

October 5th, 2007

2009 Canada Games Core Team Standards
LCM

Female		Events	Male	
1992 ↓	1990 ↓		1990 ↓	1992 ↓
28.67	28.67	50 Free	25.83	27.58
1:03.85	1:01.54	100 Free	56.57	58.46
2:15.51	2:12.65	200 Free	2:02.90	2:16.47
4:46.70	4:40.61	400 Free	4:22.29	4:46.70
9:48.24	9:43.70	800 FS	9:10.73	9:47.10
19:40.01	18:24.52	1500 FS	17:37.07	19:38.24
33.38	32.48	50 Back	29.78	33.30
1:11.27	1:08.54	100 Back	1:03.26	1:11.30
2:35.91	2:26.01	200 Back	2:15.49	2:31.96
39.17	36.20	50 Breast	33.30	37.24
1:23.33	1:18.09	100 Breast	1:11.83	1:19.73
2:56.94	2:49.95	200 Breast	2:33.99	2:59.02
31.63	30.89	50 Fly	28.14	29.54
1:12.95	1:08.22	100 Fly	1:00.78	1:06.14
2:43.43	2:31.61	200 Fly	2:17.10	2:32.25
2:37.65	2:32.56	200 IM	2:19.56	2:29.76
5:37.98	5:22.01	400 IM	4:56.14	5:26.12

8th place, 2 per province plus 5%