

2018-2019 CANADIAN INTERUNIVERSITY SPORT (CIS) SWIMMING TIME STANDARDS

WOMEN			EVENT	MEN		
SCY	LCM	SCM		SCM	LCM	SCY
0:23.84	0:27.25	0:26.46	50 FREE	0:23.16	0:23.85	0:20.86
0:51.43	0:58.80	0:57.09	100 FREE	0:50.54	0:52.06	0:45.53
1:51.11	2:07.03	2:03.33	200 FREE	1:50.73	1:54.05	1:39.76
5:00.25	4:30.60	4:22.72	400 FREE	3:56.63	4:03.73	4:30.43
10:19.69	9:18.50	9:02.23	800 FREE			
			1500 FREE	15:55.00	16:23.65	15:49.30
0:26.53	0:30.33	0:29.45	50 BACK	0:25.92	0:26.70	0:23.35
0:57.23	1:05.44	1:03.53	100 BACK	0:55.88	0:57.56	0:50.34
2:04.28	2:22.09	2:17.95	200 BACK	2:02.06	2:05.72	1:49.96
0:29.89	0:34.18	0:33.18	50 BREAST	0:28.96	0:29.83	0:26.09
1:04.83	1:14.12	1:11.96	100 BREAST	1:03.01	1:04.90	0:56.77
2:20.95	2:41.14	2:36.45	200 BREAST	2:17.62	2:21.75	2:03.98
0:25.40	0:29.04	0:28.19	50 FLY	0:24.90	0:25.65	0:22.43
0:56.32	1:04.40	1:02.52	100 FLY	0:55.09	0:56.74	0:49.63
2:06.90	2:25.09	2:20.86	200 FLY	2:03.07	2:06.76	1:50.87
2:06.68	2:24.83	2:20.61	200 I.M.	2:04.36	2:08.09	1:52.04
4:29.92	5:08.60	4:59.61	400 I.M.	4:26.81	4:34.81	4:00.37
3:28.32	3:58.17	3:51.23	400 Fr. Rly	3:23.93	3:30.05	3:03.72
7:32.62	8:37.48	8:22.41	800 Fr. Rly	7:30.18	7:43.69	6:45.57
3:49.59	4:22.50	4:14.85	400 Med. Rly	3:45.65	3:52.42	3:23.29

SCM=short course metres

LCM=long course metres

SCY=short course yards