



2024-2025 Ontario Provincial Standards

2024-2025 Female Regional Motivational Times																
11 & U	12	13	14	15	16	17	18&O	EVENT	18&O	17	16	15	14	13	12	11 & U
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
34.43	32.77	31.79	30.77	30.36	30.11	29.96	28.98	50 Fr	28.4	29.36	29.5	29.76	30.16	31.16	32.12	33.74
1:16.18	1:12.33	1:09.57	1:07.32	1:06.12	1:05.02	1:04.71	1:03.54	100 Fr	1:02.27	1:03.42	1:03.72	1:04.80	1:05.98	1:08.18	1:10.89	1:14.66
2:48.24	2:38.56	2:33.74	2:26.70	2:25.15	2:23.38	2:22.28	2:19.54	200 Fr	2:16.75	2:19.44	2:20.51	2:22.25	2:23.77	2:30.67	2:35.39	2:44.97
5:58.88	5:36.78	5:27.30	5:14.92	5:10.34	5:06.61	5:02.15	4:54.17	400 Fr	4:48.29	4:56.10	5:00.67	5:04.16	5:08.62	5:20.75	5:30.05	5:51.71
11:52.99	11:45.94	11:25.06	10:54.55	10:49.18	10:38.63	10:34.62	10:28.27	800 Fr	10:15.70	10:21.93	10:25.86	10:36.19	10:41.46	11:11.36	11:31.82	11:48.73
		21:48.39	21:43.59	21:22.48	21:09.65	20:56.94	20:44.36	1500 Fr	20:19.47	20:31.80	20:44.25	20:56.83	21:17.52	21:22.22		
1:29.13	1:23.91	1:21.08	1:16.93	1:15.48	1:13.94	1:13.08	1:10.49	100 Bk	1:09.08	1:11.62	1:12.47	1:13.97	1:15.39	1:19.46	1:22.23	1:27.35
3:09.82	2:59.62	2:54.95	2:46.66	2:43.71	2:41.30	2:40.11	2:34.53	200 Bk	2:31.44	2:36.90	2:38.07	2:40.43	2:43.33	2:51.45	2:56.02	3:06.02
1:41.72	1:35.61	1:31.78	1:27.82	1:25.89	1:25.03	1:24.17	1:23.29	100 Br	1:21.62	1:22.48	1:23.33	1:24.17	1:26.07	1:29.94	1:33.69	1:39.69
3:36.29	3:26.34	3:18.86	3:11.68	3:10.31	3:08.81	3:06.92	3:03.42	200 Br	2:59.75	3:03.18	3:05.03	3:06.51	3:07.84	3:15.86	3:22.21	3:31.96
1:31.02	1:23.49	1:18.52	1:14.82	1:12.97	1:12.32	1:11.27	1:09.83	100 FI	1:08.43	1:09.84	1:10.87	1:11.51	1:13.32	1:16.95	1:21.82	1:29.19
3:40.28	3:18.60	3:18.03	2:54.02	2:50.28	2:49.21	2:45.77	2:37.07	200 FI	2:33.93	2:42.46	2:45.83	2:46.97	2:50.54	3:14.07	3:14.63	3:35.88
3:09.76	3:00.54	2:53.58	2:47.18	2:46.32	2:41.99	2:40.92	2:38.72	200 IM	2:35.54	2:37.70	2:38.75	2:42.99	2:43.84	2:50.10	2:56.93	3:05.97
6:35.21	6:31.30	6:23.74	6:03.45	6:00.40	5:53.18	5:49.55	5:46.05	400 IM	5:39.13	5:42.56	5:46.11	5:53.19	5:56.18	6:16.06	6:23.47	6:27.30

2024-2025 Male Regional Motivational Times																
11 & U	12	13	14	15	16	17	18&O	EVENT	18&O	17	16	15	14	13	12	11 & U
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
34.47	32.29	30.31	28.36	27.61	27.05	26.83	25.61	50 Fr	25.1	26.29	26.51	27.06	27.80	29.7	31.64	33.78
1:16.30	1:11.43	1:06.52	1:02.31	1:00.32	59.17	58.51	56.02	100 Fr	54.9	57.34	57.99	59.12	1:01.07	1:05.19	1:10.01	1:14.77
2:47.87	2:38.77	2:27.37	2:18.06	2:13.66	2:11.03	2:09.76	2:03.75	200 Fr	2:01.27	2:07.16	2:08.41	2:10.99	2:15.30	2:24.42	2:35.60	2:44.51
5:56.98	5:36.89	5:17.20	4:53.98	4:46.86	4:43.71	4:41.43	4:36.02	400 Fr	4:30.50	4:35.80	4:38.03	4:41.12	4:48.10	5:10.85	5:30.15	5:49.84
11:10.15	11:03.52	10:56.95	10:23.66	10:05.37	9:58.73	9:53.21	9:47.28	800 Fr	9:35.53	9:41.35	9:46.75	9:53.26	10:11.18	10:43.81	10:50.25	10:56.75
		20:53.51	20:20.03	20:07.87	19:33.81	19:27.48	19:15.79	1500 Fr	18:52.68	19:04.13	19:10.33	19:43.71	19:55.63	20:28.44		
1:29.41	1:23.40	1:17.02	1:11.22	1:10.26	1:07.18	1:07.02	1:05.80	100 Bk	1:04.48	1:05.68	1:05.84	1:08.85	1:09.80	1:15.48	1:21.74	1:27.63
3:10.31	2:58.96	2:48.59	2:37.06	2:31.96	2:29.08	2:27.72	2:23.05	200 Bk	2:20.18	2:24.77	2:26.09	2:28.92	2:33.92	2:45.22	2:55.38	3:06.51
1:42.13	1:34.63	1:27.73	1:21.14	1:17.33	1:16.20	1:15.20	1:11.06	100 Br	1:09.64	1:13.70	1:14.68	1:15.78	1:19.51	1:25.97	1:32.73	1:40.09
3:39.88	3:20.60	3:11.28	3:00.34	2:50.10	2:48.78	2:48.01	2:35.32	200 Br	2:32.22	2:44.65	2:45.41	2:46.70	2:56.73	3:07.45	3:19.53	3:35.48
1:31.59	1:23.95	1:15.56	1:09.53	1:06.57	1:04.65	1:03.87	1:00.87	100 FI	59.65	1:02.59	1:03.35	1:05.24	1:08.14	1:14.05	1:22.27	1:29.75
3:22.65	3:20.65	3:03.21	2:41.29	2:34.90	2:28.17	2:27.43	2:22.74	200 FI	2:19.89	2:24.48	2:25.21	2:31.80	2:38.06	2:59.54	3:16.64	3:18.60
3:11.43	2:58.77	2:47.03	2:36.09	2:31.68	2:27.82	2:25.07	2:21.16	200 IM	2:18.86	2:22.16	2:24.86	2:28.64	2:32.96	2:43.70	2:55.19	3:07.60
6:31.19	6:27.32	6:04.53	5:38.54	5:28.11	5:21.70	5:19.47	5:12.98	400 IM	5:06.72	5:13.08	5:15.27	5:21.54	5:31.70	5:57.24	6:19.57	6:23.36

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