06.18	400 fr
800 fr	8:26.89	n/a	8:39.36	8:27.93	8:43.17	800 fr
1500 fr	16:18.02	15:49.53	16:31.79	16:06.66	16:35.66	1500 fr
50 bk	27.22	26.43	27.88	27.09	27.90	50 bk
100 bk	57.91	56.22	59.8	57.89	59.63	100 bk
200 bk	2:07.75	2:04.03	2:11.31	2:06.13	2:09.91	200 bk
50 brst	29.38	28.52	30.36	29.41	30.29	50 brst
100 brst	1:04.42	1:02.54	1:06.86	1:04.36	1:06.29	100 brst
200 brst	2:22.10	2:17.96	2:26.22	2:20.41	2:24.62	200 brst
50 fly	25.19	24.46	26.05	25.14	25.89	50 fly
100 fly	55.28	53.67	57.29	55.30	56.96	100 fly
200 fly	2:06.39	2:02.71	2:09.70	2:04.34	2:08.07	200 fly
100 IM	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	200 IM
400 IM	4:36.96	4:28.89	4:44.47	4:33.61	4:41.82	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

Trials Standards update 23 Jan 2026 (OW only)

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