

2024-2025 PARA Female Ontario Age Groups Standards

EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	03:04.73	02:07.53	02:07.12	01:14.79	01:10.78	00:59.05	00:56.48	00:51.51	00:46.72	00:44.44	00:52.71	00:48.45	00:44.25	00:44.44
100 Free	06:37.88	04:37.09	04:00.38	03:04.73	02:28.27	02:10.34	02:01.90	01:54.41	01:40.91	01:38.66	01:57.98	01:46.37	01:41.12	01:37.52
200 Free		09:56.82	08:53.93	07:41.82	05:34.10									03:31.79
400 Free						09:16.35	09:02.07	08:13.09	07:45.96	07:23.56	09:18.84	10:06.90	07:38.23	
50 Back	03:33.14	02:57.55	01:56.79	01:38.70	01:19.84									
100 Back	07:06.30	05:39.08				02:28.11	02:20.77	02:09.11	01:59.20	01:54.20	02:19.26	02:08.13	01:51.90	01:54.30
50 Breast	04:15.79	02:29.20	01:46.90											
100 Breast				03:45.85	03:06.34	02:51.56	02:44.19	02:24.56	02:12.36		02:38.05	02:23.04	02:11.29	02:11.91
50 Fly			02:14.99	01:53.68	01:28.45	01:06.42	01:02.92							
100 Fly								02:04.92	01:53.62	01:48.15	02:14.99	02:05.08	01:54.30	01:50.32
150 IM		11:22.07	07:06.30	05:49.43										
200 IM					07:19.46	05:19.30	05:15.99	04:46.72	04:15.19	04:04.30	04:57.70	04:54.18	04:05.92	04:06.54

2024-2025 PARA Male Ontario Age Groups Standards

EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	02:23.15	02:07.67	01:25.22	01:07.17	00:56.57	00:51.98	00:46.80	00:44.23	00:41.16	00:39.03	00:44.51	00:39.69	00:39.14	00:39.03
100 Free	05:19.73	04:41.23	03:11.84	02:32.67	02:06.14	01:51.73	01:44.76	01:36.59	01:31.49	01:24.78	01:44.72	01:30.58	01:26.83	01:24.98
200 Free	11:57.60	08:32.92	07:23.45	05:39.54	04:44.84									03:05.88
400 Free						08:49.06	08:02.97	07:24.81	06:58.59	06:39.14	08:26.07	08:17.67	07:00.83	
50 Back	02:57.04	01:56.52	01:32.32	01:22.33	01:05.77									
100 Back	06:06.73	04:10.38				02:12.76	02:04.33	01:51.94	01:43.70	01:38.48	02:03.41	01:47.83	01:40.95	01:38.70
50 Breast	05:26.83	05:10.09	01:28.16											
100 Breast				03:04.74	02:50.07	02:18.42	02:15.23	02:03.21	01:54.86		02:13.70	01:59.07	01:53.62	01:49.66
50 Fly		01:25.26	01:17.45	01:09.64	01:03.48	00:54.64	00:51.42							
100 Fly								01:43.85	01:37.17	01:35.16	02:05.38	01:39.12	01:33.24	01:31.74
150 IM	16:06.28	13:15.76	07:22.32	04:56.55										
200 IM					07:19.46	04:50.46	04:27.90	03:56.32	03:45.68	03:32.95	04:25.61	04:27.19	03:36.82	03:30.99

2024-2025 PARA Female Ontario Age Groups Standards

EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	03:08.42	02:10.08	02:09.66	01:16.29	01:10.78	00:59.05	00:56.48	00:50.48	00:45.79	00:43.55	00:53.76	00:47.48	00:43.36	00:43.55
100 Free	06:45.84	04:42.63	04:05.19	03:08.42	02:28.27	02:10.34	02:01.90	01:52.12	01:38.89	01:36.69	02:00.34	01:44.24	01:39.10	01:35.57
200 Free		10:08.76	09:04.61	07:51.06	05:34.10									03:27.55
400 Free						09:16.35	09:02.07	08:03.23	07:36.64	07:14.69	09:30.02	09:54.76	07:29.07	
50 Back	03:37.40	03:01.10	01:59.13	01:40.67	01:19.84									
100 Back	07:14.83	05:45.86				02:28.11	02:20.77	02:06.53	01:56.82	01:51.92	02:22.05	02:05.57	01:49.66	01:52.01
50 Breast	04:20.91	02:32.18	01:49.04											
100 Breast				03:50.37	03:06.34	02:51.56	02:44.19	02:21.67	02:09.71		02:41.21	02:20.18	02:08.66	02:09.27
50 Fly			02:17.69	01:55.95	01:28.45	01:06.42	01:02.92							
100 Fly								02:02.42	01:51.35	01:45.99	02:17.69	02:02.58	01:52.01	01:48.11
150 IM		11:35.71	07:14.83	05:56.42										
200 IM					07:19.46	05:19.30	05:15.99	04:40.99	04:10.09	03:59.41	05:03.65	04:48.30	04:01.00	04:01.61

2024-2025 PARA Male Ontario Age Groups Standards

EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	02:26.01	02:10.22	01:26.92	01:08.51	00:56.57	00:51.98	00:46.80	00:43.35	00:40.34	00:38.25	00:45.40	00:38.90	00:38.36	00:38.25
100 Free	05:26.12	04:46.85	03:15.68	02:35.72	02:06.14	01:51.73	01:44.76	01:34.66	01:29.66	01:23.08	01:46.81	01:28.77	01:25.09	01:23.28
200 Free	12:11.95	08:43.18	07:32.32	05:46.33	04:44.84									03:02.16
400 Free						08:49.06	08:02.97	07:15.91	06:50.22	06:31.16	08:36.19	08:07.72	06:52.41	
50 Back	03:00.58	01:58.85	01:34.17	01:23.98	01:05.77									
100 Back	06:14.06	04:15.39				02:12.76	02:04.33	01:49.70	01:41.63	01:36.51	02:05.88	01:45.67	01:38.93	01:36.73
50 Breast	05:33.37	05:16.29	01:29.92											
100 Breast				03:08.43	02:50.07	02:18.42	02:15.23	02:00.75	01:52.56		02:16.37	01:56.69	01:51.35	01:47.47
50 Fly		01:26.97	01:19.00	01:11.03	01:03.48	00:54.64	00:51.42							
100 Fly								01:41.77	01:35.23	01:33.26	02:07.89	01:37.14	01:31.38	01:29.91
150 IM	16:25.61	13:31.68	07:31.17	05:02.48										
200 IM					07:19.46	04:50.46	04:27.90	03:51.59	03:41.17	03:28.69	04:30.92	04:21.85	03:32.48	03:26.77