

Canada Games Standards
2008-09

MEN

WOMEN

| 2009 Canada Games Standard | Dec 2008 to CG Trials | To Dec 2008 | EVENT | To Dec 2008 | Dec 2008 to CG Trials | 2009 Canada Games Standard |
|---|--|------------------------|----------------|------------------------|--------------------------------------|---|
| 26.81 | 27.77 | 28.30 | 50 Fr | 29.52 | 29.52 | 29.03 |
| 58.95 | 1:01.05 | 1:02.23 | 100 Fr | 1:04.44 | 1:02.94 | 1:01.71 |
| 2:10.12 | 2:14.78 | 2:17.37 | 200 Fr | 2:20.38 | 2:17.80 | 2:15.10 |
| 4:36.10 | 4:45.97 | 4:51.47 | 400 Fr | 4:54.65 | 4:50.35 | 4:44.66 |
| 9:38.45 | 9:59.13 | 10:10.66 | 800 Fr | 10:05.98 | 10:00.82 | 9:49.04 |
| 18:19.17 | 18:58.46 | 19:20.36 | 1500 Fr | 19:27.21 | 19:12.95 | 18:50.34 |
| 29.90 | 30.97 | 31.56 | 50 Bk | 33.25 | 33.25 | 32.84 |
| 1:04.43 | 1:06.74 | 1:08.02 | 100 Bk | 1:11.13 | 1:11.13 | 1:10.34 |
| 2:21.04 | 2:26.08 | 2:28.89 | 200 Bk | 2:32.43 | 2:32.43 | 2:32.09 |
| 33.65 | 34.86 | 35.53 | 50 Br | 36.95 | 36.91 | 36.19 |
| 1:13.33 | 1:15.95 | 1:17.41 | 100 Br | 1:19.87 | 1:19.87 | 1:18.44 |
| 2:39.05 | 2:44.74 | 2:47.91 | 200 Br | 2:51.26 | 2:51.26 | 2:48.72 |
| 28.92 | 29.95 | 30.52 | 50 Fly | 31.73 | 31.50 | 30.88 |
| 1:03.68 | 1:05.95 | 1:07.22 | 100 Fly | 1:09.75 | 1:09.75 | 1:08.91 |
| 2:21.68 | 2:26.74 | 2:29.56 | 200 Fly | 2:33.26 | 2:33.26 | 2:29.85 |
| 2:25.16 | 2:30.34 | 2:33.24 | 200 IM | 2:37.20 | 2:36.28 | 2:33.22 |
| 5:08.42 | 5:19.44 | 5:25.58 | 400 IM | 5:31.18 | 5:28.32 | 5:21.88 |