



Canadian Sport Institute Pacific and Swim BC Athlete and Coach Nomination Criteria

Criteria Approved: [MONTH DAY, YEAR]

CSI Pacific Representative	Andrew Latham	<i>Andrew Latham</i>	10/11/2023
	Name		Date (MM/DD/YYYY)
Sport Organization Representative	Cory Beatt	<i>Cory Beatt</i>	10 / 11 / 2023
	Name		Date (MM/DD/YYYY)

PURPOSE

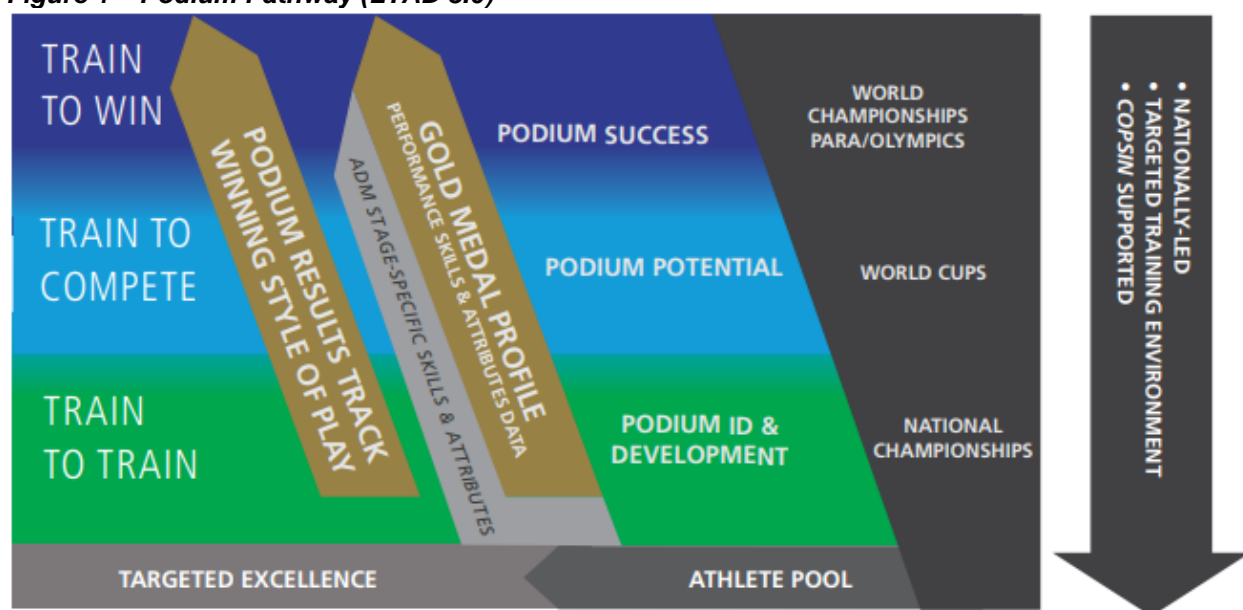
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Swim BC, collaborates to deliver programs and services to place BC athletes¹ on national teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process with which to identify athletes and coaches within the Swim BC high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeted pathway seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Sport Canada AAP Carded nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) and Gold Medal Profile. These athletes and teams represent the current generation of national team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years away) and future generations (9-12 years away) of Olympic and Paralympic or World Championship medallists.

Figure 1 – Podium Pathway (LTAD 3.0)



¹ A BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three (3) months in a twelve (12) month period) in British Columbia.

DETAILS

Through the above partnership, and with the above purpose in mind, Swim BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach enrollment. Upon completion of enrollment and onboarding, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute / PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please see Appendix A for an outline of Swim BC targeted athlete benefits, programs, and services as delivered through Swim BC.

Targeted athletes are nominated by Swim BC based on the athlete criteria below. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Swim BC high performance program benchmarks to remain targeted. Cory Beatt, Technical Director of Swim BC and the Canadian Sport Institute technical lead working with Swim BC, have the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to Cory Beatt at cory.beatt@swimbc.ca.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Swim BC targeting runs [DATE RANGE] annually, and athletes are selected based on performances from the previous 12 months. Athletes meeting criteria throughout the annual nomination cycle may be added to the Swim BC targeted athlete list, on a case by case basis, by contacting the PSO/DSO Technical Representative Cory Beatt at cory.beatt@swimbc.ca.

ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by Swim BC and will be provided with information on how to enroll. All athletes and coaches must enroll with Canadian Sport Institute / Pacific Sport in order to receive athlete or coach supports and benefits.

CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing at the discretion of the PSO/DSO with Swim BC as a competitive athlete and meet the definition of a BC athlete.
2. All athletes nominated should have a designated coach who is responsible for planned programming. Specific coach criteria must be identified under coach nominations
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on Swim BC's nomination list at the discretion of the PSO/DSO when:
 - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred **AND**;
 - b. The athlete in question was nominated by Swim BC in the previous 24 months.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the Swim BC sport-specific criteria:

Sport Canada AAP Carded

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.
 - It is the responsibility of Swim BC to consult with the NSO, identifying and nominating any Sport Canada AAP Carded athletes in the province of British Columbia.

Canadian Development

Canadian Sport Institute Criteria:

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway **OR**;
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile) and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
 - Athletes who have been targeted as “NextGen” defined as the expectation to be selected to the senior national team in eligible events **within 24 months** and verified by the NSO.

POOL SWIMMING

Swim BC Sport-Specific Criteria:

Identification

Priority 1

Swimmers who meet the residency requirements, who are year of birth 2005 and older, and have achieved a minimum of one Swimming Canada On-Track 3 Time Standard (Appendix 2) between September 1, 2022, and August 31, 2024, will be identified for the Swim BC Enhanced - Perform.

Priority 2

Any swimmers who have been selected to a Canadian Senior National team during the 2023 – 2024 season (September 1, 2023 through August 31, 2024) will be to the Swim BC Enhanced - Perform.

Nomination

Selected swimmers will receive an invitation for nomination to the Swim BC Enhanced - Perform. The following pre-requisites will need to be met for nomination:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Athlete Intake form

PARA SWIMMING

Swim BC Sport-Specific Criteria:

Identification

Priority 1

Swimmers who meet the residency requirements, who are year of birth 2009 and older, have an International Level Sportclass Classification, and have achieved a minimum of one Swim BC Para Perform Time Standard (Appendix 4) between September 1, 2022, and August 31, 2023, will be identified for the Swim BC Enhanced - Para Perform.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2009 and older, have an International Level Sportclass Classification, and have been selected to a Canadian Senior National team during the 2023 – 2024 season (September 1, 2023 through August 31, 2024) will be identified to the Swim BC Enhanced - Para Perform.

Nomination

Selected swimmers will receive an invitation for nomination to the Swim BC Enhanced - Para Perform. The following pre-requisites will need to be met for nomination:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Athlete Intake form

DISTANCE / OPEN WATER SWIMMING

Swim BC Sport-Specific Criteria:

IdentificationPriority 1

Swimmers who meet the residency requirements, who are year of birth 2005 and older, and have been selected to a Canadian Senior National Open Water team during the 2023 – 2024 season (September 1, 2023 through August 31, 2024) will be to the Swim BC Enhanced - Perform Distance / Open Water.

Nomination

Selected swimmers will receive an invitation for nomination to the Swim BC Enhanced - Perform Distance / Open Water. The following pre-requisites will need to be met for nomination:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Athlete Intake form

Provincial Development Level 1

Canadian Sport Institute Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:
 - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
 - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
 - Competed at the appropriate² age group or junior world championships in an eligible event (or equivalent international developmental event) in the previous 24 months **OR**;
 - Won a medal in an eligible event at their sport-specific national senior/open, appropriate² age group or junior championships (or equivalent level of performance standard) in the previous 24 months.

POOL SWIMMING*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2007 or 2006, and have achieved three or more Swim BC Advance *time standards* (Appendix 3) between September 1, 2022, and August 31, 2023, will be identified to the Swim BC Enhanced - Advance.

Priority 2

Swimmers who meet the residency requirements, who are year of birth 2007 or 2006, and have achieved three or more Swim BC Pacific Wave *consideration times* (Appendix 3) between September 1, 2022, and August 31, 2023, will be ranked by their top scoring Pacific Wave swim. The top ranked swimmers will be identified up to a grand total of 10 Women and 10 Men, inclusive of the priority one swimmers above.

Priority 3

Any swimmers who meet the residency requirements, who are year of birth 2007 or 2006, and have achieved three or more Swim BC Advance *time standards* (Appendix 3) between September 1, 2023 and March 31, 2024 will be identified to the Swim BC Enhanced - Advance in addition to the 30 Women and 30 Men identified in priority one above.

² Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

Nomination

Selected swimmers will receive an invitation for nomination to the Swim BC Enhanced - Advance. The following pre-requisites will need to be met for nomination:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Athlete Intake form

PARA SWIMMING*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2009 to 1998, have a minimum Level 3 Sportclass Classification, and have achieved at least one Swim BC Para Advance Time Standard (Appendix 5) between September 1, 2022, and August 31, 2023, will be identified to the Swim BC Enhanced - Para Advance.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2009 to 1998, have a minimum Level 3 Sportclass Classification, and have achieved at least one Swim BC Para Advance *time standard* (Appendix 5) between September 1, 2023 and March 31, 2024 will be identified to the Swim BC Enhanced - Para Advance.

Nomination

Selected swimmers will receive an invitation for nomination to the Swim BC Enhanced - Para Perform. The following pre-requisites will need to be met for nomination:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Athlete Intake form

DISTANCE / OPEN WATER SWIMMING*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are Women year of birth 2008 to 2006 or Men year of birth 2007 to 2006 who have competed in any organized Open Water race since September 1, 2022 and have achieved the 1500m and 5km Pool Swim Prospects or Advance time standards (Appendix 3) for their appropriate age performed between September 1, 2022 and August 31, 2023. Up to a maximum of 2 Women and top 2 Men, will be identified to the Swim BC Enhanced - Advance Distance / Open Water. Should more than two women or men achieve the standards, they will be ranked by Swim BC points (Appendix 3).

Priority 2

Swimmers who meet the residency requirements, who are Women year of birth 2008 to 2006 or Men year of birth 2007 to 2006 who have competed in any organized Open Water race since September 1, 2022 and have achieved the 1500m and 5km Pool Swim Prospects or Advance time standards (Appendix 3) for their appropriate age performed between September 1, 2023 and March 31, 2023, in addition to the two women and two men identified in Priority 1.

Nomination

Selected swimmers will receive an invitation for nomination to the Swim BC Enhanced - Advance Distance / Open Water. The following pre-requisites will need to be met for nomination:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Athlete Intake form

Provincial Development Level 2

Canadian Sport Institute Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development One according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet the criteria below:
 - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
 - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
 - Competed in an eligible event at the appropriate² age group national championships (or equivalent level of performance standard) in the previous 24 months, **OR**;
 - Won a medal in an eligible event at their appropriate² age group provincial championships in the previous 12 months, **OR**;

POOL SWIMMING*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2010, 2009, or 2008, and have achieved three or more Swim BC Prospects *time standards* (Appendix 3) between September 1, 2022, and August 31, 2023, will be identified to the Swim BC Enhanced - Prospects.

Priority 2

Swimmers who meet the residency requirements, who are year of birth 2010, 2009, or 2008, and have achieved three or more Swim BC Pacific Wave *consideration times* (Appendix 3) between September 1, 2022, and August 31, 2023, will be ranked by their top scoring Pacific Wave swim. The top ranked swimmers will be identified to the Swim BC Enhanced - Prospects up to a grand total of 30 Women and 30 Men, inclusive of the priority one swimmers above.

Priority 3

Any swimmers who meet the residency requirements, who are year of birth 2010, 2009, or 2008, and have achieved three or more Swim BC Prospects *time standards* (Appendix 3) between September 1, 2023 and March 31, 2024 will be identified to the Swim BC Enhanced – Prospects in addition to the 30 Women and 30 Men identified above.

Nomination

Selected swimmers will receive an invitation for nomination to the Swim BC Enhanced - Advance. The following pre-requisites will need to be met for nomination:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Upload of a Headshot Photo
8. Completion of the Swim BC Athlete Intake form

PARA SWIMMING*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2009 to 1998, have a Level 2 Sportclass Classification, and have achieved a minimum of one Swim BC Para Prospects time standard (Appendix 6) between September 1, 2022, and August 31, 2023, will be identified to the Swim BC Enhanced - Para Prospects.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2009 to 1998, have a minimum Level 2 Sportclass Classification, and have achieved at least one Swim BC Para Prospects *time standard* (Appendix 6) between September 1, 2023 and March 31, 2024 will be identified to the Swim BC Enhanced - Para Prospects.

Nomination

Selected swimmers will receive an invitation for nomination to the Swim BC Enhanced - Advance. The following pre-requisites will need to be met for nomination:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Upload of a Headshot Photo
8. Completion of the Swim BC Athlete Intake form

Coach Nomination*Canadian Sport Institute Criteria:*

Coaches are nominated when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.

AND,

- NCCP Competition Development Trained Status or ACD coach,

Swim BC Sport-Specific Criteria:**Identification**

Coach of record of a nominated swimmer in any of the BC Enhanced Prospects, Advance, Perform, or Elite levels.

Nomination

Selected coaches will receive an invitation for nomination for the Swim BC Enhanced Lead Coach. The following pre-requisites will need to be met for nomination:

1. Minimum 18 Years of Age
2. Registered with Canadian Swimming Coaches Association Level A1, A2, or B
3. Successfully Completed Canadian Swimming Coaches Association Screening Questions
4. Current Criminal Record Check (*Valid 5 Years*)
5. CAC SafeSport or Respect in Sport Activity Leader Training (*Valid 5 Years*)
6. Canadian Centre for Ethics in Sport True Sport Clean 101
7. Valid NCCP Age Group Certified or Fundamentals Coach Certified & Senior Coach Trained
8. Completed Making Ethical Decisions Evaluation
9. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
10. Demonstrate an understanding of the Swim BC Travel Policy
11. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
12. Completion of the Swim BC Coach Agreement Form
13. Completion of the Swim BC Photo and Video Consent Form
14. Upload of a Headshot Photo
15. Completion of the Swim BC Coach Intake form

APPENDIX 1: BENEFITS, PROGRAMS, AND SERVICES

Swim BC Targeted Athlete/Coach Benefits, Programs, and Services

POOL SWIMMING

 Podium / Canadian Elite (Sport Canada AAP Carded) <ul style="list-style-type: none">• Swim BC Learning and Development Hub• Benchmark Training Sets• CSI Pacific Member Benefits	Swim BC Elite
 Canadian Development <ul style="list-style-type: none">• Swim BC Learning and Development Hub• Benchmark Training Sets• IST Support at National Competitions• LA28 Competition Support Program Eligibility• CSI Pacific Member Benefits	Swim BC Perform
 Provincial Development 1 <ul style="list-style-type: none">• Swim BC Learning and Development Hub• Benchmark Training Sets• Virtual Olympian Mentorship• Team BC Competition and Camp Activities• IST Support at National Competitions• LA28 Competition Support Program Eligibility• CSI Pacific Member Benefits	Swim BC Advance
 Provincial Development 2 <ul style="list-style-type: none">• Swim BC Learning and Development Hub• Benchmark Training Sets• Virtual Olympian Mentorship• Team BC Competition and Camp Activities• LA28 Competition Support Program Eligibility• CSI Pacific Member Benefits	Swim BC Prospects

APPENDIX 1: BENEFITS, PROGRAMS, AND SERVICES

Swim BC Targeted Athlete/Coach Benefits, Programs, and Services

PARA SWIMMING

Podium / Canadian Elite (Sport Canada AAP Carded)

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- CSI Pacific Member Benefits

Swim BC Para Elite

Canadian Development

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Team BC Competition and/or Camp Activity
- CSI Pacific Member Benefits

Swim BC Para Perform

Provincial Development 1

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Team BC Competition and/or Camp Activity
- CSI Pacific Member Benefits

Swim BC Para Advance

Provincial Development 2

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Team BC Competition and/or Camp Activity
- CSI Pacific Member Benefits

Swim BC Para Prospects

APPENDIX 1: BENEFITS, PROGRAMS, AND SERVICES

Swim BC Targeted Athlete/Coach Benefits, Programs, and Services

DISTANCE / OPEN WATER SWIMMING

Podium / Canadian Elite (Sport Canada AAP Carded)

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- CSI Pacific Member Benefits

Swim BC Distance / OW Elite

Canadian Development

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- CSI Pacific Member Benefits

Swim BC Distance / OW Perform

Provincial Development 1

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- CSI Pacific Member Benefits

Swim BC Distance / OW Advance

COACH

Coach

- Swim BC Learning and Development Hub
- Lead Roles at Team BC Competitions and Camps
- CSI Pacific Member Benefits

Swim BC Enhanced Lead Coach

APPENDIX 2: ON TRACK TIMES

Swimming Canada 2023 World Class On Track Times (Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13			13			13			13			13		
14			14			14	2:06.49		14	4:26.16		14	9:03.80		14	17:19.06	
15			15	56.74		15	2:03.16	2:04.44	15	4:19.53	4:21.14	15	8:53.49	8:56.53	15	16:59.36	17:05.16
16	25.83		16	55.71	56.35	16	2:00.90	2:02.15	16	4:14.94	4:16.52	16	8:46.05	8:49.04	16	16:45.14	16:50.86
17	25.56	25.83	17	55.07	55.70	17	1:59.56	2:00.80	17	4:12.16	4:13.72	17	8:41.04	8:44.01	17	16:35.58	16:41.24
18	25.37	25.64	18	54.63	55.26	18	1:58.66	1:59.89	18	4:10.57	4:12.12	18	8:37.90	8:40.85	18	16:29.57	16:35.20
19	25.20	25.46	19	54.25	54.88	19		1:59.18	19		4:11.20	19		8:38.96	19		16:31.60
20	25.04	25.30	20		54.54	20		1:58.66	20		4:10.57	20		8:37.90	20		16:29.57
21		25.16	21		54.25	21		1:58.77	21		4:10.64	21		8:38.19	21		16:30.13
22		25.04	22		54.34	22		1:58.66	22		4:10.57	22		8:37.90	22		16:29.57
23		25.10	23		54.25	23			23			23			23		
24		25.04	24			24			24			24			24		

100 Back			200 Back			100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13	1:06.38		13	2:23.03		13			13		
14	1:04.18	1:05.03	14	2:18.50	2:20.35	14			14		
15	1:02.52	1:03.35	15	2:15.07	2:16.88	15	1:10.18		15	2:31.33	
16	1:01.34	1:02.15	16	2:12.63	2:14.41	16	1:08.90	1:09.57	16	2:28.89	2:30.05
17	1:00.59	1:01.40	17	2:11.08	2:12.84	17	1:08.13	1:08.79	17	2:27.45	2:28.60
18		1:00.92	18		2:11.79	18	1:07.68	1:08.34	18	2:26.59	2:27.74
19		1:00.59	19		2:11.08	19	1:07.35	1:08.01	19	2:25.91	2:27.05
20			20		2:11.40	20		1:07.69	20		2:26.41
21			21		2:11.08	21		1:07.35	21		2:25.91
22			22			22		1:07.54	22		2:26.16
23			23			23		1:07.35	23		2:25.91

100 Fly			200 Fly			200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13			13			13		
14			14	2:17.24		14			14	5:01.10	
15	1:01.40		15	2:14.12	2:15.36	15	2:18.97		15	4:53.94	4:55.62
16	1:00.27	1:00.89	16	2:11.81	2:13.02	16	2:16.48	2:17.39	16	4:48.67	4:50.32
17	59.42	1:00.03	17	2:10.23	2:11.43	17	2:14.86	2:15.76	17	4:45.12	4:46.75
18	58.80	59.41	18	2:09.21	2:10.40	18	2:13.75	2:14.64	18	4:43.06	4:44.68
19	58.33	58.93	19		2:09.69	19	2:12.98	2:13.87	19		4:43.54
20		58.58	20		2:09.21	20		2:13.34	20		4:43.06
21		58.33	21		2:09.35	21		2:12.98	21		4:43.21
22			22		2:09.21	22			22		4:43.06
23			23			23		2:12.98	23		

FEMALE



APPENDIX 2: ON TRACK TIMES

Swimming Canada
2023 World Class On Track Times
 (Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	53.40		15	1:56.32		15	4:06.79		15	8:27.84		15	16:11.05	
16			16	51.65	52.63	16	1:53.03	1:54.74	16	4:00.04	4:03.00	16	8:14.80	8:19.37	16	15:46.11	15:54.86
17	23.51		17	50.28	51.23	17	1:50.43	1:52.11	17	3:54.76	3:57.66	17	8:04.84	8:09.32	17	15:27.06	15:35.64
18	22.97	23.20	18	49.24	50.17	18	1:48.45	1:50.10	18	3:50.83	3:53.68	18	7:57.68	8:02.10	18	15:13.39	15:21.84
19	22.58	22.81	19	48.51	49.43	19	1:47.06	1:48.69	19	3:48.15	3:50.96	19	7:53.11	7:57.49	19	15:04.64	15:13.01
20	22.31	22.54	20		48.90	20		1:47.71	20		3:49.20	20		7:54.67	20		15:07.62
21	22.12	22.34	21		48.51	21		1:47.06	21		3:48.15	21		7:53.11	21		15:06.74
22		22.21	22			22		1:47.29	22		3:48.29	22		7:53.37	22		15:05.13
23		22.12	23			23		1:47.06	23		3:48.15	23		7:53.11	23		15:04.64
24			24			24			24			24			24		
25		22.12	25			25			25			25			25		

100 Back			200 Back		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:07.96	
16	57.82		16	2:03.84	2:04.96
17	56.29	56.87	17	2:00.94	2:02.04
18	55.24	55.81	18	1:59.14	2:00.22
19	54.52	55.09	19	1:58.07	1:59.14
20	54.03	54.59	20		1:58.48
21		54.25	21		1:58.07
22		54.03	22		1:58.13
23			23		1:58.07
24		54.03	24		

100 Fly			200 Fly		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:06.95	
16	55.45		16	2:03.23	2:04.93
17	54.00	54.56	17	2:00.34	2:02.00
18	53.03	53.58	18	1:58.18	1:59.81
19	52.40	52.95	19	1:56.71	1:58.32
20	51.96	52.50	20		1:57.33
21		52.18	21		1:56.71
22		51.96	22		1:56.82
23			23		1:56.71
24		51.96	24		

100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:22.53	
16	1:04.07		16	2:18.39	2:21.06
17	1:02.52	1:03.41	17	2:15.02	2:17.62
18	1:01.31	1:02.18	18	2:12.35	2:14.89
19	1:00.41	1:01.27	19	2:10.32	2:12.83
20	59.75	1:00.60	20		2:11.31
21		1:00.11	21		2:10.32
22		59.75	22		2:10.74
23			23		2:10.32
24		59.75	24		

200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	4:36.79	
16	2:07.21		16	4:30.22	4:34.00
17	2:04.24	2:05.33	17	4:24.87	4:28.58
18	2:02.03	2:03.11	18	4:20.64	4:24.29
19	2:00.53	2:01.59	19	4:17.48	4:21.08
20	1:59.53	2:00.59	20		4:18.82
21		1:59.94	21		4:17.48
22		1:59.53	22		4:17.65
23			23		4:17.48
24		1:59.53	24		

MALE



APPENDIX 3: PROSPECTS AND ADVANCE TIME STANDARDS

	WOMEN LONG COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2023-24	2011	2010		2009		2008		2007		2006	
2024-25	2012	2011		2010		2009		2008		2007	
50 Free	0:30.07	0:29.02	0:27.98	0:28.33	0:27.52	0:27.75	0:27.16	0:27.40	0:26.65	0:27.36	0:26.62
100 Free	1:05.08	1:03.11	1:00.83	1:01.43	0:59.68	1:00.16	0:58.88	0:59.44	0:57.82	0:58.93	0:57.32
200 Free	2:22.31	2:16.88	2:11.95	2:13.17	2:09.37	2:10.52	2:07.74	2:08.54	2:05.01	2:07.55	2:04.05
400 Free	5:01.83	4:49.66	4:39.23	4:42.95	4:34.86	4:37.10	4:31.20	4:33.06	4:25.58	4:31.99	4:24.54
800 Free	10:26.51	9:59.21	9:37.64	9:44.79	9:28.07	9:33.46	9:21.26	9:27.79	9:12.23	9:24.43	9:08.96
1500 Free	20:02.88	19:10.47	18:29.06	18:42.80	18:10.70	18:21.06	17:57.62	18:10.14	17:40.27	18:03.70	17:33.99
5000 Free	--	--	--	--	--	--	1:02:51.68	--	1:01:50.93	--	1:01:28.98
50 Back	0:35.15	0:33.29	0:32.09	0:32.20	0:31.28	0:31.54	0:30.86	0:31.16	0:30.31	0:31.03	0:30.18
100 Back	1:14.36	1:10.93	1:08.38	1:08.27	1:06.32	1:07.10	1:05.67	1:06.12	1:04.31	1:05.54	1:03.75
200 Back	2:40.60	2:31.88	2:26.41	2:26.80	2:22.60	2:24.83	2:21.75	2:22.44	2:18.53	2:21.60	2:17.71
50 Breast	0:39.08	0:37.14	0:35.80	0:35.77	0:34.74	0:35.12	0:34.37	0:34.72	0:33.77	0:34.58	0:33.63
100 Breast	1:25.11	1:20.90	1:17.98	1:17.88	1:15.66	1:16.27	1:14.64	1:15.13	1:13.07	1:15.23	1:13.16
200 Breast	3:02.42	2:55.63	2:49.30	2:48.52	2:43.71	2:44.16	2:40.67	2:41.65	2:37.21	2:41.78	2:37.34
50 Fly	0:32.48	0:31.12	0:30.00	0:30.25	0:29.39	0:29.67	0:29.04	0:29.17	0:28.37	0:29.06	0:28.25
100 Fly	1:12.25	1:08.86	1:06.38	1:06.72	1:04.81	1:05.22	1:03.84	1:04.07	1:02.30	1:03.93	1:02.17
200 Fly	2:43.22	2:34.66	2:29.09	2:29.14	2:24.88	2:25.53	2:22.43	2:24.34	2:20.38	2:23.12	2:19.20
200 IM	2:42.55	2:34.79	2:29.22	2:30.77	2:26.46	2:26.95	2:23.82	2:25.19	2:21.20	2:24.29	2:20.34
400 IM	5:44.70	5:28.60	5:16.77	5:20.06	5:10.91	5:12.98	5:06.32	5:09.58	5:01.10	5:08.28	4:59.83

Three standards must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 3: PROSPECTS AND ADVANCE TIME STANDARDS

	WOMEN SHORT COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2023-24	2011	2010		2009		2008		2007		2006	
2024-25	2012	2011		2010		2009		2008		2007	
50 Free	0:29.67	0:28.75	0:27.72	0:28.08	0:27.28	0:27.66	0:27.07	0:27.16	0:26.41	0:27.13	0:26.39
100 Free	1:04.67	1:02.51	1:00.26	1:01.15	0:59.40	0:59.44	0:58.17	0:58.83	0:57.21	0:58.59	0:56.99
200 Free	2:20.49	2:16.22	2:11.31	2:11.85	2:08.08	2:09.19	2:06.44	2:07.06	2:03.58	2:06.46	2:03.00
400 Free	4:57.55	4:48.03	4:37.66	4:40.45	4:32.43	4:35.29	4:29.43	4:30.39	4:22.98	4:29.67	4:22.28
800 Free	10:20.02	9:56.19	9:34.72	9:39.51	9:22.95	9:30.05	9:17.92	9:21.48	9:06.08	9:20.97	9:05.60
1500 Free	19:50.44	19:04.68	18:23.47	18:32.66	18:00.86	18:14.49	17:51.20	17:58.02	17:28.47	17:57.07	17:27.55
5000 Free	--	--	--	--	--	--	1:02:29.21	--	1:01:09.66	--	1:01:06.42
50 Back	0:34.02	0:32.51	0:31.34	0:31.45	0:30.55	0:31.14	0:30.48	0:30.60	0:29.77	0:30.45	0:29.62
100 Back	1:12.17	1:09.63	1:07.12	1:07.19	1:05.27	1:06.05	1:04.65	1:05.13	1:03.35	1:04.58	1:02.80
200 Back	2:35.97	2:30.32	2:24.90	2:24.81	2:20.67	2:22.52	2:19.48	2:20.25	2:16.41	2:19.67	2:15.84
50 Breast	0:38.89	0:36.76	0:35.43	0:35.63	0:34.61	0:35.05	0:34.31	0:34.50	0:33.56	0:34.32	0:33.38
100 Breast	1:23.07	1:19.45	1:16.59	1:16.87	1:14.68	1:15.67	1:14.05	1:14.15	1:12.12	1:14.14	1:12.11
200 Breast	2:59.75	2:52.36	2:46.15	2:46.76	2:41.99	2:43.18	2:39.71	2:40.16	2:35.76	2:39.65	2:35.28
50 Fly	0:32.46	0:31.22	0:30.09	0:30.47	0:29.59	0:29.73	0:29.10	0:29.22	0:28.42	0:29.19	0:28.38
100 Fly	1:12.04	1:09.61	1:07.11	1:07.06	1:05.14	1:05.38	1:03.99	1:04.58	1:02.81	1:04.19	1:02.42
200 Fly	2:42.80	2:36.31	2:30.68	2:29.17	2:24.90	2:25.60	2:22.50	2:23.61	2:19.67	2:23.28	2:19.35
200 IM	2:38.35	2:34.10	2:28.56	2:28.86	2:24.60	2:25.88	2:22.78	2:23.77	2:19.83	2:22.77	2:18.85
400 IM	5:38.65	5:27.82	5:16.02	5:15.76	5:06.73	5:10.80	5:04.19	5:05.08	4:56.72	5:04.60	4:56.26

Three standards must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 3: PROSPECTS AND ADVANCE TIME STANDARDS

	MEN LONG COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2023-24	2011	2010		2009		2008		2007		2006	
2024-25	2012	2011		2010		2009		2008		2007	
50 Free	0:29.52	0:27.82	0:26.82	0:26.59	0:25.83	0:25.52	0:24.99	0:25.00	0:24.31	0:24.92	0:24.24
100 Free	1:04.77	1:01.05	0:58.85	0:57.91	0:56.25	0:55.95	0:54.77	0:54.46	0:52.96	0:54.26	0:52.77
200 Free	2:21.96	2:12.65	2:07.87	2:05.94	2:02.34	2:02.41	1:59.80	1:59.60	1:56.31	1:58.90	1:55.65
400 Free	5:01.01	4:41.08	4:30.96	4:28.65	4:20.97	4:20.82	4:15.27	4:14.59	4:07.61	4:14.22	4:07.26
800 Free	10:41.71	9:52.30	9:30.97	9:27.11	9:10.90	9:12.14	9:00.38	8:58.65	8:43.89	9:00.92	8:46.08
1500 Free	20:09.64	18:36.49	17:56.29	17:49.03	17:18.47	17:20.79	16:58.64	16:55.36	16:27.54	16:59.63	16:31.68
5000 Free	--	--	--	--	--	--	--	--	57:36.37	--	57:50.89
50 Back	0:34.81	0:32.33	0:31.16	0:30.84	0:29.95	0:29.67	0:29.04	0:28.69	0:27.91	0:28.41	0:27.62
100 Back	1:14.09	1:09.25	1:06.76	1:05.08	1:03.22	1:02.50	1:01.17	1:01.08	0:59.41	1:00.70	0:59.04
200 Back	2:40.27	2:28.69	2:23.35	2:21.39	2:17.34	2:16.06	2:13.17	2:12.32	2:08.69	2:11.72	2:08.11
50 Breast	0:38.55	0:35.87	0:34.59	0:33.68	0:32.72	0:32.44	0:31.75	0:31.63	0:30.77	0:31.29	0:30.44
100 Breast	1:23.25	1:17.66	1:14.86	1:13.13	1:11.04	1:10.16	1:08.66	1:08.46	1:06.59	1:08.09	1:06.23
200 Breast	3:01.62	2:48.43	2:42.36	2:38.73	2:34.19	2:33.11	2:29.85	2:29.51	2:25.40	2:28.89	2:24.82
50 Fly	0:32.36	0:30.20	0:29.11	0:28.69	0:27.87	0:27.62	0:27.04	0:26.98	0:26.25	0:26.58	0:25.84
100 Fly	1:11.80	1:06.08	1:03.69	1:02.58	1:00.79	1:00.58	0:59.29	0:59.09	0:57.47	0:58.66	0:57.05
200 Fly	2:42.92	2:27.85	2:22.53	2:19.92	2:15.92	2:16.18	2:13.28	2:12.54	2:08.91	2:12.74	2:09.10
200 IM	2:40.41	2:29.12	2:23.75	2:21.64	2:17.58	2:17.67	2:14.74	2:14.64	2:10.95	2:14.38	2:10.70
400 IM	5:41.54	5:18.33	5:06.88	5:01.99	4:53.36	4:53.21	4:46.96	4:46.40	4:38.55	4:47.51	4:39.63

Three standards must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 3: PROSPECTS AND ADVANCE TIME STANDARDS

	MEN SHORT COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2023-24	2011	2010		2009		2008		2007		2006	
2024-25	2012	2011		2010		2009		2008		2007	
50 Free	0:28.87	0:27.16	0:26.19	0:26.15	0:25.41	0:25.13	0:24.60	0:24.57	0:23.90	0:24.43	0:23.75
100 Free	1:02.95	0:59.50	0:57.35	0:57.16	0:55.53	0:54.80	0:53.63	0:53.45	0:51.99	0:53.27	0:51.81
200 Free	2:17.76	2:10.02	2:05.33	2:04.06	2:00.51	1:59.93	1:57.38	1:56.66	1:53.45	1:56.02	1:52.84
400 Free	4:54.40	4:38.72	4:28.69	4:24.50	4:16.94	4:16.02	4:10.57	4:09.83	4:02.98	4:09.02	4:02.20
800 Free	10:27.09	9:47.59	9:26.43	9:17.38	9:01.44	9:03.67	8:52.09	8:50.43	8:35.89	8:50.34	8:35.80
1500 Free	19:42.09	18:27.61	17:47.74	17:30.68	17:00.64	17:04.83	16:43.02	16:39.87	16:12.47	16:39.71	16:12.30
5000 Free	--	--	--	--	--	--	--	--	56:27.20	--	56:41.50
50 Back	0:33.67	0:31.33	0:30.21	0:29.81	0:28.96	0:28.84	0:28.23	0:27.66	0:26.90	0:27.55	0:26.79
100 Back	1:11.42	1:07.01	1:04.60	1:03.60	1:01.79	1:01.44	1:00.13	0:59.28	0:57.66	0:58.99	0:57.38
200 Back	2:33.14	2:24.66	2:19.45	2:17.88	2:13.94	2:13.46	2:10.62	2:09.03	2:05.50	2:08.66	2:05.13
50 Breast	0:37.60	0:34.96	0:33.71	0:33.26	0:32.31	0:31.97	0:31.29	0:31.09	0:30.23	0:30.64	0:29.80
100 Breast	1:20.62	1:15.06	1:12.35	1:11.44	1:09.40	1:08.78	1:07.31	1:07.15	1:05.31	1:06.34	1:04.52
200 Breast	2:54.68	2:43.21	2:37.33	2:35.62	2:31.18	2:29.98	2:26.79	2:25.59	2:21.61	2:24.49	2:20.53
50 Fly	0:31.90	0:29.91	0:28.83	0:28.44	0:27.63	0:27.42	0:26.83	0:26.66	0:25.94	0:26.40	0:25.68
100 Fly	1:10.53	1:05.77	1:03.40	1:02.28	1:00.50	1:00.50	0:59.21	0:58.91	0:57.29	0:58.15	0:56.56
200 Fly	2:37.89	2:28.00	2:22.67	2:19.99	2:15.99	2:15.61	2:12.73	2:11.41	2:07.81	2:10.03	2:06.46
200 IM	2:35.74	2:26.23	2:20.97	2:19.48	2:15.48	2:14.68	2:11.82	2:11.32	2:07.72	2:11.22	2:07.62
400 IM	5:30.84	5:12.13	5:00.89	4:58.64	4:50.11	4:47.83	4:41.71	4:41.26	4:33.54	4:40.48	4:32.80

Three standards must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 4: PARA PERFORM TIME STANDARDS

	FEMALE PARA PERFORM CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:02.08	2:02.08	1:24.28	1:24.28	1:06.68	1:06.68	0:49.41	0:49.41	0:44.14	0:44.14	0:39.03	0:39.03	0:36.85	0:36.85	0:34.72	0:34.72	0:32.00	0:31.36	0:29.95	0:29.34
100 Free	4:22.97	4:22.97	3:03.13	3:03.13	2:38.86	2:38.86	2:02.08	2:02.08	1:37.99	1:37.99	1:27.56	1:27.56	1:20.55	1:20.55	1:14.19	1:14.19	1:08.10	1:06.74	1:05.20	1:03.89
200 Free	9:37.57	9:37.57	6:34.44	6:34.44	5:52.87	5:52.87	5:05.21	5:05.21	3:40.80	3:40.80	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:07.68	6:07.68	5:58.25	5:58.25	5:32.47	5:32.47	5:14.12	5:07.84	4:58.70	4:52.72
50 Back	2:20.87	2:20.87	1:47.99	1:47.99	1:17.18	1:17.18	1:05.22	1:05.22	0:52.76	0:52.76	--	--	--	--	--	--	--	--	--	--
100 Back	4:41.74	4:41.74	3:42.90	3:42.90	--	--	--	--	--	--	1:37.88	1:37.88	1:33.57	1:33.57	1:26.76	1:26.76	1:18.76	1:17.19	1:16.98	1:15.44
50 Breast	2:49.04	2:49.04	1:38.60	1:38.60	1:11.20	1:11.20	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:29.26	2:29.26	2:03.53	2:03.53	1:53.38	1:53.38	1:48.90	1:48.90	1:35.54	1:35.54	1:27.47	1:25.73	--	--
50 Fly	2:16.18	2:16.18	2:02.08	2:02.08	1:29.22	1:29.22	1:15.13	1:15.13	0:58.46	0:58.46	0:43.88	0:43.88	0:41.58	0:41.58	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:24.21	1:24.21	1:15.08	1:13.59	1:12.67	1:11.22
150 IM	8:55.31	8:55.31	7:30.78	7:30.78	4:41.74	4:41.74	3:50.94	3:50.94	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	4:50.44	4:50.44	3:31.02	3:31.02	3:28.84	3:28.84	3:13.29	3:13.29	2:52.03	2:48.59	2:42.10	2:38.86

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:34.84	0:34.14	0:32.39	0:31.74	0:29.83	0:29.23	0:30.04	0:29.45
100 Free	1:17.97	1:16.40	1:10.30	1:08.89	1:05.27	1:03.96	1:05.74	1:04.42
200 Free	--	--	--	--	--	--	2:22.78	2:19.92
400 Free	6:09.40	6:02.01	5:42.78	5:35.93	5:08.90	5:02.72	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:31.18	1:29.36	1:24.68	1:22.99	1:15.44	1:13.93	1:17.04	1:15.51
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:44.45	1:42.37	1:34.54	1:32.65	1:28.49	1:26.73	1:28.91	1:27.14
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:29.22	1:27.43	1:21.70	1:20.06	1:17.04	1:15.51	1:14.36	1:12.87
150 IM	--	--	--	--	--	--	--	--
200 IM	3:16.74	3:12.80	3:03.13	2:59.46	2:45.78	2:42.46	2:46.67	2:43.33

APPENDIX 4: PARA PERFORM TIME STANDARDS

	MALE PARA PERFORM CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:34.61	1:34.61	1:07.61	1:07.61	0:56.32	0:56.32	0:44.38	0:44.38	0:37.39	0:37.39	0:32.39	0:32.39	0:30.93	0:30.93	0:29.58	0:29.58	0:28.05	0:27.49	0:26.30	0:25.78
100 Free	3:31.31	3:31.31	2:30.25	2:30.25	2:06.78	2:06.78	1:40.89	1:40.89	1:23.37	1:23.37	1:13.84	1:13.84	1:08.55	1:08.55	1:03.83	1:03.83	1:00.58	0:59.36	0:57.10	0:55.96
200 Free	7:54.26	7:54.26	5:38.99	5:38.99	4:53.07	4:53.07	3:44.41	3:44.41	3:08.25	3:08.25	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	5:49.65	5:49.65	5:19.20	5:19.20	4:59.84	4:59.84	4:38.72	4:33.15	4:29.06	4:23.68
50 Back	1:44.87	1:44.87	1:17.02	1:17.02	1:01.01	1:01.01	0:54.41	0:54.41	0:43.46	0:43.46	--	--	--	--	--	--	--	--	--	--
100 Back	3:37.54	3:37.54	2:45.47	2:45.47	--	--	--	--	--	--	1:27.75	1:27.75	1:22.17	1:22.17	1:15.19	1:15.19	1:08.53	1:07.16	1:05.94	1:04.63
50 Breast	3:35.99	3:35.99	3:24.92	3:24.92	0:58.26	0:58.26	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:02.09	2:02.09	1:52.39	1:52.39	1:31.49	1:31.49	1:29.37	1:29.37	1:21.43	1:21.43	1:15.90	1:14.38	--	--
50 Fly	1:03.62	1:03.62	0:56.35	0:56.35	0:51.18	0:51.18	0:46.03	0:46.03	0:41.95	0:41.95	0:36.12	0:36.12	0:33.98	0:33.98	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:08.63	1:08.63	1:06.19	1:04.87	1:02.99	1:01.72
150 IM	10:38.62	10:38.62	8:45.91	8:45.91	4:52.33	4:52.33	3:15.98	3:15.98	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	4:50.44	4:50.44	3:11.96	3:11.96	2:57.05	2:57.05	2:39.68	2:39.68	2:31.35	2:28.31	2:23.55	2:20.68

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:29.40	0:28.81	0:27.68	0:27.13	0:26.40	0:25.87	0:26.28	0:25.76
100 Free	1:03.38	1:02.12	0:59.87	0:58.67	0:56.35	0:55.23	0:57.28	0:56.13
200 Free	--	--	--	--	--	--	2:05.29	2:02.78
400 Free	5:34.46	5:27.78	4:32.35	4:26.91	4:43.69	4:38.01	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:21.56	1:19.93	1:11.25	1:09.83	1:06.71	1:05.38	1:06.53	1:05.20
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:28.37	1:26.60	1:18.68	1:17.11	1:16.59	1:15.06	1:12.48	1:11.03
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:22.87	1:21.21	1:06.19	1:04.87	1:02.93	1:01.67	1:01.85	1:00.60
150 IM	--	--	--	--	--	--	--	--
200 IM	2:55.54	2:52.02	2:30.25	2:27.24	2:26.16	2:23.23	2:22.22	2:19.38

APPENDIX 5: PARA ADVANCE TIME STANDARDS

	FEMALE PARA ADVANCE CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:10.99	2:10.99	1:30.43	1:30.43	1:11.55	1:11.55	0:53.02	0:53.02	0:47.36	0:47.36	0:41.88	0:41.88	0:39.54	0:39.54	0:37.25	0:37.25	0:34.34	0:33.65	0:32.13	0:31.48
100 Free	4:42.16	4:42.16	3:16.49	3:16.49	2:50.45	2:50.45	2:10.99	2:10.99	1:45.14	1:45.14	1:33.95	1:33.95	1:26.44	1:26.44	1:19.60	1:19.60	1:13.07	1:11.61	1:09.96	1:08.56
200 Free	10:19.71	10:19.71	7:03.22	7:03.22	6:18.62	6:18.62	5:27.48	5:27.48	3:56.92	3:56.92	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:34.52	6:34.52	6:24.39	6:24.39	5:56.73	5:56.73	5:37.04	5:30.30	5:20.49	5:14.09
50 Back	2:31.15	2:31.15	1:55.88	1:55.88	1:22.81	1:22.81	1:09.98	1:09.98	0:56.61	0:56.61	--	--	--	--	--	--	--	--	--	--
100 Back	5:02.31	5:02.31	3:59.16	3:59.16	--	--	--	--	--	--	1:45.03	1:45.03	1:40.40	1:40.40	1:33.10	1:33.10	1:24.52	1:22.82	1:22.60	1:20.95
50 Breast	3:01.38	3:01.38	1:45.80	1:45.80	1:16.40	1:16.40	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:40.15	2:40.15	2:12.55	2:12.55	2:01.66	2:01.66	1:56.85	1:56.85	1:42.51	1:42.51	1:33.86	1:31.98	--	--
50 Fly	2:26.11	2:26.11	2:10.99	2:10.99	1:35.72	1:35.72	1:20.62	1:20.62	1:02.73	1:02.73	0:47.09	0:47.09	0:44.61	0:44.61	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:30.36	1:30.36	1:20.57	1:18.95	1:17.98	1:16.42
150 IM	9:34.37	9:34.37	8:03.68	8:03.68	5:02.31	5:02.31	4:07.80	4:07.80	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:11.64	5:11.64	3:46.41	3:46.41	3:44.08	3:44.08	3:27.40	3:27.40	3:04.59	3:00.90	2:53.94	2:50.46

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:37.38	0:36.63	0:34.76	0:34.07	0:32.00	0:31.36	0:32.24	0:31.59
100 Free	1:23.66	1:21.99	1:15.43	1:13.92	1:10.03	1:08.63	1:10.54	1:09.13
200 Free	--	--	--	--	--	--	2:33.20	2:30.13
400 Free	6:36.36	6:28.43	6:07.81	6:00.44	5:31.45	5:24.81	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:37.83	1:35.88	1:30.86	1:29.04	1:20.95	1:19.32	1:22.67	1:21.01
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:52.08	1:49.83	1:41.43	1:39.40	1:34.95	1:33.05	1:35.40	1:33.50
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:35.72	1:33.81	1:27.66	1:25.91	1:22.67	1:21.01	1:19.78	1:18.18
150 IM	--	--	--	--	--	--	--	--
200 IM	3:31.10	3:26.88	3:16.49	3:12.56	2:57.87	2:54.32	2:58.82	2:55.25

APPENDIX 5: PARA ADVANCE TIME STANDARDS

	MALE PARA ADVANCE CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:41.51	1:41.51	1:12.54	1:12.54	1:00.44	1:00.44	0:47.62	0:47.62	0:40.11	0:40.11	0:34.76	0:34.76	0:33.19	0:33.19	0:31.74	0:31.74	0:30.10	0:29.50	0:28.23	0:27.66
100 Free	3:46.73	3:46.73	2:41.21	2:41.21	2:16.04	2:16.04	1:48.25	1:48.25	1:29.45	1:29.45	1:19.22	1:19.22	1:13.55	1:13.55	1:08.49	1:08.49	1:04.99	1:03.69	1:01.27	1:00.04
200 Free	8:28.87	8:28.87	6:03.73	6:03.73	5:14.46	5:14.46	4:00.78	4:00.78	3:21.99	3:21.99	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:15.17	6:15.17	5:42.49	5:42.49	5:21.72	5:21.72	4:59.06	4:53.08	4:48.69	4:42.92
50 Back	1:52.53	1:52.53	1:22.63	1:22.63	1:05.46	1:05.46	0:58.37	0:58.37	0:46.64	0:46.64	--	--	--	--	--	--	--	--	--	--
100 Back	3:53.42	3:53.42	2:57.55	2:57.55	--	--	--	--	--	--	1:34.15	1:34.15	1:28.16	1:28.16	1:20.67	1:20.67	1:13.54	1:12.07	1:10.75	1:09.35
50 Breast	3:51.76	3:51.76	3:39.88	3:39.88	1:02.51	1:02.51	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:11.00	2:11.00	2:00.60	2:00.60	1:38.16	1:38.16	1:35.90	1:35.90	1:27.38	1:27.38	1:21.44	1:19.81	--	--
50 Fly	1:08.26	1:08.26	1:00.46	1:00.46	0:54.92	0:54.92	0:49.38	0:49.38	0:45.01	0:45.01	0:38.75	0:38.75	0:36.46	0:36.46	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:13.64	1:13.64	1:11.02	1:09.60	1:07.58	1:06.23
150 IM	11:25.22	11:25.22	9:24.30	9:24.30	5:13.66	5:13.66	3:30.28	3:30.28	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:11.64	5:11.64	3:25.97	3:25.97	3:09.98	3:09.98	2:51.34	2:51.34	2:42.39	2:39.14	2:34.03	2:30.95

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:31.55	0:30.92	0:29.70	0:29.11	0:28.32	0:27.75	0:28.20	0:27.64
100 Free	1:08.01	1:06.65	1:04.23	1:02.95	1:00.46	0:59.25	1:01.46	1:00.23
200 Free	--	--	--	--	--	--	2:14.44	2:11.74
400 Free	5:58.87	5:51.69	4:52.22	4:46.38	5:04.39	4:58.30	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:27.52	1:25.76	1:16.46	1:14.93	1:11.58	1:10.15	1:11.38	1:09.95
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:34.82	1:32.92	1:24.43	1:22.74	1:22.18	1:20.53	1:17.77	1:16.21
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:28.91	1:27.13	1:11.02	1:09.60	1:07.53	1:06.17	1:06.36	1:05.03
150 IM	--	--	--	--	--	--	--	--
200 IM	3:08.35	3:04.59	2:41.21	2:37.99	2:36.83	2:33.69	2:32.60	2:29.55

APPENDIX 6: PARA PROSPECTS TIME STANDARDS

	FEMALE PARA PROSPECTS CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:23.25	2:23.25	1:38.89	1:38.89	1:18.24	1:18.24	0:57.98	0:57.98	0:51.80	0:51.80	0:45.79	0:45.79	0:43.24	0:43.24	0:40.74	0:40.74	0:37.55	0:36.80	0:35.14	0:34.43
100 Free	5:08.55	5:08.55	3:34.87	3:34.87	3:06.40	3:06.40	2:23.25	2:23.25	1:54.97	1:54.97	1:42.74	1:42.74	1:34.52	1:34.52	1:27.05	1:27.05	1:19.90	1:18.30	1:16.50	1:14.97
200 Free	11:17.69	11:17.69	7:42.81	7:42.81	6:54.04	6:54.04	5:58.12	5:58.12	4:19.08	4:19.08	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	7:11.42	7:11.42	7:00.35	7:00.35	6:30.10	6:30.10	6:08.57	6:01.20	5:50.47	5:43.47
50 Back	2:45.28	2:45.28	2:06.71	2:06.71	1:30.56	1:30.56	1:16.53	1:16.53	1:01.91	1:01.91	--	--	--	--	--	--	--	--	--	--
100 Back	5:30.58	5:30.58	4:21.52	4:21.52	--	--	--	--	--	--	1:54.85	1:54.85	1:49.79	1:49.79	1:41.81	1:41.81	1:32.42	1:30.57	1:30.33	1:28.53
50 Breast	3:18.35	3:18.35	1:55.69	1:55.69	1:23.54	1:23.54	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:55.13	2:55.13	2:24.95	2:24.95	2:13.04	2:13.04	2:07.78	2:07.78	1:52.10	1:52.10	1:42.64	1:40.58	--	--
50 Fly	2:39.78	2:39.78	2:23.25	2:23.25	1:44.68	1:44.68	1:28.16	1:28.16	1:08.59	1:08.59	0:51.49	0:51.49	0:48.78	0:48.78	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:38.82	1:38.82	1:28.10	1:26.34	1:25.27	1:23.57
150 IM	10:28.10	10:28.10	8:48.92	8:48.92	5:30.58	5:30.58	4:30.97	4:30.97	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:40.79	5:40.79	4:07.60	4:07.60	4:05.05	4:05.05	3:46.79	3:46.79	3:21.86	3:17.82	3:10.21	3:06.41

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:40.88	0:40.06	0:38.01	0:37.25	0:35.00	0:34.30	0:35.25	0:34.54
100 Free	1:31.48	1:29.66	1:22.48	1:20.83	1:16.58	1:15.05	1:17.14	1:15.59
200 Free	--	--	--	--	--	--	2:47.52	2:44.18
400 Free	7:13.43	7:04.76	6:42.21	6:34.17	6:02.45	5:55.20	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:46.99	1:44.85	1:39.36	1:37.37	1:28.52	1:26.75	1:30.40	1:28.59
50 Breast	--	--	--	--	--	--	--	--
100 Breast	2:02.56	2:00.11	1:50.92	1:48.71	1:43.84	1:41.76	1:44.33	1:42.25
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:44.68	1:42.58	1:35.86	1:33.94	1:30.40	1:28.59	1:27.25	1:25.50
150 IM	--	--	--	--	--	--	--	--
200 IM	3:50.84	3:46.23	3:34.87	3:30.57	3:14.51	3:10.62	3:15.56	3:11.64

APPENDIX 6: PARA PROSPECTS TIME STANDARDS

	MALE PARA PROSPECTS CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:51.01	1:51.01	1:19.32	1:19.32	1:06.09	1:06.09	0:52.08	0:52.08	0:43.87	0:43.87	0:38.01	0:38.01	0:36.29	0:36.29	0:34.71	0:34.71	0:32.92	0:32.26	0:30.86	0:30.25
100 Free	4:07.94	4:07.94	2:56.30	2:56.30	2:28.76	2:28.76	1:58.39	1:58.39	1:37.82	1:37.82	1:26.63	1:26.63	1:20.44	1:20.44	1:14.89	1:14.89	1:11.07	1:09.66	1:07.00	1:05.66
200 Free	9:16.47	9:16.47	6:37.75	6:37.75	5:43.87	5:43.87	4:23.30	4:23.30	3:40.88	3:40.88	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:50.26	6:50.26	6:14.53	6:14.53	5:51.81	5:51.81	5:27.03	5:20.49	5:15.70	5:09.38
50 Back	2:03.06	2:03.06	1:30.37	1:30.37	1:11.58	1:11.58	1:03.83	1:03.83	0:51.00	0:51.00	--	--	--	--	--	--	--	--	--	--
100 Back	4:15.25	4:15.25	3:14.16	3:14.16	--	--	--	--	--	--	1:42.95	1:42.95	1:36.41	1:36.41	1:28.21	1:28.21	1:20.41	1:18.81	1:17.38	1:15.83
50 Breast	4:13.44	4:13.44	4:00.45	4:00.45	1:08.36	1:08.36	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:23.26	2:23.26	2:11.87	2:11.87	1:47.34	1:47.34	1:44.86	1:44.86	1:35.55	1:35.55	1:29.06	1:27.28	--	--
50 Fly	1:14.64	1:14.64	1:06.12	1:06.12	1:00.06	1:00.06	0:54.00	0:54.00	0:49.22	0:49.22	0:42.37	0:42.37	0:39.87	0:39.87	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:20.53	1:20.53	1:17.67	1:16.11	1:13.90	1:12.42
150 IM	12:29.31	12:29.31	10:17.08	10:17.08	5:43.00	5:43.00	3:49.95	3:49.95	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:40.79	5:40.79	3:45.24	3:45.24	3:27.74	3:27.74	3:07.37	3:07.37	2:57.58	2:54.03	2:48.44	2:45.07

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:40.88	0:40.06	0:38.01	0:37.25	0:35.00	0:34.30	0:35.25	0:34.54
100 Free	1:31.48	1:29.66	1:22.48	1:20.83	1:16.58	1:15.05	1:17.14	1:15.59
200 Free	--	--	--	--	--	--	2:47.52	2:44.18
400 Free	7:13.43	7:04.76	6:42.21	6:34.17	6:02.45	5:55.20	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:46.99	1:44.85	1:39.36	1:37.37	1:28.52	1:26.75	1:30.40	1:28.59
50 Breast	--	--	--	--	--	--	--	--
100 Breast	2:02.56	2:00.11	1:50.92	1:48.71	1:43.84	1:41.76	1:44.33	1:42.25
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:44.68	1:42.58	1:35.86	1:33.94	1:30.40	1:28.59	1:27.25	1:25.50
150 IM	--	--	--	--	--	--	--	--
200 IM	3:50.84	3:46.23	3:34.87	3:30.57	3:14.51	3:10.62	3:15.56	3:11.64

APPENDIX 7: SWIM BC POINTS 1500 FREE & 5 KM POOL SWIM

WOMEN												MEN									
1500 FREE						5 KM POOL SWIM						1500 FREE				5 KM POOL SWIM					
2008		2007		2006		2008		2007		2006		2007		2006		2007		2006		2007	
SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
16:14.04	16:08.23	16:11.48	16:00.68	16:05.74	15:59.83	57:35.84	57:15.25	56:40.18	56:02.36	56:20.07	55:59.40	130.0	15:04.84	14:51.04	15:08.64	14:50.88	52:46.94	51:43.56	53:00.24	51:56.66	
16:19.09	16:13.25	16:16.52	16:05.66	16:10.74	16:04.80	57:53.75	57:33.05	56:57.80	56:19.79	56:37.58	56:16.80	128.0	15:09.53	14:55.65	15:13.35	14:55.50	53:03.34	51:59.64	53:16.72	52:12.81	
16:24.24	16:18.37	16:21.66	16:10.74	16:15.85	16:09.88	58:12.03	57:51.23	57:15.78	56:37.57	56:55.46	56:34.58	126.0	15:14.32	15:00.37	15:18.15	15:00.21	53:20.10	52:16.06	53:33.54	52:29.30	
16:29.50	16:23.60	16:26.91	16:15.93	16:21.07	16:15.07	58:30.71	58:09.79	57:34.16	56:55.74	57:13.73	56:52.73	124.0	15:19.21	15:05.18	15:23.06	15:05.02	53:37.21	52:32.83	53:50.73	52:46.14	
16:34.88	16:28.95	16:32.27	16:21.24	16:26.40	16:20.37	58:49.79	58:28.76	57:52.93	57:14.31	57:32.39	57:11.28	122.0	15:24.21	15:10.10	15:28.08	15:09.94	53:54.70	52:49.96	54:08.29	53:03.35	
16:40.38	16:34.41	16:37.75	16:26.66	16:31.85	16:25.78	59:09.29	58:48.14	58:12.12	57:33.28	57:51.46	57:30.23	120.0	15:29.31	15:15.13	15:33.21	15:14.97	54:12.57	53:07.48	54:26.23	53:20.93	
16:46.00	16:40.00	16:43.36	16:32.20	16:37.42	16:31.32	59:29.23	59:07.96	58:31.74	57:52.68	58:10.97	57:49.62	118.0	15:34.53	15:20.27	15:38.45	15:20.11	54:30.84	53:25.39	54:44.58	53:38.92	
16:51.75	16:45.71	16:49.09	16:37.87	16:43.12	16:36.99	59:49.62	59:28.24	58:51.81	58:12.53	58:30.92	58:09.44	116.0	15:39.87	15:25.53	15:43.81	15:25.37	54:49.53	53:43.70	55:03.35	53:57.31	
16:57.63	16:51.56	16:54.96	16:43.67	16:48.96	16:42.78	1:00:10.49	59:48.98	59:12.34	58:32.83	58:51.33	58:29.73	114.0	15:45.34	15:30.91	15:49.30	15:30.75	55:08.66	54:02.45	55:22.56	54:16.13	
17:03.65	16:57.55	17:00.96	16:49.61	16:54.93	16:48.72	1:00:31.86	1:00:10.22	59:33.36	58:53.62	59:12.22	58:50.50	112.0	15:50.93	15:36.42	15:54.92	15:36.26	55:28.24	54:21.63	55:42.22	54:35.40	
17:09.82	17:03.68	17:07.12	16:55.69	17:01.04	16:54.79	1:00:53.74	1:00:31.97	59:54.89	59:14.91	59:33.62	59:11.77	110.0	15:56.66	15:42.06	16:00.67	15:41.90	55:48.29	54:41.28	56:02.35	54:55.13	
17:16.14	17:09.96	17:13.42	17:01.93	17:07.31	17:01.02	1:01:16.15	1:00:54.25	1:00:16.94	59:36.72	59:55.55	59:33.56	108.0	16:02.53	15:47.84	16:06.56	15:47.67	56:08.83	55:01.41	56:22.98	55:15.35	
17:22.61	17:16.39	17:19.88	17:08.31	17:13.73	17:07.40	1:01:39.13	1:01:17.09	1:00:39.55	59:59.07	1:00:18.02	59:55.89	106.0	16:08.54	15:53.76	16:12.60	15:53.60	56:29.89	55:22.05	56:44.13	55:36.07	
17:29.25	17:23.00	17:26.50	17:14.86	17:20.31	17:13.94	1:02:02.69	1:01:40.51	1:01:02.73	1:00:22.00	1:00:41.07	1:00:18.80	104.0	16:14.71	15:59.84	16:18.80	15:59.67	56:51.48	55:43.21	57:05.81	55:57.32	
17:36.07	17:29.77	17:33.29	17:21.58	17:27.07	17:20.66	1:02:26.87	1:02:04.54	1:01:26.52	1:00:45.52	1:01:04.71	1:00:42.30	102.0	16:21.04	16:06.07	16:25.16	16:05.90	57:13.63	56:04.92	57:28.06	56:19.12	
17:43.06	17:36.72	17:40.27	17:28.48	17:34.00	17:27.55	1:02:51.68	1:02:29.21	1:01:50.93	1:01:09.66	1:01:28.98	1:01:06.42	100.0	16:27.54	16:12.47	16:31.68	16:12.30	57:36.37	56:27.20	57:50.89	56:41.50	
17:50.24	17:43.86	17:47.43	17:35.57	17:41.12	17:34.63	1:03:17.17	1:02:54.54	1:02:16.01	1:01:34.46	1:01:53.91	1:01:31.19	98.0	16:34.21	16:19.04	16:38.38	16:18.87	57:59.73	56:50.09	58:14.34	57:04.48	
17:57.62	17:51.20	17:54.80	17:42.85	17:48.44	17:41.90	1:03:43.35	1:03:20.58	1:02:41.77	1:01:59.94	1:02:19.52	1:01:56.65	96.0	16:41.07	16:25.79	16:45.27	16:25.62	58:23.72	57:13.61	58:38.44	57:28.10	
18:05.21	17:58.74	18:02.37	17:50.33	17:55.97	17:49.38	1:04:10.28	1:03:47.34	1:03:08.26	1:02:26.13	1:02:45.86	1:02:22.83	94.0	16:48.12	16:32.74	16:52.35	16:32.56	58:48.40	57:37.79	59:03.22	57:52.39	
18:13.02	18:06.50	18:10.15	17:58.03	18:03.71	17:57.07	1:04:37.98	1:04:14.88	1:03:35.52	1:02:53.09	1:03:12.95	1:02:49.75	92.0	16:55.37	16:39.88	16:59.63	16:39.70	59:13.78	58:02.66	59:28.71	58:17.37	
18:21.06	18:14.49	18:18.17	18:05.96	18:11.67	18:04.99	1:05:06.50	1:04:43.22	1:04:03.57	1:03:20.83	1:03:40.84	1:03:17.47	90.0	17:02.84	16:47.23	17:07.13	16:47.05	59:39.92	58:28.27	59:54.95	58:43.08	
18:29.34	18:22.72	18:26.43	18:14.12	18:19.88	18:13.15	1:05:35.87	1:05:12.42	1:04:32.47	1:03:49.41	1:04:09.57	1:03:46.03	88.0	17:10.53	16:54.80	17:14.85	16:54.63	1:00:06.83	58:54.65	1:00:21.99	59:09.57	
18:37.87	18:31.20	18:34.94	18:22.54	18:28.34	18:21.56	1:06:06.15	1:05:42.52	1:05:02.26	1:04:18.87	1:04:39.18	1:04:15.46	86.0	17:18.46	17:02.61	17:22.81	17:02.43	1:00:34.58	59:21.84	1:00:49.85	59:36.88	
18:46.67	18:39.95	18:43.72	18:31.22	18:37.07	18:30.24	1:06:37.38	1:06:13.56	1:05:32.99	1:04:49.25	1:05:09.73	1:04:45.82	84.0	17:26.63	17:10.66	17:31.02	17:10.48	1:01:03.20	59:49.89	1:01:18.59	1:00:05.05	
18:55.76	18:48.99	18:52.78	18:40.18	18:46.08	18:39.19	1:07:09.62	1:06:45.61	1:06:04.71	1:05:20.62	1:05:41.26	1:05:17.16	82.0	17:35.08	17:18.98	17:39.50	17:18.79	1:01:32.74	1:00:18.84	1:01:48.26	1:00:34.12	
19:05.15	18:58.32	19:02.14	18:49.44	18:55.39	18:48.44	1:07:42.92	1:07:18.71	1:06:37.48	1:05:53.02	1:06:13.83	1:05:49.53	80.0	17:43.80	17:27.56	17:48.26	17:27.38	1:02:03.26	1:00:48.75	1:02:18.90	1:01:04.16	