

2026-2027 Time Standards

ONTARIO SWIMMING CHAMPIONSHIPS

FEMALE								EVENTS	MALE							
17&O	16	15	14	13&U	12	11&U			11&U	12	13	14&U	15	16	17&O	
27.15	27.42	27.7	28.01	28.04	29.37	30.64	SCM	50 Freestyle	SCM	31.01	28.53	26.58	25.87	25.19	24.68	24.36
27.69	27.97	28.25	28.57	28.6	29.96	31.25	LCM		LCM	31.63	29.1	27.11	26.39	25.69	25.17	24.85
58.72	59.3	1:00.30	1:00.66	1:00.96	1:04.50	1:07.51	SCM	100 Freestyle	SCM	1:08.42	1:02.66	58.44	56.65	55.02	53.97	53.31
59.89	1:00.49	1:01.51	1:01.87	1:02.18	1:05.79	1:08.86	LCM		LCM	1:09.79	1:03.91	59.61	57.78	56.12	55.05	54.38
2:08.11	2:09.40	2:10.95	2:12.27	2:13.61	2:20.73	2:28.08	SCM	200 Freestyle	SCM	2:28.30	2:17.45	2:08.16	2:03.48	2:00.72	1:58.34	1:56.74
2:11.95	2:13.28	2:13.86	2:16.06	2:16.33	2:23.54	2:31.04	LCM		LCM	2:31.27	2:20.20	2:10.72	2:05.95	2:03.90	2:01.89	2:00.24
4:30.41	4:33.15	4:35.90	4:38.69	4:41.50	4:58.00	5:14.38	SCM	400 Freestyle	SCM	5:13.02	4:51.82	4:33.52	4:23.23	4:19.61	4:14.19	4:10.65
4:35.82	4:38.61	4:41.42	4:44.26	4:47.13	5:03.96	5:20.67	LCM		LCM	5:19.28	4:57.66	4:38.99	4:28.49	4:24.80	4:19.27	4:15.66
9:24.70	9:30.40	9:36.17	9:41.99	9:46.38	10:17.14	10:50.25	SCM	800 Freestyle	SCM	10:11.18	10:05.07	9:27.87	9:11.85	9:00.48	8:53.33	8:48.21
9:35.99	9:41.81	9:47.69	9:53.63	9:58.11	10:29.48	11:03.25	LCM		LCM	10:23.40	10:17.17	9:39.23	9:22.89	9:11.29	9:04.00	8:58.77
18:15.26	18:26.32	18:37.50	18:48.78	19:00.19			SCM	1500 Freestyle	SCM			18:14.89	17:47.99	17:32.46	17:07.14	16:56.86
18:37.17	18:48.45	18:59.85	19:11.36	19:22.99			LCM		LCM			18:36.79	18:09.35	17:53.51	17:27.68	17:17.20
30.84	31.16	31.51	31.7	32.19	34.16	35.67	SCM	50 Backstroke	SCM	36.53	33.59	30.68	29.43	28.92	27.86	27.8
31.46	31.78	32.14	32.33	32.83	34.84	36.38	LCM		LCM	37.26	34.26	31.29	30.02	29.5	28.42	28.36
1:06.66	1:07.44	1:08.84	1:09.18	1:10.34	1:13.71	1:17.44	SCM	100 Backstroke	SCM	1:19.05	1:13.33	1:07.37	1:04.90	1:02.89	1:01.27	1:00.66
1:07.99	1:08.79	1:10.22	1:10.56	1:11.75	1:15.18	1:18.99	LCM		LCM	1:20.63	1:14.80	1:08.72	1:06.20	1:04.15	1:02.50	1:01.87
2:24.22	2:25.68	2:27.85	2:29.93	2:31.50	2:38.17	2:44.94	SCM	200 Backstroke	SCM	2:48.26	2:37.64	2:25.33	2:20.76	2:16.84	2:14.64	2:13.29
2:28.55	2:30.05	2:32.04	2:33.79	2:34.53	2:41.33	2:48.24	LCM		LCM	2:51.63	2:40.79	2:28.34	2:23.58	2:20.93	2:18.33	2:17.29
34.45	34.54	34.71	34.88	35.8	38.34	40.28	SCM	50 Breaststroke	SCM	40.68	37.5	33.54	32.54	31.98	30.99	30.53
35.14	35.22	35.4	35.58	36.52	39.11	41.09	LCM		LCM	41.49	38.25	34.21	33.19	32.62	31.61	31.14
1:16.18	1:16.94	1:17.72	1:18.50	1:19.19	1:24.54	1:28.51	SCM	100 Breaststroke	SCM	1:28.89	1:22.08	1:14.56	1:12.75	1:10.53	1:09.44	1:08.59
1:17.70	1:18.48	1:19.27	1:20.07	1:20.77	1:26.23	1:30.28	LCM		LCM	1:30.67	1:23.72	1:16.05	1:14.21	1:11.94	1:10.83	1:09.96
2:45.21	2:46.88	2:48.57	2:50.27	2:51.99	3:02.16	3:09.69	SCM	200 Breaststroke	SCM	3:09.31	2:56.74	2:43.44	2:40.04	2:33.63	2:31.89	2:30.38
2:50.17	2:51.89	2:53.63	2:55.24	2:56.94	3:05.80	3:13.48	LCM		LCM	3:13.10	3:00.27	2:46.71	2:43.24	2:38.24	2:36.45	2:34.54
28.63	28.98	29.09	29.24	29.82	31.83	33.25	SCM	50 Butterfly	SCM	34.74	31.58	28.53	27.55	26.84	26.49	25.92
29.2	29.56	29.67	29.82	30.42	32.47	33.92	LCM		LCM	35.43	32.21	29.1	28.1	27.38	27.02	26.44
1:05.00	1:05.74	1:06.55	1:06.68	1:08.37	1:12.23	1:17.21	SCM	100 Butterfly	SCM	1:19.23	1:10.80	1:04.18	1:01.95	1:00.62	58.96	58.25
1:06.30	1:07.05	1:07.88	1:08.01	1:09.74	1:13.67	1:18.75	LCM		LCM	1:20.81	1:12.22	1:05.46	1:03.19	1:01.83	1:00.14	59.42
2:29.06	2:30.56	2:32.46	2:34.00	2:35.55	2:52.01	3:06.15	SCM	200 Butterfly	SCM	3:03.03	2:46.34	2:27.48	2:21.66	2:19.49	2:13.83	2:11.97
2:33.53	2:34.77	2:37.03	2:37.60	2:40.22	2:55.45	3:09.87	LCM		LCM	3:08.52	2:49.67	2:30.43	2:24.49	2:22.28	2:17.77	2:15.93
2:24.83	2:26.30	2:28.55	2:30.11	2:32.13	2:38.57	2:48.19	SCM	200 Individual Medley	SCM	2:49.53	2:35.64	2:24.84	2:19.96	2:16.99	2:13.50	2:11.02
2:29.18	2:30.24	2:31.52	2:34.49	2:36.08	2:41.74	2:51.55	LCM		LCM	2:52.92	2:39.33	2:28.15	2:22.76	2:20.95	2:17.32	2:14.95
5:11.62	5:13.91	5:17.94	5:18.47	5:24.15	5:42.87	6:00.43	SCM	400 Individual Medley	SCM	5:56.76	5:35.46	5:09.34	4:59.17	4:53.88	4:47.71	4:43.26
5:17.85	5:20.19	5:24.30	5:24.84	5:30.63	5:49.73	6:07.64	LCM		LCM	6:03.90	5:42.17	5:15.53	5:05.15	4:59.76	4:53.46	4:48.93