

2008-2012 Can-Am Standards - Men LCM														
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	2:56.00	1:50.00	1:28.00	1:17.00	1:00.50	49.50	39.60	38.50	35.20	34.10	44.00	38.50	35.20	35.20
100 Free	5:30.00	3:51.00	3:18.00	2:45.00	2:12.00	1:44.5	1:33.50	1:28.00	1:17.00	1:12.60	1:28.00	1:22.50	1:17.00	1:17.00
200 Free	11:00.00	7:40.00	5:54.00	5:30.00	5:08.00	3:38.00	3:17.00	3:06.00	2:44.00	2:34.00	3:06.00	2:55.00	2:44.00	2:44.00
400 Free	22:20.00	15:10.00	11:48.00	11:20.00	10:36.00	7:42.00	7:20.00	7:09.00	6:36.00	6:25.00	7:42.00	6:58.00	6:39.00	6:36.00
800 Free						15:24.00	14:40.00	14:18.00	13:12.00	12:50.00	15:24.00	13:56.00	13:18.00	13:12.00
1500 Free						30:48.00	25:57.00	24:37.50	22:00.50	20:53.00	28.43.50	24:50.00	22:27.50	22:00.50
50 Back	2:56.00	2:12.00	1:50.00	1:28.00	1:06.00	55.50	50.00	47.25	39.00	37.90	55.50	50.00	44.50	39.00
100 Back	5:57.00	4:29.00	3:45.00	3:01.00	2:17.00	2:01.00	1:50.00	1:44.50	1:28.00	1:25.00	2:01.00	1:50.00	1:39.00	1:28.00
200 Back	12:04.00	9:08.00	7:40.00	6:12.00	5:44.00	4:00.00	3:50.00	3:29.00	3:06.00	3:00.00	4:11.00	3:50.00	3:28.00	3:06.00
50 Breast	3:38.00	2:12.00	1:50.00	1:12.00	1:09.25	1:06.50	1:01.00	50.00	42.30		1:01.00	50.00	44.50	42.30
100 Breast	7:26.00	4:34.00	3:50.00	2:34.00	2:28.50	2:23.00	2:12.00	1:50.00	1:34.60		2:12.00	1:50.00	1:39.00	1:34.60
200 Breast	15:08.00	9:18.00	7:50.00	5:15.00	4:52.00	4:50.00	4:22.00	3:58.50	3:52.00		4:34.00	3:50.00	3:38.00	3:52.00
50 Fly	2:12.00	2:01.00	1:39.00	1:28.00	1:17.00	1:00.50	49.50	47.25	39.00	36.00	50.00	41.75	39.00	39.00
100 Fly	4:34.00	4:12.00	3:28.00	3:06.00	2:44.00	2:11.00	1:49.00	1:44.50	1:28.00	1:22.00	1:50.00	1:33.50	1:28.00	1:28.00
200 Fly	9:18.00	8:34.00	7:06.00	6:22.00	5:43.00	4:32.00	3:48.00	3:35.00	3:23.00	3:10.00	3:40.00	3:37.00	3:15.00	3:35.20
150 IM	6:36.00	6:03.00	5:30.00	4:24.00										
200 IM	8:53.00	8:09.00	7:14.00	5:57.00	5:30.00	4:24.00	3:51.00	3:40.00	3:18.00	3:07.00	4:02.00	3:40.00	3:18.00	3:18.00
400 IM	17:54.00	16:23.00	14:33.00	11:59.00	11:05.00	8:53.00	7:52.00	7:30.00	6:46.00	6:24.00	8:14.00	7:30.00	6:46.00	6:46.00

2008-2012 Can-Am Standards - Women LCM

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	3:38.00	2:22.00	2:01.00	1:28.00	1:17.00	1:00.50	49.50	45.10	39.60	38.50	49.50	42.90	39.60	39.60
100 Free	6:36.00	4:46.00	4:02.00	3:07.00	2:45.00	2:01.00	1:44.50	1:39.00	1:28.00	1:22.50	1:50.00	1:39.00	1:33.50	1:28.00
200 Free	12:52.00	8:35.00	7:40.00	6:39.00	5:30.00	4:12.00	3:29.00	3:28.00	3:06.00	2:55.00	3:50.00	3:28.00	3:12.00	3:06.00
400 Free	25:44.00	17:30.00	15:40.00	13:38.00	11:20.00	8:46.00	8:15.00	8:04.00	7:09.00	6:47.00	8:15.00	7:42.00	7:20.00	7:09.00
800 Free						17:12.00	16:30.00	16:08.00	14:18.00	13:14.00	16:30.00	15:24.00	14:40.00	14:18.00
1500 Free						33:24.00	32:00.00	31:16.00	27:36.00	25:28.00	32:00.00	29:28.00	28:20.00	27:36.00
50 Back	3:18.00	2:23.00	2:12.00	1:39.00	1:28.00	1:06.50	1:01.00	56.50	50.00	44.50	1:01.00	56.50	50.00	50.00
100 Back	6:46.00	4:56.00	4:34.00	3:28.00	3:06.00	2:23.00	2:12.00	2:01.00	1:50.00	1:39.00	2:12.00	2:01.00	1:50.00	1:50.00
200 Back	13:42.00	10:02.00	9:18.00	7:06.00	6:22.00	4:54.00	4:24.00	4:13.50	3:29.00	3:27.50	4:12.00	3:31.50	3:30.00	3:39.60
50 Breast	3:51.00	2:56.00	2:12.00	1:34.00	1:28.50	1:23.00	1:12.00	1:01.00	55.50		1:12.00	1:01.00	55.50	55.50
100 Breast	7:52.00	6:02.00	4:34.00	3:18.00	3:07.00	2:56.00	2:34.00	2:12.00	2:01.00		2:34.00	2:12.00	2:01.00	2:01.00
200 Breast	15:44.00	12:04.00	9:08.00	7:15.00	6:05.00	5:34.00	5:07.00	4:03.50	4:03.00		4:28.00	4:08.00	4:03.00	4:03.00
50 Fly	2:45.00	2:34.00	2:12.00	2:01.00	1:50.00	1:22.50	1:06.00	1:01.00	55.50	50.00	1:01.00	55.50	50.00	55.50
100 Fly	5:40.00	5:13.00	4:29.00	4:06.00	3:45.00	2:55.00	2:17.00	2:12.00	2:01.00	1:50.00	2:12.00	2:01.00	1:50.00	2:01.00
200 Fly	11:20.00	10:26.00	8:58.00	8:12.00	7:30.00	5:50.00	4:34.00	4:00.00	3:35.00	3:34.00	4:13.50	4:07.50	4:06.00	3:39.60
150 IM	7:09.00	6:52.50	6:36.00	5:30.00										
200 IM	9:59.00	8:31.50	8:53.00	7:36.00	6:36.00	5:30.00	4:46.00	4:24.00	3:40.00	3:29.00	4:24.00	4:13.00	3:51.00	3:40.00
400 IM	19:58.00	17:03.00	17:46.00	15:12.00	13:22.00	11:10.00	9:42.00	8:07.00	7:05.00	6:48.00	7:37.00	6:35.50	6:30.00	7:05.00

2008-2012 Can Am Standards - Men SCM										
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
50 Free	2:59.52	01:52.20	01:54.44	01:56.73	1:00.50	49.50	00:38.81	00:37.73	00:34.50	00:33.42
100 Free	5:30.00	03:55.62	04:00.33	04:05.14	2:12.00	1:44.5	01:35.37	01:29.76	01:18.54	01:14.05
200 Free	11:00.00	07:49.20	07:58.58	08:08.16	5:08.00	3:38.00	03:20.94	03:09.72	02:47.28	02:37.08
400 Free	22:20.00	15:28.20	15:46.76	16:05.70	10:36.00	7:42.00	07:28.80	07:17.58	06:43.92	06:32.70
800 Free						15:24.00	14:57.60	14:35.16	13:27.84	13:05.40
1500 Free						30:48.00	26:28.14	25:07.05	22:26.91	21:18.06
50 Back	2:56.00	02:14.64	02:17.33	02:20.08	1:06.00	55.50	00:51.00	00:48.19	00:39.78	00:38.66
100 Back	5:57.00	04:34.38	04:39.87	04:45.46	2:17.00	2:01.00	01:52.20	01:46.59	01:29.76	01:26.70
200 Back	12:04.00	09:18.96	09:30.14	09:41.54	5:44.00	4:00.00	03:54.60	03:33.18	03:09.72	03:03.60
50 Breast	3:38.00	02:14.64	02:17.33	02:20.08	1:09.25	1:06.50	01:02.22	00:51.00	00:43.15	
100 Breast	7:26.00	04:39.48	04:45.07	04:50.77	2:28.50	2:23.00	02:14.64	01:52.20	01:36.49	
200 Breast	15:08.00	09:29.16	09:40.54	09:52.15	4:52.00	4:50.00	04:27.24	04:03.27	03:56.64	
50 Fly	2:12.00	02:03.42	02:05.89	02:08.41	1:17.00	1:00.50	00:50.49	00:48.19	00:39.78	00:36.72
100 Fly	4:34.00	04:17.04	04:22.18	04:27.42	2:44.00	2:11.00	01:51.18	01:46.59	01:29.76	01:23.64
200 Fly	9:18.00	08:44.28	08:54.77	09:05.46	5:43.00	4:32.00	03:52.56	03:39.30	03:27.06	03:13.80
150 IM	6:36.00	06:10.26	06:17.67	06:25.22						
200 IM	8:53.00	08:18.78	08:28.76	08:38.93	5:30.00	4:24.00	03:55.62	03:44.40	03:21.96	03:10.74
400 IM	17:54.00	16:42.66	17:02.71	17:23.17	11:05.00	8:53.00	08:01.44	07:39.00	06:54.12	06:31.68

S11	S12	S13	S14
00:43.12	00:37.73	00:34.50	00:34.50
01:26.24	01:20.85	01:15.46	01:15.46
03:02.28	02:51.50	02:40.72	02:40.72
07:32.76	06:49.64	06:31.02	06:28.08
15:05.52	13:39.28	13:02.04	12:56.16
28:09.03	24:20.20	22:00.55	21:34.09
00:54.39	00:49.00	00:43.61	00:38.22
01:58.58	01:47.80	01:37.02	01:26.24
04:05.98	03:45.40	03:23.84	03:02.28
00:59.78	00:49.00	00:43.61	00:41.45
02:09.36	01:47.80	01:37.02	01:32.71
04:28.52	03:45.40	03:33.64	03:47.36
00:49.00	00:40.92	00:38.22	00:38.22
01:47.80	01:31.63	01:26.24	01:26.24
03:35.60	03:32.66	03:11.10	03:35.21
03:57.16	03:35.60	03:14.04	03:14.04
08:04.12	07:21.00	06:37.88	06:37.88

2008-2012 Can-Am Standards - Women SCM														
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	03:42.36	02:24.84	02:03.42	01:29.76	1:17.00	1:00.50	00:48.51	00:44.20	00:38.81	00:37.73	00:48.51	00:47.54	00:38.81	00:38.81
100 Free	06:43.92	04:51.72	04:06.84	03:10.74	2:45.00	2:01.00	01:42.41	01:37.02	01:26.24	01:20.85	01:47.80	01:45.64	01:31.63	01:26.24
200 Free	13:07.44	08:45.30	07:49.20	06:46.98	5:30.00	4:12.00	03:24.82	03:23.84	03:02.28	02:51.50	03:45.40	03:40.89	03:08.16	03:02.28
400 Free	26:14.88	17:51.00	15:58.80	13:54.36	11:20.00	8:46.00	08:05.10	07:54.32	07:00.42	06:38.86	08:05.10	07:55.40	07:11.20	07:00.42
800 Free						17:12.00	16:10.20	15:48.64	14:00.84	12:58.12	16:10.20	15:50.80	14:22.40	14:00.84
1500 Free						33:24.00	31:21.60	30:38.48	27:02.88	24:57.44	31:21.60	30:43.97	27:46.00	27:02.88
50 Back	03:21.96	02:25.86	02:14.64	01:40.98	1:28.00	1:06.50	00:59.78	00:55.37	00:49.00	00:43.61	00:59.78	00:58.58	00:49.00	00:49.00
100 Back	06:54.12	05:01.92	04:39.48	03:32.16	3:06.00	2:23.00	02:09.36	01:58.58	01:47.80	01:37.02	02:09.36	02:06.77	01:47.80	01:47.80
200 Back	13:58.44	10:14.04	09:29.16	07:14.52	6:22.00	4:54.00	04:18.72	04:08.43	03:24.82	03:23.35	04:06.96	04:02.02	03:25.80	03:35.21
50 Breast	03:55.62	02:59.52	02:14.64	01:35.88	1:28.50	1:23.00	01:10.56	00:59.78	00:54.39		01:10.56	01:09.15	00:54.39	00:54.39
100 Breast	08:01.44	06:09.24	04:39.48	03:21.96	3:07.00	2:56.00	02:30.92	02:09.36	01:58.58		02:30.92	02:27.90	01:58.58	01:58.58
200 Breast	16:02.88	12:18.48	09:18.96	07:23.70	6:05.00	5:34.00	05:00.86	03:58.63	03:58.14		04:22.64	04:17.39	03:58.14	03:58.14
50 Fly	02:48.30	02:37.08	02:14.64	02:03.42	1:50.00	1:22.50	01:04.68	00:59.78	00:54.39	00:49.00	00:59.78	00:58.58	00:49.00	00:54.39
100 Fly	05:46.80	05:19.26	04:34.38	04:10.92	3:45.00	2:55.00	02:14.26	02:09.36	01:58.58	01:47.80	02:09.36	02:06.77	01:47.80	01:58.58
200 Fly	11:33.60	10:38.52	09:08.76	08:21.84	7:30.00	5:50.00	04:28.52	03:55.20	03:30.70	03:29.72	04:08.43	04:03.46	04:01.08	03:35.21
150 IM	07:17.58	07:00.75	06:43.92	05:36.60										
200 IM	10:10.98	08:41.73	09:03.66	07:45.12	6:36.00	5:30.00	04:40.28	04:18.72	03:35.60	03:24.82	04:18.72	04:13.55	03:46.38	03:35.60
400 IM	20:21.96	17:23.46	18:07.32	15:30.24	13:22.00	11:10.00	09:30.36	07:57.26	06:56.50	06:39.84	07:27.86	07:18.90	06:22.20	06:56.50