



2018 PERFORMANCE STANDARDS
WOMEN 200 m SWIM
PERIOD 1

PERIOD RANK	ABOUT	TIME	NOTES
1	Cate Skain	02:16.0	SC adjusted time
2	Desirae Ridenour	02:16.5	
3	Chilyn Fenton	02:17.2	
4	Kyla Roy	02:17.7	
5	Laurin Thorne	02:17.8	
6	Claudie Simard	02:18.0	SC adjusted time
6	Dominika Jamnický	02:18.0	SC adjusted time
6	Elise Bolger	02:18.0	SC adjusted time
6	Keisha Besler	02:18.0	SC adjusted time
10	Kira Gupta-Baltazar	02:19.0	SC adjusted time
11	Marie-Ange Hébert	02:20.1	
12	Amelie Kretz	02:21.0	SC adjusted time
12	Elizabeth Lemieux	02:21.0	SC adjusted time
14	Hannah Milic	02:21.8	
15	Élisabeth Boutin	02:21.9	
15	Hannah Henry	02:21.9	
15	Maia Vitoratos	02:21.9	
18	Ariane Lalancette	02:22.0	SC adjusted time
18	Emy Legault	02:22.0	SC adjusted time
18	Gabrielle Bourgault Kennaley	02:22.0	SC adjusted time
21	Celine Marks	02:23.0	SC adjusted time
21	Ella Kubas	02:23.0	SC adjusted time
23	Ellen Pennock	02:23.1	
24	Abby Wilson	02:24.0	SC adjusted time
24	Ella Hnatyshyn	02:24.0	SC adjusted time
24	Haley Sturrock	02:24.0	SC adjusted time
24	Karol-Ann Roy	02:24.0	SC adjusted time
28	Allison Gibb	02:25.0	SC adjusted time
29	Catherine Chouinard	02:26.0	SC adjusted time
29	Kamille Larocque	02:26.0	SC adjusted time
29	Nataliia Kolesova	02:26.0	SC adjusted time
29	Teagan Shapansky	02:26.0	SC adjusted time
33	Cassandra Dalbec	02:27.0	SC adjusted time
33	Kamille Larocque	02:27.0	SC adjusted time
35	Joanna Brown	02:27.8	
36	Abby Speirs	02:28.0	SC adjusted time
36	Payton Ryz	02:28.0	SC adjusted time
38	Colette Reimer	02:29.0	SC adjusted time
38	Mary Hnatyshyn	02:29.0	SC adjusted time
40	Emma Jean Neal	02:30.0	SC adjusted time
40	Paula Findlay	02:30.0	SC adjusted time
42	Andréanne Brière-Dulude	02:31.0	SC adjusted time
43	Colette Reimer	02:32.0	SC adjusted time

PERIOD RANK	ABOUT	TIME	NOTES
1	Gracie Lorenson-Nordstrand	02:11.7	
2	Claudie Simard	02:14.0	SC adjusted time
3	Chilyn Fenton	02:14.7	
4	Desirae Ridenour	02:16.5	
5	Marie-Ange Hébert	02:17.8	
6	Kira Gupta-Baltazar	02:19.0	SC adjusted time
6	Amelie Kretz	02:19.0	SC adjusted time
8	Emy Legault	02:20.0	SC adjusted time
9	Keisha Besler	02:21.0	
9	Kyla Roy	02:21.0	SC adjusted time
9	Joanna Brown	02:21.0	SC adjusted time
12	Gabrielle Bourgault Kennaley	02:21.2	
13	Elise Bolger	02:22.0	SC adjusted time
13	Ellen Pennock	02:22.0	
15	Alexandrine Coursol	02:22.1	
16	Laurin Thorne	02:22.3	
17	Karol-Ann Roy	02:23.0	SC adjusted time
18	Ella Kubas	02:24.0	SC adjusted time
19	Ella Kubas	02:24.5	
20	Claudelle Dumas	02:25.0	SC adjusted time
21	Hannah Henry	02:25.3	
22	Élisabeth Boutin	02:25.5	
23	Elizabeth Lemieux	02:27.0	SC adjusted time
23	Paula Findlay	02:27.0	SC adjusted time
25	Dominika Jamnicky	02:28.0	SC adjusted time
26	Sophia Howell	02:29.0	SC adjusted time
27	Ella Hnatyshyn	02:30.0	SC adjusted time
27	Cassandra Dalbec	02:30.0	
29	Teagan Shapansky	02:30.7	
30	Emma Skaug	02:31.0	SC adjusted time
31	Emma Jean Neal	02:32.0	SC adjusted time
31	Haley Sturrock	02:32.0	SC adjusted time
33	Abby Speirs	02:34.0	
34	Andréanne Brière-Dulude	02:34.5	
35	Payton Ryz	02:36.0	SC adjusted time
36	Madeleine Kennedy	02:37.0	SC adjusted time
37	Andrena Johnson	02:38.0	SC adjusted time
37	Jasmine Feddema	02:38.0	SC adjusted time
37	Sara Bourque	02:38.0	SC adjusted time
40	Charlotte Audra	02:39.0	SC adjusted time
41	Isabelle Poulin	02:42.0	SC adjusted time
42	Isabelle Poulin	02:44.0	SC adjusted time
43	Pepper Howe	02:53.0	SC adjusted time

PERIOD RANK	ABOUT	TIME	NOTES
1	Joanna Brown	04:31.5	
2	Amelie Kretz	04:39.0	
3	Celine Marks	04:43.2	
4	Desirae Ridenour	04:43.3	
5	Dominika Jamnicky	04:43.8	200 m track
6	Samantha Klus	04:44.4	
7	Annika Ariano	04:48.8	
8	Emma Jean Neal	04:51.3	
9	Laurin Thorne	04:51.5	
10	Élisabeth Boutin	04:51.9	
11	Paula Findlay	04:52.5	
12	Jasmine Feddema	04:52.8	200 m track
13	Payton Ryz	04:57.0	
14	Emy Legault	04:58.4	
14	Marie-Ange Hébert	04:58.4	200 m track
16	Teagan Shapansky	04:58.9	
17	Cassandra Dalbec	04:59.0	
18	Hannah Henry	04:59.6	
19	Colette Reimer	05:00.7	
20	Ella Kubas	05:01.0	
21	Kira Gupta-Baltazar	05:01.3	200 m track
22	Karol-Ann Roy	05:03.4	200 m track
23	Claudelle Dumas	05:03.6	
24	Emma Jean Neal	05:03.7	
25	Kyla Roy	05:04.9	
26	Emma Skaug	05:07.0	
27	Elizabeth Lemieux	05:07.7	
28	Claudie Simard	05:08.0	200 m track
29	Keisha Besler	05:10.0	
29	Olivia Jamieson	05:10.0	200 m track
31	Catherine Chouinard	05:11.2	200 m track
32	Alexandrine Coursol	05:14.6	200 m track
33	Abby Wilson	05:17.3	200 m track
34	Ellen Pennock	05:18.2	
35	Cate Skain	05:19.0	200 m track
36	Kamille Larocque	05:22.2	
37	Elise Bolger	05:22.5	200 m track
38	Fany Mainville	05:23.0	200 m track
39	Ella Hnatyshyn	05:24.5	
40	Mary Hnatyshyn	05:24.6	200 m track
41	Natalia Kolesova	05:26.8	200 m track
42	Allison Gibb	05:27.0	
42	Tara Black	05:27.0	



2018 PERFORMANCE STANDARDS
WOMEN 1500 m RUN
PERIOD 1

44	Abby Speirs	05:30.0	
44	Andréanne Brière-Dulude	05:30.0	200 m track
46	Hannah Mehan	05:37.0	
47	Sophia Howell	05:50.3	200 m track
48	Sara Bourque	05:50.9	200 m track
49	Madeleine Kennedy	05:53.0	
50	Chilyn Fenton	06:06.0	200 m track
51	Isabelle Poulin	06:09.0	

PERIOD RANK	ABOUT	TIME	NOTES
1	Amelie Kretz	04:36.8	
2	Desirae Ridenour	04:39.0	
3	Dominika Jamnicky	04:45.4	
4	Joanna Brown	04:47.0	
5	Hannah Henry	04:48.0	
6	Emma Jean Neal	04:50.2	
7	Abby Speirs	04:52.0	
7	Emy Legault	04:52.0	
9	Jasmine Feddema	04:52.4	
10	Emma Skaug	04:52.5	
11	Hannah Milic	04:52.7	
12	Colette Reimer	04:53.5	
13	Élisabeth Boutin	04:53.6	
14	Claudelle Dumas	04:55.9	
15	Paula Findlay	04:57.2	
16	Kyla Roy	04:58.8	
17	Karol-Ann Roy	04:59.0	
17	Kira Gupta-Baltazar	04:59.0	
19	Elizabeth Lemieux	04:59.4	
20	Ella Hnatyshyn	04:59.8	
20	Marie-Ange Hébert	04:59.8	
22	Andrena Johnson	05:02.3	
23	Cassandra Dalbec	05:02.4	
24	Teagan Shapansky	05:04.0	
25	Abby Wilson	05:04.2	
26	Ellen Pennock	05:06.6	
27	Andréanne Brière-Dulude	05:08.0	
28	Claudie Simard	05:09.2	
29	Charlotte Audra	05:09.7	
30	Laurin Thorne	05:13.1	
31	Alexandrine Coursol	05:15.6	
32	Payton Ryz	05:16.4	
33	Keisha Besler	05:17.0	
34	Elise Bolger	05:18.0	
35	Ariane Lalancette	05:21.1	
36	Madeleine Kennedy	05:21.6	
37	Haley Sturrock	05:30.5	
38	Kathryn Oakey-Ayroud	05:31.0	
39	Maia Vitoratos	05:32.1	
40	Sara Bourque	05:38.3	
41	Pepper Howe	05:44.8	

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1	Gracie Lorenson-Nordstrand	02:11.7	
2	Claudie Simard	02:14.0	SC adjusted time
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5	Desirae Ridenour	02:16.5	
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7	Hannah Henry	04:48.0	
8	Annika Ariano	04:48.8	
9	Emma Jean Neal	04:50.2	
10	Laurin Thorne	04:51.5	