
2017-CSR STANDARDS Canadian Trials Long Course Meters

Women 14 & Under

	TRLS	CSC
50 Free	27.23	
100 Free	59.43	
200 Free	2:08.15	
400 Free	4:32.41	
800 Free	9:29.37	
100 Back	1:06.63	
200 Back	2:23.04	
100 Breast	1:15.46	
200 Breast	2:43.53	
100 Fly	1:03.93	
200 Fly	2:25.25	
200 IM	2:26.81	
400 IM	5:10.55	

Women 15 & Under

	TRLS	CSC
50 Free	27.02	
100 Free	58.34	
200 Free	2:06.21	
400 Free	4:29.67	
800 Free	9:17.61	
100 Back	1:04.92	
200 Back	2:20.26	
100 Breast	1:14.80	
200 Breast	2:40.90	
100 Fly	1:03.16	
200 Fly	2:22.40	
200 IM	2:23.12	
400 IM	5:03.68	

Women

	TRLS	CSC
50 Free	26.93	27.15
100 Free	57.45	58.31
200 Free	2:04.66	2:06.14
400 Free	4:25.15	4:28.98
800 Free	9:11.99	9:18.90
1500 Free	18:07.43	18:07.87
50 Back	30.58	30.86
100 Back	1:04.51	1:05.55
200 Back	2:19.60	2:22.03
50 Breast	33.93	34.26
100 Breast	1:13.10	1:14.46
200 Breast	2:38.35	2:42.06
50 Fly	28.49	28.78
100 Fly	1:02.64	1:03.61
200 Fly	2:21.92	2:23.02
200 IM	2:22.40	2:24.40
400 IM	5:03.68	5:06.78

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Men 15 & Under

	TRLS	CSC
50 Free	25.08	
100 Free	54.46	
200 Free	1:58.82	
400 Free	4:15.15	
1500 Free	17:03.69	
100 Back	1:01.18	
200 Back	2:13.04	
100 Breast	1:08.87	
200 Breast	2:30.13	
100 Fly	58.47	
200 Fly	2:13.51	
200 IM	2:15.50	
400 IM	4:50.98	

Men 16 & Under

	TRLS	CSC
50 Free	24.47	
100 Free	53.10	
200 Free	1:56.20	
400 Free	4:08.73	
1500 Free	16:33.23	
100 Back	1:00.57	
200 Back	2:11.48	
100 Breast	1:06.80	
200 Breast	2:24.77	
100 Fly	57.23	
200 Fly	2:07.99	
200 IM	2:11.19	
400 IM	4:40.06	

Men

	TRLS	CSC
50 Free	23.95	24.30
100 Free	51.79	52.60
200 Free	1:53.63	1:54.97
400 Free	4:03.36	4:06.18
800 Free	8:45.75	8:45.62
1500 Free	16:23.72	16:35.66
50 Back	27.80	27.90
100 Back	58.88	59.63
200 Back	2:08.60	2:10.32
50 Breast	30.15	30.29
100 Breast	1:05.49	1:06.29
200 Breast	2:22.49	2:24.62
50 Fly	25.86	25.94
100 Fly	56.33	56.96
200 Fly	2:06.65	2:08.07
200 IM	2:09.02	2:11.11
400 IM	4:38.18	4:41.82
