

2015/2016 Can-Am Standards / WOMEN Short Course Yards

| | 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 | S11 SB11 SM11 | S12 SB12 SM12 | S13 SB13 SM13 | S14 SB14 SM14 |
|------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 50 Free | 3:20.41 | 2:10.48 | 1:51.18 | 1:20.86 | 1:09.36 | 54.50 | 43.70 | 39.81 | 34.96 | 33.99 | 43.70 | 42.82 | 34.96 | 34.96 |
| 100 Free | 6:03.89 | 4:22.81 | 3:42.37 | 2:51.83 | 2:28.64 | 1:49.00 | 1:32.26 | 1:27.40 | 1:17.69 | 1:12.83 | 1:37.11 | 1:35.17 | 1:22.54 | 1:17.69 |
| 200 Free | 11:49.40 | 7:53.24 | 7:02.70 | 6:06.64 | 4:57.29 | 3:47.02 | 3:04.52 | 3:03.63 | 2:44.21 | 2:34.50 | 3:23.06 | 3:19.00 | 2:49.51 | 2:44.22 |
| 500 Free | 29:59.86 | 20:24.00 | 18:15.77 | 15:53.55 | 12:57.14 | 10:01.14 | 9:14.40 | 8:38.67 | 8:00.48 | 7:35.84 | 9:14.40 | 9:03.31 | 8:12.80 | 6:18.76 |
| 1000 Free | | | | | | 19:39.42 | 18:28.80 | 18:04.16 | 16:00.96 | 14:49.28 | 18:28.80 | 18:06.62 | 16:25.60 | 12:37.51 |
| 1650 Free | | | | | | 33:12.40 | 31:10.37 | 30:27.51 | 26:53.20 | 24:48.50 | 31:10.37 | 30:32.97 | 27:36.06 | 24:22.05 |
| 50 Back | 3:01.94 | 2:11.40 | 2:01.29 | 1:30.97 | 1:19.27 | 59.90 | 53.85 | 49.88 | 44.14 | 39.28 | 53.85 | 52.77 | 44.14 | 44.14 |
| 100 Back | 6:13.08 | 4:32.00 | 4:11.78 | 3:11.13 | 2:47.56 | 2:08.82 | 1:56.54 | 1:46.82 | 1:37.11 | 1:27.40 | 1:56.54 | 1:54.20 | 1:37.11 | 1:37.12 |
| 200 Back | 12:35.35 | 9:13.18 | 8:32.75 | 6:31.45 | 5:44.14 | 4:24.86 | 3:53.08 | 3:43.81 | 3:04.52 | 3:03.19 | 3:42.48 | 3:38.03 | 3:05.40 | 3:13.88 |
| 50 Breast | 3:32.27 | 2:41.72 | 2:01.29 | 1:26.37 | 1:19.72 | 1:14.77 | 1:03.56 | 53.85 | 49.00 | | 1:03.56 | 1:02.29 | 49.00 | 49.00 |
| 100 Breast | 7:13.72 | 5:32.64 | 4:11.78 | 3:01.94 | 2:48.46 | 2:38.55 | 2:15.96 | 1:56.54 | 1:46.82 | | 2:15.96 | 2:13.24 | 1:46.82 | 1:46.83 |
| 200 Breast | 14:27.45 | 11:05.29 | 8:23.56 | 6:39.72 | 5:28.82 | 5:00.90 | 4:31.04 | 3:34.41 | 3:34.54 | | 3:56.61 | 3:51.88 | 3:34.54 | 3:34.54 |
| 50 Fly | 2:31.62 | 2:21.51 | 2:01.29 | 1:51.18 | 1:39.09 | 1:14.32 | 58.27 | 53.85 | 49.00 | 44.14 | 53.85 | 52.77 | 44.14 | 49.00 |
| 100 Fly | 5:12.43 | 4:47.62 | 4:07.18 | 3:46.05 | 3:22.70 | 2:37.65 | 2:00.95 | 1:56.54 | 1:46.82 | 1:37.11 | 1:56.54 | 1:54.20 | 1:37.11 | 1:46.83 |
| 200 Fly | 10:24.86 | 9:35.24 | 8:14.37 | 7:32.10 | 6:45.40 | 5:15.31 | 4:01.90 | 3:32.89 | 3:09.81 | 3:08.93 | 3:43.81 | 3:39.33 | 3:37.18 | 3:13.88 |
| 150 IM | 6:34.21 | 6:19.05 | 6:03.89 | 5:03.24 | | | | | | | | | | |
| 200 IM | 9:10.43 | 7:50.02 | 8:09.78 | 6:59.02 | 5:56.75 | 4:57.29 | 4:12.50 | 3:53.08 | 3:14.23 | 3:04.52 | 3:53.08 | 3:48.42 | 3:23.94 | 3:14.23 |
| 400 IM | 18:20.86 | 15:40.05 | 16:19.56 | 13:58.05 | 12:02.52 | 10:03.60 | 8:33.83 | 7:09.96 | 6:15.22 | 6:00.21 | 6:43.47 | 6:35.40 | 5:44.32 | 6:15.23 |

2015/2016 Can-Am Standards / WOMEN Short Course Meters

| | 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 | S11 SB11 SM11 | S12 SB12 SM12 | S13 SB13 SM13 | S14 SB14 SM14 |
|------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 50 Free | 3:42.36 | 2:24.84 | 2:03.42 | 1:29.76 | 1:17.00 | 1:00.50 | 48.51 | 44.20 | 38.81 | 37.73 | 48.51 | 47.54 | 38.81 | 38.81 |
| 100 Free | 6:43.92 | 4:51.72 | 4:06.84 | 3:10.74 | 2:45.00 | 2:01.00 | 1:42.41 | 1:37.02 | 1:26.24 | 1:20.85 | 1:47.80 | 1:45.64 | 1:31.63 | 1:26.24 |
| 200 Free | 13:07.44 | 8:45.30 | 7:49.20 | 6:46.98 | 5:30.00 | 4:12.00 | 3:24.82 | 3:23.84 | 3:02.28 | 2:51.50 | 3:45.40 | 3:40.89 | 3:08.16 | 3:02.28 |
| 400 Free | 26:14.88 | 17:51.00 | 15:58.80 | 13:54.36 | 11:20.00 | 8:46.00 | 8:05.10 | 7:54.32 | 7:00.42 | 6:38.86 | 8:05.10 | 7:55.40 | 7:11.20 | 7:00.42 |
| 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 | 3:21.96 | 2:25.86 | 2:14.64 | 1:40.98 | 1:28.00 | 1:06.50 | 59.78 | 55.37 | 49.00 | 43.61 | 59.78 | 58.58 | 49.00 | 49.00 |
| 100 Back | 6:54.12 | 5:01.92 | 4:39.48 | 3:32.16 | 3:06.00 | 2:23.00 | 2:09.36 | 1:58.58 | 1:47.80 | 1:37.02 | 2:09.36 | 2:06.77 | 1:47.80 | 1:47.80 |
| 200 Back | 13:58.44 | 10:14.04 | 9:29.16 | 7:14.52 | 6:22.00 | 4:54.00 | 4:18.72 | 4:08.43 | 3:24.82 | 3:23.35 | 4:06.96 | 4:02.02 | 3:25.80 | 3:35.21 |
| 50 Breast | 3:55.62 | 2:59.52 | 2:14.64 | 1:35.88 | 1:28.50 | 1:23.00 | 1:10.56 | 59.78 | 54.39 | | 1:10.56 | 1:09.15 | 54.39 | 54.39 |
| 100 Breast | 8:01.44 | 6:09.24 | 4:39.48 | 3:21.96 | 3:07.00 | 2:56.00 | 2:30.92 | 2:09.36 | 1:58.58 | | 2:30.92 | 2:27.90 | 1:58.58 | 1:58.58 |
| 200 Breast | 16:02.88 | 12:18.48 | 9:18.96 | 7:23.70 | 6:05.00 | 5:34.00 | 5:00.86 | 3:58.63 | 3:58.14 | | 4:22.64 | 4:17.39 | 3:58.14 | 3:58.14 |
| 50 Fly | 2:48.30 | 2:37.08 | 2:14.64 | 2:03.42 | 1:50.00 | 1:22.50 | 1:04.68 | 59.78 | 54.39 | 49.00 | 59.78 | 58.58 | 49.00 | 54.39 |
| 100 Fly | 5:46.80 | 5:19.26 | 4:34.38 | 4:10.92 | 3:45.00 | 2:55.00 | 2:14.26 | 2:09.36 | 1:58.58 | 1:47.80 | 2:09.36 | 2:06.77 | 1:47.80 | 1:58.58 |
| 200 Fly | 11:33.60 | 10:38.52 | 9:08.76 | 8:21.84 | 7:30.00 | 5:50.00 | 4:28.52 | 3:55.20 | 3:30.70 | 3:29.72 | 4:08.43 | 4:03.46 | 4:01.08 | 3:35.21 |
| 150 IM | 7:17.58 | 7:00.75 | 6:43.92 | 5:36.60 | | | | | | | | | | |
| 200 IM | 10:10.98 | 8:41.73 | 9:03.66 | 7:45.12 | 6:36.00 | 5:30.00 | 4:40.28 | 4:18.72 | 3:35.60 | 3:24.82 | 4:18.72 | 4:13.55 | 3:46.38 | 3:35.60 |
| 400 IM | 20:21.96 | 17:23.46 | 18:07.32 | 15:30.24 | 13:22.00 | 11:10.00 | 9:30.36 | 7:57.26 | 6:56.50 | 6:39.84 | 7:27.86 | 7:18.90 | 6:22.20 | 6:56.50 |

2015/2016 Can-Am Standards / WOMEN Long Course Meters

| | 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 | S11 SB11 SM11 | S12 SB12 SM12 | S13 SB13 SM13 | S14 SB14 SM14 |
|------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 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 |

2015/2016 Can-Am Standards / MEN Short Course Yards

| | 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 | S11 SB11 SM11 | S12 SB12 SM12 | S13 SB13 SM13 | S14 SB14 SM14 |
|------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 50 Free | 2:41.72 | 1:41.08 | 1:20.86 | 1:10.75 | 54.50 | 44.59 | 34.96 | 33.99 | 31.08 | 30.10 | 38.84 | 33.99 | 31.08 | 31.08 |
| 100 Free | 4:57.29 | 3:32.27 | 3:01.94 | 2:31.62 | 1:58.91 | 1:34.14 | 1:25.91 | 1:20.86 | 1:10.75 | 1:06.71 | 1:17.69 | 1:12.83 | 1:07.98 | 1:07.98 |
| 200 Free | 9:54.59 | 7:02.70 | 5:25.29 | 5:03.24 | 4:37.47 | 3:16.39 | 3:01.02 | 2:50.91 | 2:30.70 | 2:21.51 | 2:44.21 | 2:34.50 | 2:24.79 | 2:24.79 |
| 500 Free | 25:31.42 | 17:40.80 | 13:45.32 | 13:12.68 | 12:06.85 | 8:48.00 | 8:32.91 | 8:20.09 | 7:41.62 | 7:28.80 | 8:37.44 | 7:48.16 | 7:26.88 | 5:49.62 |
| 1000 Free | | | | | | 17:36.00 | 17:05.82 | 16:40.80 | 15:23.24 | 14:57.60 | 17:14.88 | 15:36.32 | 14:53.76 | 11:39.24 |
| 1650 Free | | | | | | 30:36.97 | 26:18.66 | 24:58.06 | 22:18.87 | 21:10.43 | 27:58.95 | 24:11.49 | 21:52.67 | 19:25.85 |
| 50 Back | 2:38.55 | 2:01.29 | 1:41.08 | 1:20.86 | 59.45 | 50.00 | 45:94 | 43:41 | 35.83 | 34:82 | 49.00 | 44.14 | 39.28 | 34.43 |
| 100 Back | 5:21.62 | 4:11.78 | 3:26.75 | 2:46.32 | 2:03.42 | 1:49.00 | 1:41.08 | 1:46.02 | 1:20.86 | 1:18.10 | 1:46.82 | 1:37.11 | 1:27.40 | 1:17.69 |
| 200 Back | 10:52.25 | 8:23.47 | 7:02.70 | 5:41.83 | 5:09.90 | 3:36.21 | 3:31.35 | 3:12.05 | 2:50.91 | 2:45.40 | 4:17.11 | 3:23.06 | 3:03.63 | 2:44.22 |
| 50 Breast | 3:16.39 | 2:01.29 | 1:41.08 | 1:06.16 | 1:02.38 | 59.90 | 56.05 | 45.94 | 38.87 | | 53.85 | 44.14 | 39.28 | 37.35 |
| 100 Breast | 6:41.80 | 4:07.18 | 3:31.35 | 2:21.51 | 2:13.78 | 2:08.82 | 2:01.29 | 1:41.08 | 1:26.92 | | 1:56.54 | 1:37.11 | 1:27.40 | 1:23.52 |
| 200 Breast | 13:38.01 | 8:32.75 | 7:11.89 | 4:49.45 | 4:23.06 | 4:21.26 | 4:00.75 | 3:39.16 | 3:33.18 | | 3:41.60 | 2:03.06 | 3:12.46 | 3:24.83 |
| 50 Fly | 1:58.91 | 1:51.18 | 1:30.95 | 1:20.86 | 1:09.36 | 54.50 | 45.48 | 43.41 | 35.83 | 33.08 | 44.14 | 36.86 | 34.43 | 34.43 |
| 100 Fly | 4:06.84 | 3:51.56 | 2:11.13 | 2:59.91 | 2:27.74 | 1:58.01 | 1:40.16 | 1:36.02 | 1:20.86 | 1:15.35 | 1:37.11 | 1:22.54 | 1:17.69 | 1:17.69 |
| 200 Fly | 8:22.70 | 7:52.32 | 6:31.45 | 5:51.02 | 5:09.00 | 4:05.04 | 3:29.51 | 3:17.56 | 3:06.54 | 2:54.59 | 3:14.23 | 3:11.58 | 2:52.16 | 3:13.88 |
| 150 IM | 5:56.75 | 5:33.56 | 5:03.24 | 4:02.52 | | | | | | | | | | |
| 200 IM | 8:00.18 | 7:29.35 | 6:40.61 | 5:28.05 | 2:27.74 | 3:57.83 | 3:32.27 | 3:22.16 | 3:01.94 | 2:51.83 | 3:33.65 | 3:14.23 | 2:54.81 | 2:54.81 |
| 400 IM | 16:07.56 | 15:03.29 | 13:22.21 | 11:00.70 | 9:59.09 | 8:00.18 | 7:13.72 | 6:53.51 | 6:13.08 | 5:52.86 | 7:16.14 | 6:37.29 | 5:58.45 | 5:58.45 |

2015/2016 Can-Am Standards / MEN Short Course Meters

| | 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 | S11 SB11 SM11 | S12 SB12 SM12 | S13 SB13 SM13 | S14 SB14 SM14 |
|------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 50 Free | 2:59.52 | 1:52.20 | 01:29.76 | 01:18.54 | 1:00.50 | 49.50 | 38.81 | 37.73 | 34.50 | 33.42 | 43.12 | 37.73 | 34.50 | 34.50 |
| 100 Free | 5:30.00 | 3:55.62 | 03:21.96 | 02:48.30 | 2:12.00 | 1:44.50 | 1:35.37 | 1:29.76 | 1:18.54 | 1:14.05 | 1:26.24 | 1:20.85 | 1:15.46 | 1:15.46 |
| 200 Free | 11:00.00 | 7:49.20 | 06:01.08 | 05:36.60 | 5:08.00 | 3:38.00 | 3:20.94 | 3:09.72 | 2:47.28 | 2:37.08 | 3:02.28 | 2:51.50 | 2:40.72 | 2:40.72 |
| 400 Free | 22:20.00 | 15:28.20 | 12:02.16 | 11:33.60 | 10:36.00 | 7:42.00 | 7:28.80 | 7:17.58 | 6:43.92 | 6:32.70 | 7:32.76 | 6:49.64 | 6:31.02 | 6:28.08 |
| 800 Free | | | | | | 15:24.00 | 14:57.60 | 14:35.16 | 13:27.84 | 13:05.40 | 15:05.52 | 13:39.28 | 13:02.04 | 12:56.16 |
| 1500 Free | | | | | | 30:48.00 | 26:28.14 | 25:07.05 | 22:26.91 | 21:18.06 | 28:09.03 | 24:20.20 | 22:00.55 | 21:34.09 |
| 50 Back | 2:56.00 | 2:14.64 | 01:52.20 | 01:29.76 | 1:06.00 | 55.50 | 51.00 | 48.19 | 39.78 | 38.66 | 54.39 | 49.00 | 43.61 | 38.22 |
| 100 Back | 5:57.00 | 4:34.38 | 03:49.50 | 03:04.62 | 2:17.00 | 2:01.00 | 1:52.20 | 1:46.59 | 1:29.76 | 1:26.70 | 1:58.58 | 1:47.80 | 1:37.02 | 1:26.24 |
| 200 Back | 12:04.00 | 9:18.96 | 07:49.20 | 06:19.44 | 5:44.00 | 4:00.00 | 3:54.60 | 3:33.18 | 3:09.72 | 3:03.60 | 4:05.98 | 3:45.40 | 3:23.84 | 3:02.28 |
| 50 Breast | 3:38.00 | 2:14.64 | 01:52.20 | 01:13.44 | 1:09.25 | 1:06.50 | 1:02.22 | 51.00 | 43.15 | | 59.78 | 49.00 | 43.61 | 41.45 |
| 100 Breast | 7:26.00 | 4:39.48 | 03:54.60 | 02:37.08 | 2:28.50 | 2:23.00 | 2:14.64 | 1:52.20 | 1:36.49 | | 2:09.36 | 1:47.80 | 1:37.02 | 1:32.71 |
| 200 Breast | 15:08.00 | 9:29.16 | 07:59.40 | 05:21.30 | 4:52.00 | 4:50.00 | 4:27.24 | 4:03.27 | 3:56.64 | | 4:28.52 | 3:45.40 | 3:33.64 | 3:47.36 |
| 50 Fly | 2:12.00 | 2:03.42 | 01:40.98 | 01:29.76 | 1:17.00 | 1:00.50 | 50.49 | 48.19 | 39.78 | 36.72 | 49.00 | 40.92 | 38.22 | 38.22 |
| 100 Fly | 4:34.00 | 4:17.04 | 03:32.16 | 03:09.72 | 2:44.00 | 2:11.00 | 1:51.18 | 1:46.59 | 1:29.76 | 1:23.64 | 1:47.80 | 1:31.63 | 1:26.24 | 1:26.24 |
| 200 Fly | 9:18.00 | 8:44.28 | 07:14.52 | 06:29.64 | 5:43.00 | 4:32.00 | 3:52.56 | 3:39.30 | 3:27.06 | 3:13.80 | 3:35.60 | 3:32.66 | 3:11.10 | 3:35.21 |
| 150 IM | 6:36.00 | 6:10.26 | 05:36.60 | 04:29.28 | | | | | | | | | | |
| 200 IM | 8:53.00 | 8:18.78 | 07:22.68 | 06:04.14 | 5:30.00 | 4:24.00 | 3:55.62 | 3:44.40 | 3:21.96 | 3:10.74 | 3:57.16 | 3:35.60 | 3:14.04 | 3:14.04 |
| 400 IM | 17:54.00 | 16:42.66 | 14:50.46 | 12:13.38 | 11:05.00 | 8:53.00 | 8:01.44 | 7:39.00 | 6:54.12 | 6:31.68 | 8:04.12 | 7:21.00 | 6:37.88 | 6:37.88 |

2015/2016 Can-Am Standards / MEN Long Course Meters

| | 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 | S11 SB11 SM11 | S12 SB12 SM12 | S13 SB13 SM13 | S14 SB14 SM14 |
|------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 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 | 1:44.50 | 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 | 9:08.0 | 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 |