

**2021-2022 CANADIAN INTERUNIVERSITY SPORT (CIS) SWIMMING TIME STANDARDS**

<b>WOMEN</b>			<b>EVENT</b>	<b>MEN</b>		
<b>SCY</b>	<b>LCM</b>	<b>SCM</b>		<b>SCM</b>	<b>LCM</b>	<b>SCY</b>
0:23.82	0:27.23	0:26.44	<b>50 FREE</b>	0:23.15	0:23.84	0:20.86
0:51.39	0:58.75	0:57.04	<b>100 FREE</b>	0:50.53	0:52.05	0:45.52
1:50.91	2:06.80	2:03.11	<b>200 FREE</b>	1:50.57	1:53.89	1:39.61
5:00.27	4:30.62	4:22.74	<b>400 FREE</b>	3:56.18	4:03.27	4:29.92
10:19.51	9:18.33	9:02.07	<b>800 FREE</b>			
			<b>1500 FREE</b>	15:54.08	16:22.70	15:48.39
0:26.45	0:30.24	0:29.36	<b>50 BACK</b>	0:25.89	0:26.67	0:23.32
0:57.21	1:05.41	1:03.50	<b>100 BACK</b>	0:55.77	0:57.44	0:50.24
2:04.35	2:22.17	2:18.03	<b>200 BACK</b>	2:01.84	2:05.50	1:49.77
0:29.87	0:34.15	0:33.16	<b>50 BREAST</b>	0:28.98	0:29.85	0:26.11
1:04.87	1:14.17	1:12.01	<b>100 BREAST</b>	1:03.02	1:04.91	0:56.77
2:20.92	2:41.11	2:36.42	<b>200 BREAST</b>	2:17.96	2:22.10	2:04.29
0:25.32	0:28.94	0:28.10	<b>50 FLY</b>	0:24.96	0:25.71	0:22.49
0:56.32	1:04.39	1:02.51	<b>100 FLY</b>	0:55.20	0:56.86	0:49.73
2:06.79	2:24.96	2:20.74	<b>200 FLY</b>	2:02.95	2:06.64	1:50.77
2:06.82	2:24.99	2:20.77	<b>200 I.M.</b>	2:04.29	2:08.02	1:51.97
4:30.63	5:09.41	5:00.40	<b>400 I.M.</b>	4:26.12	4:34.10	3:59.75
3:28.06	3:57.88	3:50.95	<b>400 Fr. Rly</b>	3:23.66	3:29.77	3:03.48
7:33.40	8:38.37	8:23.27	<b>800 Fr. Rly</b>	7:29.74	7:43.23	6:45.17
3:49.61	4:22.52	4:14.87	<b>400 Med. Rly</b>	3:45.36	3:52.12	3:23.03

SCM=short course metres

LCM=long course metres

SCY=short course yards