



## 2022 CANADIAN SWIMMING TRIALS QUALIFICATION STANDARDS



Long Course Metres		Men's Standards	Short Course Metres	
Junior	Senior	Event	Senior	Junior
24.56	23.95	50 Free	23.25	23.84
53.25	51.79	100 Free	50.28	51.70
1:56.47	1:53.63	200 Free	1:50.32	1:53.08
4:10.18	4:03.10	400 Free	3:56.02	4:02.89
8:44.55	8:40.28	800 Free	8:25.13	8:29.27
16:48.31	16:23.72	1500 Free	15:55.07	16:18.94
28.23	27.80	50 Back	26.99	27.41
1:00.11	58.88	100 Back	57.17	58.36
2:11.69	2:08.48	200 Back	2:04.74	2:07.85
31.04	30.15	50 Breast	29.27	30.14
1:08.10	1:05.49	100 Breast	1:03.58	1:06.12
2:28.74	2:22.41	200 Breast	2:18.26	2:24.41
26.35	25.75	50 Fly	25.00	25.58
58.02	56.33	100 Fly	54.69	56.33
2:10.89	2:06.55	200 Fly	2:02.86	2:07.08
2:12.21	2:09.02	200 Medley	2:05.26	2:08.36
4:44.63	4:37.96	400 Medley	4:29.86	4:36.34

Long Course Metres		Women's Standards	Short Course Metres	
Junior	Senior	Event	Senior	Junior
27.29	26.87	50 Free	26.09	26.50
58.94	57.45	100 Free	55.78	57.22
2:07.57	2:04.66	200 Free	2:01.03	2:03.85
4:31.63	4:25.15	400 Free	4:17.43	4:23.72
9:21.43	9:11.99	800 Free	8:55.91	9:05.08
18:11.55	18:01.82	1500 Free	17:30.31	17:39.76
31.08	30.53	50 Back	29.64	30.17
1:05.97	1:04.51	100 Back	1:02.63	1:04.05
2:22.97	2:19.60	200 Back	2:15.53	2:18.81
34.56	33.82	50 Breast	32.83	33.55
1:15.78	1:13.10	100 Breast	1:10.97	1:13.57
2:42.80	2:38.35	200 Breast	2:33.74	2:38.06
29.09	28.31	50 Fly	27.49	28.24
1:04.35	1:02.63	100 Fly	1:00.81	1:02.48
2:24.40	2:21.51	200 Fly	2:17.39	2:20.19
2:24.90	2:22.40	200 Medley	2:18.25	2:20.68
5:08.43	5:03.68	400 Medley	4:54.83	4:59.45

\*Short course qualifying standards for the 2022 Trials are a special circumstance.