



CBAC

GLOBAL PERFORMANCE SERIES

2025/2026 Season



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The Value of International Racing: Why the Global Performance Series Matters

At Camana Bay Aquatic Club, we are passionate about creating a developmental pathway that ensures long term success for all of our athletes. Success is defined differently and specifically at each level, but the process is the same: individual sessions, weekly cycles, and yearly plans are designed in order to create a system where achievements are not hoped for: they're inevitable.

While the pathway to success is built in training, a vital part of the process for these athletes is to have the opportunity to test out/show off their improvements in different competitive environments. The Global Performance Series (GPS) was created with those opportunities in mind. Designed to give our athletes meaningful international experiences, GPS meets combine high-quality competition with travel, team bonding, and memories that last well beyond the pool deck.

While improving performance level is the ultimate goal, these trips offer much more. Ask any athlete what they remember most about their swimming career: their answer will rarely involve a specific race or whether they achieved a best time. It's the team dinners. The snowball fight they had after finals. The nervous excitement of walking into a brand-new pool. The trip to the arcade after the meet. The lifelong friendships they made. The pride of putting on their CBAC cap in front of a whole new crowd. These are the kinds of moments that define a season and often, a career.

Traveling and competing as a team helps athletes build confidence, resilience, and independence in a way that's hard to replicate at home. It opens their eyes to what's out there, (different cultures, different competitors, and different standards), and helps them see themselves as part of something bigger. With every trip, they strengthen their connection to the sport, to their teammates, and to the growing legacy of CBAC on the international stage.

We encourage all eligible families to take advantage of these experiences. Whether it's your athlete's first trip or one of many, the GPS meets are about more than just racing. They're about character development, fun, and creating the kind of journey that your swimmer will never forget.



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How It Works: What to Expect with GPS Meets

Participating in a Global Performance Series meet is meant to be exciting: not overwhelming. Here are a few key things to know:

Sign-ups typically open 6–8 weeks before each meet. You'll receive an email with all the key info: dates, location, focus, eligibility, and expected costs.

Spots are limited. Many of these meets fill up quickly and only offer a fixed number of athlete entries per team. In most cases, we operate on a *first-come, first-served* basis.

Minimum participation is required. On the flip side: CBAC's ability to attend these meets depends on meeting our team minimums. This affects cost, number of coaches, and overall travel logistics, so if you're interested in a meet: please reach out early.

There is an additional cost. These meets involve travel, coaching costs, hotels, and entry fees. CBAC works to keep trips as cost-effective as possible, and *scholarships may be available* in certain cases. The more athletes who attend, the more affordable it becomes for everyone.

Ongoing updates will be shared. Some of these meets are finalized, while others are still in the planning phases. As dates change, accommodation is planned, and meet packages become available: we'll keep all CBAC families in the loop.

Qualification standards vary between GPS meets. Some meets have minimum standards, some are open to all levels. For a list of the most up to date standards, check out the appendix at the end of this document.

Not sure if a meet is right for your swimmer? Reach out! We have tried to offer general descriptions of each meet's target demographic, but many of these decisions can only be made on an individual basis. Be sure to speak with your athlete's primary coach; they'll be happy to walk through the expectations, goals, and whether a particular GPS meet aligns with your athlete's development.



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CBAC Global Performance Series 2025/2026 Season

Date	Event Name	Eligible Athletes	Country	Course	Focus
Oct. 13-14	Long Course Development Camp	11 & Up	Aruba	LCM	Training experience in a long course environment
Oct.15-18	TYR Giants Open	Qualified Athletes	Aruba	SCM	Prelims and finals; new atmosphere; new set of competitors
Nov. 6-9	TAC Big Southern Classic	All Athletes	USA	SCY	Prelims and finals; all levels; short course yards experience: great for college application process
Nov. 12-16	CCCAN	Qualified Athletes	TBD	LCM	National Team Event Not yet confirmed
Dec. 4-7	Pointe Claire Invitational	Qualified Athletes	Canada	SCM	Heats and finals; experience adapting to new environment, fast swimming leading into holidays
Jan. 30 - Feb. 1	Karl Dalhouse Memorial	All Athletes	Jamaica	LCM	Long course racing experience, tune up prior to Championship Season
Apr. 4-8	CARIFTA	Qualified Athletes	Martinique	LCM	National Team Event
May 15-17	TAC Titans Spring Fling	All Athletes	USA	LCM	Prelims and finals; long course experience; all levels
June 5-7	Mel Zajac Jr. International	Qualified Athletes	Canada	LCM	High level, international competition, challenging set of standards
July 5-9	Canadian Swimming Trials	Qualified Athletes	Canada	LCM	High level, international competition, very challenging set of standards (must be done LCM)



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Long Course Development Camp

October 13 - 14 • Aruba • Long Course Meters (LCM)

Meet Focus

A skill-focused training experience designed to give CBAC swimmers access to a long course pool early in the season. The emphasis is on both technical and physiological development in a 50m environment.

Ideal For

- Athletes aged **11 & Over** who are committed to the training process
- Swimmers preparing for long course championships later in the season
- Swimmers attending the TYR Giants Open

Competitive Development

- Training-focused environment
- Opportunity to gain experience, and comfort, within a long course format
- Prepares athletes for back-to-back training/racing blocks

Travel & Team Experience

- No pressure of racing allows for a more relaxed environment
- Shared travel builds routine and independence
- First international experience for many athletes

Entry Standards / Eligibility

- Open to athletes aged **11 & Over** by coach approval
- No qualifying standards required

Parent Perspective

This is a stepping stone into international travel without the performance pressure. Athletes grow in confidence, maturity, and self-discipline: all while building excitement and focus for the season ahead.



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TYR Giants Open

October 15 - 18 • Aruba • Short Course Meters (SCM)

Meet Focus

An early-season prelims-finals SCM competition that provides a high-energy start to the season against international clubs. Great for testing early season speed and strategy in a unique format.

Ideal For

- **Qualified** athletes aged 11 & Over; **keen** athletes aged 10 & Under
- Athletes aiming to challenge themselves in a new competition structure
- Swimmers looking for exposure to a prelims-finals format early in the season

Competitive Development

- Introduction to prelim-final strategy and recovery
- Opportunity to race new competitors
- Fast SCM format encourages speed and excitement

Travel & Team Experience

- Back-to-back with the Development Camp
- Tight schedule demands smart travel and performance routines
- Team building during and after sessions

Entry Standards / Eligibility

- **Qualifying standards apply for athletes aged 11 & Over** – *See Appendix*
- No minimum standards for 10 & Unders - selection will be based on coach recommendation
- Note: you do **not** have to attend the Development Camp in order to attend the TYR Giants Open

Parent Perspective

This meet promises to be a fun one, and will introduce athletes to performing under pressure: with travel, fatigue, and new competitors. It's a great opportunity early in the season to see how they respond, learn, and rise through the process.



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TAC Big Southern Classic

November 6 - 9 • Cary, North Carolina, USA • Short Course Yards (SCY)

Meet Focus

A large, inclusive meet hosted in a premier U.S. facility. Full prelim-final structure in 25 yard pool gives athletes exposure to a format that mirrors NCAA competition.

Ideal For

- All CBAC athletes pending coach approval
- New travellers and experienced competitors alike
- Great first GPS meet for families

Competitive Development

- Prelims-finals challenge and team scoring environment
- Short course yards format gives exposure to U.S. collegiate system
- Racing in a shorter pool takes some of the pressure off, but still allows athletes to achieve time standards needed for CARIFTA etc.

Travel & Team Experience

- Large team travel opportunity
- Team dinners and a trip to Dave and Buster's!
- Fun, competitive team environment.

Entry Standards / Eligibility

- No qualifying times
- Open to all athletes pending coach approval

Parent Perspective

This is a perfect entry into U.S. meets. This meet has a substantial amount of competitive depth, but the host club has been incredibly welcoming to our team and it feels like a home away from home. Swimmers gain confidence and are exposed to a larger community of swimmers.



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CCCAN Championships (TBD)

November 12 - 16 • Location TBD • Long Course Meters (LCM)

Meet Focus

Highest level Age Group Championship in the Caribbean/Central American region. National team event.

Ideal For

- Athletes ready for the next step after CARIFTA
- Athletes looking to represent the Cayman Islands on the international stage
- Goal-oriented swimmers pursuing high performance

Competitive Development

- National representation experience
- International racing in high-pressure setting
- Performance expectations in multiple events

Travel & Team Experience

- Team Cayman event: athletes travel as a national team
- Builds regional pride and exposure to high-level peers
- Allows athletes to build resilience and become comfortable adapting to change

Entry Standards / Eligibility

- **CIASA qualifying standards apply - TBD**
- CIASA selection process determines eligibility

Parent Perspective

A proud moment in your athlete's journey: representing the Cayman Islands at this level is a massive achievement. This meet helps swimmers internalize what it means to race for something larger than themselves.



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Pointe Claire Invitational

December 4 - 7 • Pointe Claire, Quebec, Canada • Short Course Meters (SCM)

Meet Focus

One of Canada's premier age group and senior invitationals. Cold weather, fast racing, and a full prelims-finals format make this a serious but exciting challenge.

Ideal For

- Top age group athletes
- Swimmers aiming to test themselves in a world-class SCM field
- Athletes needing a mid-season benchmark before holiday rest

Competitive Development

- SCM format produces high energy racing
- Deep international fields demand consistency and execution
- Introduction of racing two meets within one taper shortly after Coconut Cup

Travel & Team Experience

- Urban travel and colder climate: great adaptability test
- Sledding and poutine!
- Structured trip that mirrors future elite competition

Entry Standards / Eligibility

- **Qualifying times apply** – *See Appendix*
- Athletes only need to achieve 1 standard (previously 3)

Parent Perspective

This trip is about athletic professionalism: travel, rest, performance, recovery: but it's also a ton of fun! Swimmers return with adaptability and confidence that can't be developed at home.



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Karl Dalhouse Memorial Invitational

January 30 - February 1 • Kingston, Jamaica • Long Course Meters (LCM)

Meet Focus

A key long course tune-up before the CARIFTA qualifying window closes. The meet offers reliable racing, great energy, and regional familiarity.

Ideal For

- CARIFTA aged athletes who have competitive aspirations in a long course pool
- Swimmers seeking some tune-ups prior to championship season
- First-time international racers needing experience

Competitive Development

- LCM racing mid-season is a great litmus test of things to come
- Opportunity to test skills after winter training

Travel & Team Experience

- Close-to-home travel = easier logistics
- Group hotel, team bus
- Great entry-level trip for newer GPS athletes

Entry Standards / Eligibility

- **Open to all CBAC athletes** with coach approval
- No qualifying standards
- Athletes aged 13 & Over may need to chose between 5km Open Water Nationals and this meet: will be discussed on an individual basis.

Parent Perspective

An affordable, approachable international meet: and a great confidence builder. Strong racing, beautiful venue, and a powerful reminder of why we race.



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CARIFTA Championships

April 4 - 8 • Martinique • Long Course Meters (LCM)

Meet Focus

Caribbean's most competitive age group meet. This National Team event is a major milestone in a young swimmer's career.

Ideal For

- Swimmers selected by CIASA
- Athletes focused on achieving championship finals and medals
- Long-term national-level swimmers with international goals

Competitive Development

- Race multiple times across 4-5 days
- Represent Cayman in a regional championship format
- High energy, national pride, and career-defining moments

Travel & Team Experience

- Travel with **Team Cayman**
- Huge regional meet atmosphere
- Athletes learn to work *with* new coaches, and *alongside* a new teammates.

Entry Standards / Eligibility

- **CARIFTA standards apply – TBD**
- CIASA selection process determines eligibility

Parent Perspective

For many, CARIFTA is the meet that solidifies their love for the sport and their national pride. Watching your swimmer thrive under pressure and represent Cayman is a highlight of their journey.



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TAC Titans Spring Fling

May 15 - 17 • Cary, North Carolina, USA • Long Course Meters (LCM)

Meet Focus

Post-Nationals meet focused on long course development. A chance to shift gears and set the tone for the summer competition block.

Ideal For

- All CBAC athletes pending coach approval
- Great for those new to long course racing
- Perfect prep for Mel Zajac or summer qualifying meets

Competitive Development

- Long course experience
- Prelims-finals racing opportunity for most age groups
- New season goals begin here

Travel & Team Experience

- Fun, lower-pressure trip to reset after championship season
- U.S. environment with high energy but accessible meet feel
- A beautiful setting / facility

Entry Standards / Eligibility

- No qualifying standards

Parent Perspective

This is a valuable stepping stone: and teaches kids the important of the process. Tons of fun, great opportunity for first long course exposure, and an opportunity for swimmers to start thinking like high-performance athletes before summer championship season.



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Mel Zajac Jr. International

June 5 - 7 • Vancouver, BC, Canada • Long Course Meters (LCM)

Meet Focus

One of the most competitive international age group/senior invitationals in North America. An elite field tests swimmers against current and future international champions.

Ideal For

- **Qualified** athletes only
- Geared towards senior athletes, but no age minimums
- Athletes pursuing goals of high performance

Competitive Development

- World-class competition demands focus and resilience
- Opportunity to gain exposure to college coaches
- Prepares swimmers for the larger international championships

Travel & Team Experience

- Complex travel timeline: produces resilience and adaptability
- Big-stage experience builds confidence
- Vancouver is a stunning host city with a top notch facility

Entry Standards / Eligibility

- **Strict qualifying standards** - *See Appendix*
- No age groups

Parent Perspective

This meet is a launching pad. For serious athletes on a national or collegiate path, it offers exposure, challenge, and a defining moment in their development.



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Canadian Swimming Trials

July 5 - 9 • Montreal, Canada • Long Course Meters (LCM)

Meet Focus

The hardest meet to qualify for in the GPS calendar. This is a senior national championship: the proving ground for Canada's (and the world's) best.

Ideal For

- **Qualified** athletes: *you do not need to be Canadian to compete at this meet.*
- Athletes with **National Trials cuts** and elite-level experience
- Swimmers targeting senior international performance

Competitive Development

- Opportunity to race alongside world record holders
- High levels of focus, commitment, and discipline required
- Inspiring (and humbling) environment

Travel & Team Experience

- Treated as a professional competition trip
- A high level of travel and competitive autonomy is expected
- High-level team standards and accountability

Entry Standards / Eligibility

- **Very challenging LCM qualifying times** - *See Appendix*
- Athletes under 18 years old: reference the "Junior" column. Athletes over 18 years old: reference the "Senior" column

Parent Perspective

If your swimmer is here: you're witnessing something special. This is the highest level of competition that Canadian swimming provides, and is regularly a provider of new world records.



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Appendix - Time Standards

TYR Giants Open

11-14 Age Group

11-14 Girl's Qualifying & Bonus Event Standards					Event	11-14 Boy's Qualifying & Bonus Event Standards				
LCM QST	LCM BST	SCM QST	SCM BST	Event #	Wednesday, October 15	Event #	SCM BST	SCM QST	LCM BST	LCM QST
N/A	N/A	N/A	N/A	3	200m Medley Relay	4	N/A	N/A	N/A	N/A
12:42.89	N/A	12:13.49	N/A	9	800m Free	10	N/A	11:57.89	N/A	12:22.99
6:56.79	N/A	6:41.89	N/A	15	400m I.M.	16	N/A	6:26.89	N/A	6:46.59
N/A	N/A	N/A	N/A	21	800m Free Relay	22	N/A	N/A	N/A	N/A
LCM QST	LCM BST	SCM QST	SCM BST	Event #	Thursday, October 16	Event #	SCM BST	SCM QST	LCM BST	LCM QST
3:15.99	3:31.09	3:08.19	3:22.59	27	200m Fly	28	3:15.09	3:01.19	3:24.79	3:10.19
1:42.19	1:50.39	1:38.69	1:46.59	33	100m Breast	34	1:42.29	1:34.49	1:47.79	1:39.59
41.59	44.79	39.79	42.79	39	50m Back	40	42.59	39.29	44.49	41.09
1:19.49	1:25.59	1:16.59	1:22.49	45	100m Free	46	1:18.99	1:13.29	1:22.09	1:16.19
3:15.59	3:30.59	3:08.69	3:23.19	49	200m I.M.	50	3:18.09	3:03.19	3:24.39	3:08.99
N/A	N/A	N/A	N/A	55	400m Free Relay	56	N/A	N/A	N/A	N/A

LCM QST	LCM BST	SCM QST	SCM BST	Event #	Friday, October 17	Event #	SCM BST	SCM QST	LCM BST	LCM QST
3:39.89	3:56.79	3:31.09	3:47.29	61	200m Breast	62	3:37.09	3:21.59	3:47.89	3:31.59
35.89	38.49	34.99	37.59	67	50m Free	68	36.29	33.69	37.39	34.79
1:32.69	1:40.59	1:28.19	1:35.69	73	100m Back	74	1:30.79	1:23.69	1:37.19	1:29.59
38.79	41.79	37.79	40.79	79	50m Fly	80	40.99	37.69	41.99	38.69
6:04.79	N/A	5:54.99	N/A	83	400m Free	84	N/A	5:41.19	N/A	5:53.89
N/A	N/A	N/A	N/A	89	400m Medley Relay	90	N/A	N/A	N/A	N/A
LCM QST	LCM BST	SCM QST	SCM BST	Event #	Saturday, October 18	Event #	SCM BST	SCM QST	LCM BST	LCM QST
N/A	N/A	1:27.49	1:34.19	95	100m I.M.	96	1:30.49	1:23.89	N/A	N/A
3:13.29	3:28.09	3:04.19	3:18.29	101	200m Back	102	3:10.99	2:57.39	3:22.99	3:08.49
46.19	49.79	45.19	48.59	107	50m Breast	108	48.09	44.29	49.79	45.89
2:53.09	3:06.39	2:46.79	2:59.59	113	200m Free	114	2:52.39	2:40.09	2:59.19	2:46.39
1:30.49	1:38.29	1:27.19	1:34.79	119	100m Fly	120	1:31.59	1:24.09	1:35.09	1:27.29
N/A	N/A	N/A	N/A	125	200m Free Relay	126	N/A	N/A	N/A	N/A



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Open Category

Open Women's Qualifying & Bonus Event Standards					Event	Open Men's Qualifying & Bonus Event Standards				
LCM QST	LCM BST	SCM QST	SCM BST	Event #	Wednesday, October 15	Event #	SCM BST	SCM QST	LCM BST	LCM QST
N/A	N/A	N/A	N/A	5	200m Medley Relay	6	N/A	N/A	N/A	N/A
20:11.59	N/A	19:49.29	N/A	11	1500m Free	12	N/A	18:16.19	N/A	18:58.49
5:46.89	N/A	5:36.29	N/A	17	400m I.M.	18	N/A	5:05.19	N/A	5:21.19
N/A	N/A	N/A	N/A	23	800m Free Relay	24	N/A	N/A	N/A	N/A
LCM QST	LCM BST	SCM QST	SCM BST	Event #	Thursday, October 16	Event #	SCM BST	SCM QST	LCM BST	LCM QST
2:40.99	2:54.39	2:37.09	2:50.09	29	200m Fly	30	2:34.19	2:22.29	2:39.49	2:27.19
1:24.49	1:31.59	1:21.39	1:28.19	35	100m Breast	36	1:18.89	1:12.79	1:23.09	1:16.69
34.40	37.29	32.97	35.65	41	50m Back	42	32.20	29.78	33.57	31.05
1:07.19	1:12.79	1:05.09	1:10.49	47	100m Free	48	1:03.69	58.79	1:06.69	1:01.49
2:43.89	2:57.49	2:37.39	2:50.49	51	200m I.M.	52	2:34.89	2:22.99	2:43.59	2:30.99
N/A	N/A	N/A	N/A	57	400m Free Relay	58	N/A	N/A	N/A	N/A

LCM QST	LCM BST	SCM QST	SCM BST	Event #	Friday, October 17	Event #	SCM BST	SCM QST	LCM BST	LCM QST
3:02.09	3:17.29	2:56.19	3:10.89	63	200m Breast	64	2:51.39	2:38.29	3:00.59	2:46.69
30.89	33.49	30.09	32.59	69	50m Free	70	28.99	26.79	30.59	28.19
1:14.49	1:20.69	1:10.79	1:16.69	75	100m Back	76	1:09.29	1:03.99	1:13.69	1:07.99
33.62	36.46	32.93	35.61	81	50m Fly	82	32.16	29.73	32.40	29.97
5:04.49	N/A	5:00.79	N/A	85	400m Free	86	N/A	4:36.29	N/A	4:46.39
N/A	N/A	N/A	N/A	91	400m Medley Relay	92	N/A	N/A	N/A	N/A
LCM QST	LCM BST	SCM QST	SCM BST	Event #	Saturday, October 18	Event #	SCM BST	SCM QST	LCM BST	LCM QST
N/A	N/A	1:14.34	1:20.62	97	100m I.M.	98	1:11.56	1:06.31	N/A	N/A
2:40.09	2:53.39	2:33.69	2:46.49	103	200m Back	104	2:31.49	2:19.79	2:39.99	2:27.69
39.18	42.48	38.00	41.09	109	50m Breast	110	36.52	33.78	37.68	34.81
2:25.09	2:37.09	2:21.19	2:32.89	115	200m Free	116	2:19.59	2:08.89	2:25.39	2:14.29
1:12.29	1:18.29	1:10.39	1:16.29	121	100m Fly	122	1:08.99	1:03.69	1:11.29	1:05.79
N/A	N/A	N/A	N/A	127	200m Free Relay	128	N/A	N/A	N/A	N/A



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Pointe Claire Invitational - NOTE: These standards have yet to be finalized by the host club, but they should be fairly similar to what you see below. Updates will be distributed as soon as they become available.

Pointe-Claire Invitational Time Standards Filles Girls - Short Course Meters (25m)																
Level Age	Competition Group B							Competition Group A								
	11	12	13	14	15	16	17+	11	12	13	14	15	16	17+		
50 Free	36.95	35.10	33.55	32.88	32.22	31.58	30.95	31.86	30.27	29.17	28.59	28.02	27.46	26.91		
100 Free	1:21.11	1:17.05	1:13.13	1:11.67	1:10.23	1:08.83	1:07.45	1:09.59	1:06.11	1:03.40	1:02.13	1:00.89	0:59.67	0:58.47		
200 Free	2:56.15	2:47.34	2:37.71	2:34.56	2:31.47	2:28.44	2:25.47	2:31.00	2:23.45	2:16.78	2:14.05	2:11.37	2:08.74	2:06.16		
400 Free	6:08.53	5:50.11	5:30.66	5:24.05	5:17.57	5:11.22	5:04.99	5:15.93	5:00.13	4:46.69	4:40.96	4:35.34	4:29.83	4:24.44		
800 Free	12:54.52	12:15.79	11:11.23	10:57.81	10:44.65	10:31.76	10:19.12	11:03.93	10:30.73	9:50.31	9:38.51	9:26.94	9:15.60	9:04.49		
1500 Free	19:19.83	19:19.83	21:24.27	20:58.58	20:33.41	20:08.74	19:44.57	19:19.83	19:19.83	19:19.83	18:56.63	18:33.90	18:11.62	17:49.79		
100 Back	1:34.93	1:30.19	1:21.08	1:19.46	1:17.87	1:16.31	1:14.79	1:16.21	1:12.40	1:10.24	1:08.84	1:07.46	1:06.11	1:04.79		
200 Back	3:16.60	3:06.77	2:54.01	2:50.53	2:47.12	2:43.78	2:40.50	2:41.46	2:33.39	2:30.85	2:27.83	2:24.88	2:21.98	2:19.14		
100 Breast	1:45.11	1:39.85	1:32.14	1:30.30	1:28.49	1:26.72	1:24.99	1:25.72	1:21.43	1:19.84	1:18.24	1:16.68	1:15.15	1:13.64		
200 Breast	3:43.38	3:32.21	3:19.42	3:15.43	3:11.53	3:07.69	3:03.94	3:03.54	2:54.37	2:52.90	2:49.45	2:46.06	2:42.74	2:39.48		
100 Fly	1:32.34	1:27.73	1:18.66	1:17.08	1:15.54	1:14.03	1:12.55	1:13.91	1:10.21	1:08.15	1:06.79	1:05.45	1:04.14	1:02.86		
200 Fly	3:16.69	3:06.86	2:54.11	2:50.62	2:47.21	2:43.87	2:40.59	2:41.56	2:33.48	2:34.75	2:31.65	2:28.62	2:25.65	2:22.73		
200 IM	3:18.04	3:08.14	2:57.89	2:54.33	2:50.84	2:47.43	2:44.08	2:42.61	2:34.48	2:34.18	2:31.09	2:28.07	2:25.11	2:22.21		
400 IM	7:02.10	6:41.00	6:15.96	6:08.44	6:01.07	5:53.85	5:46.78	5:46.74	5:29.41	5:30.70	5:24.09	5:17.61	5:11.26	5:05.03		

Pointe-Claire Invitational Time Standards Filles Girls - Long Course Meters (50m)																
Level Age	Competition Group B							Competition Group A								
	11	12	13	14	15	16	17+	11	12	13	14	15	16	17+		
50 Free	38.49	36.57	34.59	33.90	33.22	32.56	31.90	33.19	31.53	30.08	29.47	28.89	28.31	27.74		
100 Free	1:24.49	1:20.27	1:15.39	1:13.88	1:12.40	1:10.96	1:09.54	1:12.49	1:08.87	1:05.36	1:04.05	1:02.77	1:01.51	1:00.28		
200 Free	3:03.49	2:54.32	2:42.59	2:39.34	2:36.15	2:33.03	2:29.97	2:37.29	2:29.43	2:21.01	2:18.19	2:15.43	2:12.72	2:10.07		
400 Free	6:23.89	6:04.70	5:40.89	5:34.07	5:27.39	5:20.84	5:14.43	5:29.09	5:12.64	4:55.56	4:49.65	4:43.85	4:38.18	4:32.61		
800 Free	13:26.79	12:46.45	11:31.99	11:18.15	11:04.59	10:51.30	10:38.27	11:31.59	10:57.01	10:08.57	9:56.40	9:44.47	9:32.78	9:21.33		
1500 Free	19:55.70	19:55.70	22:03.99	21:37.51	21:11.56	20:46.13	20:21.21	19:55.70	19:55.70	19:55.70	19:31.78	19:08.35	18:45.38	18:22.87		
100 Back	1:38.89	1:33.95	1:23.59	1:21.92	1:20.28	1:18.67	1:17.10	1:19.39	1:15.42	1:12.41	1:10.96	1:09.54	1:08.15	1:06.79		
200 Back	3:24.79	3:14.55	2:59.39	2:55.80	2:52.29	2:48.84	2:45.46	2:48.19	2:39.78	2:35.52	2:32.41	2:29.36	2:26.37	2:23.44		
100 Breast	1:49.49	1:44.02	1:34.99	1:33.09	1:31.23	1:29.40	1:27.62	1:29.29	1:24.83	1:22.31	1:20.66	1:19.05	1:17.47	1:15.92		
200 Breast	3:52.69	3:41.06	3:25.59	3:21.48	3:17.45	3:13.50	3:09.63	3:11.19	3:01.63	2:58.25	2:54.69	2:51.19	2:47.77	2:44.41		
100 Fly	1:36.19	1:31.38	1:21.09	1:19.47	1:17.88	1:16.32	1:14.79	1:16.99	1:13.14	1:10.26	1:08.85	1:07.47	1:06.12	1:04.80		
200 Fly	3:24.89	3:14.65	2:59.49	2:55.90	2:52.38	2:48.93	2:45.56	2:48.29	2:39.88	2:39.53	2:36.34	2:33.22	2:30.15	2:27.15		
200 IM	3:26.29	3:15.98	3:03.39	2:59.72	2:56.13	2:52.61	2:49.15	2:49.39	2:40.92	2:38.95	2:35.77	2:32.65	2:29.60	2:26.61		
400 IM	7:19.69	6:57.71	6:27.59	6:19.84	6:12.24	6:04.80	5:57.50	6:01.19	5:43.13	5:40.93	5:34.11	5:27.43	5:20.88	5:14.47		

Pointe-Claire Invitational Time Standards Hommes Men - Short Course Meters (25m)																
Level Age	Competition Group B							Competition Group A								
	11	12	13	14	15	16	17+	11	12	13	14	15	16	17+		
50 Free	35.89	34.10	31.03	30.41	29.80	29.21	28.62	30.81	29.27	26.89	26.35	25.83	25.31	24.80		
100 Free	1:18.23	1:14.32	1:07.89	1:06.53	1:05.20	1:03.90	1:02.62	1:07.09	1:03.74	0:58.93	0:57.75	0:56.59	0:55.46	0:54.35		
200 Free	2:50.77	2:42.24	2:27.72	2:24.77	2:21.87	2:19.03	2:16.25	2:26.39	2:19.07	2:08.13	2:05.57	2:03.06	2:00.60	1:58.18		
400 Free	6:00.47	5:42.45	5:14.37	5:08.08	5:01.92	4:55.88	4:49.96	5:09.01	4:53.56	4:32.53	4:27.08	4:21.74	4:16.50	4:11.37		
800 Free	12:40.02	12:02.02	10:44.07	10:31.19	10:18.57	10:06.19	9:54.07	10:51.45	10:18.87	9:26.83	9:15.50	9:04.39	8:53.50	8:42.83		
1500 Free	18:02.63	18:02.63	20:29.37	20:04.78	19:40.69	19:17.07	18:53.93	18:02.63	18:02.63	18:02.63	17:40.98	17:19.76	16:58.96	16:38.58		
100 Back	1:32.92	1:28.27	1:15.94	1:14.42	1:12.93	1:11.48	1:10.05	1:18.23	1:14.32	1:05.87	1:04.55	1:03.26	1:01.99	1:00.75		
200 Back	3:12.76	3:03.12	2:44.60	2:41.31	2:38.08	2:34.92	2:31.82	2:45.30	2:37.04	2:22.68	2:19.82	2:17.03	2:14.29	2:11.60		
100 Breast	1:42.42	1:37.30	1:25.45	1:23.74	1:22.06	1:20.42	1:18.81	1:26.77	1:22.44	1:14.04	1:12.56	1:11.11	1:09.69	1:08.29		
200 Breast	3:35.70	3:24.92	3:05.84	3:02.13	2:58.48	2:54.91	2:51.42	3:04.89	2:55.64	2:41.12	2:37.89	2:34.74	2:31.64	2:28.61		
100 Fly	1:30.23	1:25.72	1:13.23	1:11.76	1:10.33	1:08.92	1:07.54	1:15.45	1:11.67	1:03.49	1:02.22	1:00.98	0:59.76	0:58.56		
200 Fly	3:14.01	3:04.31	2:44.11	2:40.83	2:37.62	2:34.46	2:31.37	2:46.26	2:37.95	2:24.20	2:21.31	2:18.49	2:15.72	2:13.00		
200 IM	3:16.50	3:06.68	2:46.83	2:43.49	2:40.22	2:37.02	2:33.88	2:46.93	2:38.59	2:24.67	2:21.78	2:18.94	2:16.16	2:13.44		
400 IM	6:52.98	6:32.33	5:53.75	5:46.67	5:39.74	5:32.95	5:26.29	5:53.94	5:36.25	5:10.46	5:04.25	4:58.16	4:52.20	4:46.36		

Pointe-Claire Invitational Time Standards Hommes Men - Long Course Meters (50m)																
Level Age	Competition Group B							Competition Group A								
	11	12	13	14	15	16	17+	11	12	13	14	15	16	17+		
50 Free	37.39	35.52	31.99	31.35	30.72	30.11	29.51	32.09	30.49	27.72	27.17	26.63	26.09	25.57		
100 Free	1:21.49	1:17.42	1:09.99	1:08.59	1:07.22	1:05.87	1:04.56	1:09.89	1:06.40	1:00.75	0:59.54	0:58.34	0:57.18	0:56.03		
200 Free	2:57.89	2:49.00	2:32.29	2:29.24	2:26.26	2:23.33	2:20.47	2:32.49	2:24.87	2:12.09	2:09.45	2:06.86	2:04.33	2:01.84		
400 Free	6:15.49	5:56.72	5:24.09	5:17.61	5:11.26	5:05.03	4:58.93	5:21.89	5:05.80	4:40.96	4:35.34	4:29.83	4:24.43	4:19.15		
800 Free	13:11.69	12:32.11	11:03.99	10:50.71	10:37.70	10:24.94	10:12.44	11:18.59	10:44.66	9:44.36	9:32.68	9:21.22	9:10.00	8:59.00		
1500 Free	18:36.11	18:36.11	21:07.39	20:42.04	20:17.20	19:52.86	19:29.00	18:36.11	18:36.11	18:36.11	18:13.79	17:51.91	17:30.48	17:09.47		
100 Back	1:36.79	1:31.95	1:18.29	1:16.72	1:15.19	1:13.69	1:12.21	1:21.49	1:17.42	1:07.90	1:06.55	1:05.22	1:03.91	1:02.63		
200 Back	3:20.79	3:10.75	2:49.69	2:46.30	2:42.97	2:39.71	2:36.52	2:52.19	2:43.58	2:27.09	2:24.15	2:21.26	2:18.44	2:15.67		
100 Breast	1:46.69	1:41.36	1:28.09	1:26.33	1:24.60	1:22.91	1:21.25	1:30.39	1:25.87	1:16.33	1:14.81	1:13.31	1:11.84	1:10.41		
200 Breast	3:44.69	3:33.46	3:11.59	3:07.76	3:04.00	3:00.32	2:56.72	3:12.59	3:02.96	2:46.10	2:42.78	2:39.52	2:36.33	2:33.21		
100 Fly	1:33.99	1:29.29	1:15.49	1:13.98	1:12.50	1:11.05	1:09.63	1:18.59	1:14.66	1:05.45	1:04.15	1:02.86	1:01.60	1:00.37		
200 Fly	3:22.09	3:11.99	2:49.19	2:45.81	2:42.49	2:39.24	2:36.06	2:53.19	2:44.53	2:28.66	2:25.68	2:22.77	2:19.91	2:17.12		
200 IM	3:24.69	3:14.46	2:51.99	2:48.55	2:45.18	2:41.88	2:38.64	2:53.89	2:45.20	2:29.15	2:26.16	2:23.24	2:20.38	2:17.57		
400 IM	7:10.19	6:48.68	6:04.69	5:57.40	5:50.25	5:43.24	5:36.38	6:08.69	5:50.26	5:20.06	5:13.66	5:07.38	5:01.24	4:55.21		



Mel Zajac Jr. International - NOTE: These standards are from the 2024 Meet. We will update with any changes once the new documents have been released.

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
				800 Free*	9:11.66	9:00.84	10:18.10	1
2	2:10.54	2:24.90	2:27.80	200 Back	2:18.16	2:15.45	2:02.03	3
4	1:10.47	1:18.22	1:19.78	100 Breast	1:09.73	1:08.36	1:01.59	5
6	1:54.85	2:07.48	2:10.03	200 Free	2:01.05	1:58.68	1:46.92	7
8	4:39.69	5:10.46	5:16.67	400 IM	4:53.92	4:48.16	4:19.60	9
10	26.81	29.76	30.36	50 Fly	27.73	27.19	24.50	11
12	18:44.51	18:41.14	19:03.56	1500 Free*				
13				4x100 Free Relay				14

Saturday May 17th, 2025

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00 Finish: 13:30
 Finals: Warm-Up: 16:00-17:15 Start: 17:30 Finish: 20:30

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
15	2:11.71	2:26.20	2:29.12	200 IM	2:17.01	2:14.32	2:01.01	16
17	58.80	1:05.27	1:06.58	100 Fly	1:00.44	59.25	53.38	18
19	29.50	32.75	33.40	50 Back	31.27	30.66	27.62	20
21	5:08.73	4:30.14	4:35.54	400 Free*	4:18.40	4:13.33	4:49.52	22
23	2:31.43	2:48.09	2:51.45	200 Breast	2:30.61	2:27.66	2:13.03	24
25	25.21	27.98	28.54	50 Free	25.82	25.31	22.80	26
27				4x200 Free Relay				28

Sunday May 18th, 2025

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00 Finish: 13:00
 Finals: Warm-Up: 16:00-17:15 Start: 17:30 Finish: 20:00

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
29	10:46.42	9:25.62	9:36.93	800 Free*				
30	1:00.79	1:07.48	1:08.83	100 Back	1:03.71	1:02.46	56.27	31
32	33.02	36.65	37.38	50 Breast	32.79	32.15	28.96	33
34	2:13.60	2:28.30	2:31.27	200 Fly	2:17.39	2:14.70	2:01.35	35
36	53.50	59.38	1:00.57	100 Free	55.01	53.93	48.59	37
				1500 Free*	17:29.88	17:09.29	17:12.39	38
39				4x100 Medley Relay				40

*Yards Standards for the 400 Free, 800 Free, 1500 Free are for the 500 Free, 1000 Free, and 1650 Free.



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Canadian Swimming Trials - NOTE: The columns titled "Trials" are the one to look at.

Last Updated: July 29, 2025

Swimming Canada 2025-2028 Female Standards							
Event	Trials		SC (25m) Champs		Canadian Open		Event
	Senior	Junior	SCM	LCM	SCM	LCM	
AG							AG
50 fr	26.52	27.23	26.01	26.79	26.36	27.15	50 fr
100 fr	56.94	58.58	55.83	57.51	56.61	58.31	100 fr
200 fr	2:04.00	2:07.20	2:01.59	2:05.24	2:02.47	2:06.14	200 fr
400 fr	4:25.15	4:30.43	4:20.00	4:27.80	4:21.15	4:28.98	400 fr
800 fr	9:11.99	9:21.43	9:01.27	9:17.51	9:02.58	9:18.86	800 fr
1500 fr	17:46.28	17:59.67	17:25.58	17:56.94	17:36.18	18:07.87	1500 fr
50 bk	30.47	31:04	29.88	30.77	29.96	30.86	50 bk
100 bk	1:04.22	1:05.87	1:02.97	1:04.86	1:03.64	1:05.55	100 bk
200 bk	2:19.60	2:22.70	2:16.89	2:21.00	2:17.89	2:22.03	200 bk
50 brst	33.67	34.56	33.02	34.01	33.26	34.26	50 brst
100 brst	1:12.93	1:14.92	1:11.51	1:13.66	1:12.29	1:14.46	100 brst
200 brst	2:38.35	2:42.80	2:35.28	2:39.93	2:37.33	2:42.05	200 brst
50 fly	28.31	29.09	27.76	28.59	27.94	28.78	50 fly
100 fly	1:02.36	1:03.99	1:01.15	1:02.98	1:01.95	1:03.81	100 fly
200 fly	2:20.84	2:23.28	2:18.11	2:22.25	2:17.87	2:22.01	200 fly
200 IM	2:20.93	2:24.20	2:18.19	2:22.34	2:20.19	2:24.40	200 IM
400 IM	5:03.06	5:08.43	4:57.18	5:06.09	4:57.84	5:06.78	400 IM

OW Trials	
5K SCM	5K LCM
8:47.66	9:03.49
16:50.18	17:20.49
10K SCM	10K LCM
8:38.92	8:54.49
16:36.8	17:06.69

Swimming Canada 2025-2028 Male Standards							
Event	Trials		SC (25m) Champs		Canadian Open		Event
	Senior	Junior	SCM	LCM	SCM	LCM	
AG							AG
50 fr	23.73	24.56	23.27	23.97	23.42	24.12	50 fr
100 fr	51.57	53.25	50.57	52.09	51.07	52.60	100 fr
200 fr	1:53.53	1:56.47	1:51.33	1:54.67	1:51.62	1:54.97	200 fr
400 fr	4:03.10	4:10.18	3:58.38	4:05.53	3:59.01	4:06.18	400 fr
800 fr	8:29.46	8:44.23	8:21.51	8:36.55	8:27.93	8:43.17	800 fr
1500 fr	16:23.72	16:31.79	15:59.76	16:28.56	16:06.66	16:35.66	1500 fr
50 bk	27.67	28.23	27.13	27.95	27.09	27.90	50 bk
100 bk	58.29	1:00.11	57.16	58.87	57.89	59.63	100 bk
200 bk	2:08.48	2:11.69	2:05.99	2:09.76	2:06.13	2:09.91	200 bk
50 brst	30.15	31.04	29.56	30.45	29.41	30.29	50 brst
100 brst	1:05.39	1:07.45	1:04.12	1:06.04	1:04.36	1:06.29	100 brst
200 brst	2:22.41	2:28.54	2:20.62	2:24.83	2:20.41	2:24.62	200 brst
50 fly	25.67	26.19	25.17	25.93	25.14	25.89	50 fly
100 fly	55.69	57.41	54.61	56.25	55.30	56.96	100 fly
200 fly	2:06.55	2:10.89	2:04.58	2:08.32	2:04.34	2:08.07	200 fly
200 IM	2:09.02	2:12.21	2:07.10	2:10.91	2:06.94	2:10.75	200 IM
400 IM	4:37.96	4:44.63	4:32.56	4:40.74	4:33.61	4:41.82	400 IM

OW Trials	
5K SCM	5K LCM
8:11.75	8:26.50
15:41.35	16:09.59
10K SCM	10K LCM
8:06.88	8:21.49
15:32.03	15:59.99

Trials - LCM Only = Canadian Swimming Trials (age as of December 31st); Stroke 50 qualifying times are only applicable to years when the stroke 50s are offered
 Trials Juniors - LCM Only = Years of birth will be determined based on selection requirements in a given year, ie: 2025, 2026... and detailed in the Meet Information Package
 SC (25m) Champs = Canadian SC (25m) Championships
 Open Water (OW) Trials - In partnership with USA Swimming
 Standards will be reviewed annually in August to ensure size of meets are still appropriate and changes will only be made if required



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