
CANA4 STANDARDS Long Course Meters**Women 12 & Under**

CAN4	
100 Free	1:15.31
200 Free	2:43.30
100 Back	1:25.76
200 Back	3:04.48
100 Breast	1:36.57
200 Breast	3:27.11
100 Fly	1:22.77
200 IM	3:06.70

Women 13-14

CAN4	
100 Free	1:09.30
200 Free	2:30.28
100 Back	1:19.07
200 Back	2:50.09
100 Breast	1:29.04
200 Breast	3:10.96
100 Fly	1:16.31
200 IM	2:52.03

Women 14 & Under

CAN4	
400 Free	5:13.02
800 Free	10:50.38
200 Fly	2:51.97

Women 15-16

CAN4	
100 Free	1:07.12
200 Free	2:25.55
100 Back	1:16.63

CANA4 STANDARDS Long Course Meters

200 Back	2:44.86
100 Breast	1:26.30
200 Breast	3:05.38
100 Fly	1:13.96
200 Fly	2:47.70
200 IM	2:46.70

Women 15 & Over**CAN4**

400 Free	5:08.32
800 Free	10:40.63

Women 17 & Over**CAN4**

100 Free	1:07.12
200 Free	2:25.55
100 Back	1:16.63
200 Back	2:44.86
100 Breast	1:26.30
200 Breast	3:05.08
100 Fly	1:13.96
200 Fly	2:47.70
200 IM	2:46.70

CANA4 STANDARDS Long Course Meters**Men 12 & Under**

CAN4	
100 Free	1:12.74
200 Free	2:40.65
100 Back	1:22.68
200 Back	3:00.08
100 Breast	1:32.40
200 Breast	3:20.24
100 Fly	1:19.58
200 IM	3:01.45

Men 13-14

CAN4	
100 Free	1:04.93
200 Free	2:23.40
100 Back	1:13.98
200 Back	2:41.13
100 Breast	1:22.67
200 Breast	2:59.16
100 Fly	1:11.20
200 IM	2:42.22

Men 14 & Under

CAN4	
400 Free	5:02.40
800 Free	10:35.46
200 Fly	2:41.63

Men 15-16

CAN4	
100 Free	1:02.00
200 Free	2:16.93
100 Back	1:10.72

CANA4 STANDARDS Long Course Meters

200 Back	2:34.02
100 Breast	1:19.02
200 Breast	2:51.80
100 Fly	1:08.06
200 Fly	2:32.07
200 IM	2:35.01

Men 15 & Over**CAN4**

400 Free	4:51.82
800 Free	10:13.22

Men 17 & Over**CAN4**

100 Free	1:02.00
200 Free	2:16.93
100 Back	1:10.72
200 Back	2:34.02
100 Breast	1:19.02
200 Breast	2:51.80
100 Fly	1:08.06
200 Fly	2:29.79
200 IM	2:35.01
