

2026-2027 Time Standards

ONTARIO AGE GROUPS

FEMALE								EVENTS	MALE							
17&O	16	15	14	13	12	11&U			11&U	12	13	14	15	16	17&O	
27.83	28.11	28.39	28.71	28.74	30.1	31.41	SCM	50 Freestyle	SCM	31.79	29.24	27.24	26.52	25.82	25.3	24.97
28.38	28.67	28.96	29.28	29.32	30.71	32.03	LCM		LCM	32.42	29.83	27.79	27.05	26.33	25.8	25.47
1:00.19	1:00.78	1:01.81	1:02.18	1:02.48	1:06.11	1:09.20	SCM	100 Freestyle	SCM	1:10.13	1:04.23	59.9	58.07	56.4	55.32	54.64
1:01.39	1:02.00	1:03.05	1:03.42	1:03.73	1:07.43	1:10.58	LCM		LCM	1:11.53	1:05.51	1:01.10	59.22	57.52	56.43	55.74
2:11.31	2:12.64	2:14.22	2:15.58	2:16.95	2:24.25	2:31.78	SCM	200 Freestyle	SCM	2:32.01	2:20.89	2:11.36	2:06.57	2:03.74	2:01.30	1:59.66
2:15.25	2:16.61	2:17.21	2:19.46	2:19.74	2:27.13	2:34.82	LCM		LCM	2:35.05	2:23.70	2:13.99	2:09.10	2:07.00	2:04.94	2:03.25
4:37.17	4:39.98	4:42.80	4:45.66	4:48.54	5:05.45	5:22.24	SCM	400 Freestyle	SCM	5:20.85	4:59.12	4:40.36	4:29.81	4:26.10	4:20.54	4:16.92
4:42.72	4:45.58	4:48.46	4:51.37	4:54.31	5:11.56	5:28.69	LCM		LCM	5:27.26	5:05.10	4:45.96	4:35.20	4:31.42	4:25.75	4:22.05
9:38.82	9:44.66	9:50.57	9:56.54	10:01.04	10:32.57	11:06.51	SCM	800 Freestyle	SCM	10:26.46	10:20.20	9:42.07	9:25.65	9:13.99	9:06.66	9:01.42
9:50.39	9:56.36	10:02.38	10:08.47	10:13.06	10:45.22	11:19.83	LCM		LCM	10:38.99	10:32.60	9:53.71	9:36.96	9:25.07	9:17.60	9:12.24
18:42.64	18:53.98	19:05.44	19:17.00	19:28.69			SCM	1500 Freestyle	SCM			18:42.26	18:14.69	17:58.77	17:32.82	17:22.28
19:05.10	19:16.66	19:28.35	19:40.14	19:52.06			LCM		LCM			19:04.71	18:36.58	18:20.35	17:53.87	17:43.13
31.61	31.94	32.3	32.49	32.99	35.01	36.56	SCM	50 Backstroke	SCM	37.44	34.43	31.45	30.17	29.64	28.56	28.5
32.25	32.57	32.94	33.14	33.65	35.71	37.29	LCM		LCM	38.19	35.12	32.07	30.77	30.24	29.13	29.07
1:08.33	1:09.13	1:10.56	1:10.91	1:12.10	1:15.55	1:19.38	SCM	100 Backstroke	SCM	1:21.03	1:15.16	1:09.05	1:06.52	1:04.46	1:02.80	1:02.18
1:09.69	1:10.51	1:11.98	1:12.32	1:13.54	1:17.06	1:20.96	LCM		LCM	1:22.65	1:16.67	1:10.44	1:07.86	1:05.75	1:04.06	1:03.42
2:27.83	2:29.32	2:31.55	2:33.68	2:35.29	2:42.12	2:49.06	SCM	200 Backstroke	SCM	2:52.47	2:41.58	2:28.96	2:24.28	2:20.26	2:18.01	2:16.62
2:32.26	2:33.80	2:35.84	2:37.63	2:38.39	2:45.36	2:52.45	LCM		LCM	2:55.92	2:44.81	2:32.05	2:27.17	2:24.45	2:21.79	2:20.72
35.31	35.4	35.58	35.75	36.69	39.3	41.29	SCM	50 Breaststroke	SCM	41.7	38.44	34.38	33.35	32.78	31.76	31.29
36.02	36.1	36.28	36.47	37.43	40.09	42.12	LCM		LCM	42.53	39.21	35.07	34.02	33.44	32.4	31.92
1:18.09	1:18.86	1:19.66	1:20.46	1:21.17	1:26.65	1:30.72	SCM	100 Breaststroke	SCM	1:31.11	1:24.13	1:16.42	1:14.57	1:12.29	1:11.18	1:10.31
1:19.64	1:20.44	1:21.25	1:22.07	1:22.79	1:28.39	1:32.54	LCM		LCM	1:32.94	1:25.81	1:17.95	1:16.07	1:13.74	1:12.60	1:11.71
2:49.34	2:51.05	2:52.78	2:54.53	2:56.29	3:06.71	3:14.43	SCM	200 Breaststroke	SCM	3:14.04	3:01.16	2:47.53	2:44.04	2:37.47	2:35.69	2:34.14
2:54.42	2:56.19	2:57.97	2:59.62	3:01.36	3:10.44	3:18.32	LCM		LCM	3:17.93	3:04.78	2:50.88	2:47.32	2:42.20	2:40.36	2:38.40
29.35	29.7	29.82	29.97	30.57	32.63	34.08	SCM	50 Butterfly	SCM	35.61	32.37	29.24	28.24	27.51	27.15	26.57
29.93	30.3	30.41	30.57	31.18	33.28	34.77	LCM		LCM	36.32	33.02	29.83	28.8	28.06	27.7	27.1
1:06.62	1:07.38	1:08.21	1:08.35	1:10.08	1:14.04	1:19.14	SCM	100 Butterfly	SCM	1:21.21	1:12.57	1:05.78	1:03.50	1:02.14	1:00.43	59.71
1:07.96	1:08.73	1:09.58	1:09.71	1:11.48	1:15.51	1:20.72	LCM		LCM	1:22.83	1:14.03	1:07.10	1:04.77	1:03.38	1:01.64	1:00.91
2:32.79	2:34.32	2:36.27	2:37.85	2:39.44	2:56.31	3:10.80	SCM	200 Butterfly	SCM	3:07.61	2:50.50	2:31.17	2:25.20	2:22.98	2:17.18	2:15.27
2:37.37	2:38.64	2:40.96	2:41.54	2:44.23	2:59.84	3:14.62	LCM		LCM	3:13.23	2:53.91	2:34.19	2:28.10	2:25.84	2:21.21	2:19.33
2:28.45	2:29.96	2:32.26	2:33.86	2:35.93	2:42.53	2:52.39	SCM	200 Individual Medley	SCM	2:53.77	2:39.53	2:28.46	2:23.46	2:20.41	2:16.84	2:14.30
2:32.91	2:34.00	2:35.31	2:38.35	2:39.98	2:45.78	2:55.84	LCM		LCM	2:57.24	2:43.31	2:31.85	2:26.33	2:24.47	2:20.75	2:18.32
5:19.41	5:21.76	5:25.89	5:26.43	5:32.25	5:51.44	6:09.44	SCM	400 Individual Medley	SCM	6:05.68	5:43.85	5:17.07	5:06.65	5:01.23	4:54.90	4:50.34
5:25.80	5:28.19	5:32.41	5:32.96	5:38.90	5:58.47	6:16.83	LCM		LCM	6:13.00	5:50.72	5:23.42	5:12.78	5:07.25	5:00.80	4:56.15