



2024-2025 Ontario Provincial Standards

2024-2025 Female Standards - Ontario Swimming Championships																
11 & U	12	13 & Under	14	15	16	17	18&O	EVENT	18&O	17	16	15	14	13 & Under	12	11 & U
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
32.03	30.49	29.58	28.63	28.25	28.01	27.87	26.96	50 Fr	26.68	27.31	27.44	27.68	28.05	28.98	29.88	31.38
1:10.87	1:07.29	1:04.72	1:02.63	1:01.51	1:00.49	1:00.20	59.11	100 Fr	58.12	58.99	59.28	1:00.27	1:01.37	1:03.42	1:05.94	1:09.45
2:36.60	2:27.50	2:23.02	2:16.47	2:15.03	2:13.38	2:12.36	2:09.81	200 Fr	2:07.16	2:09.71	2:11.00	2:12.32	2:13.74	2:20.15	2:24.55	2:33.46
5:33.85	5:13.29	5:04.47	4:52.95	4:48.72	4:45.41	4:41.07	4:33.65	400 Fr	4:30.09	4:35.44	4:39.70	4:42.94	4:47.09	4:58.38	5:07.29	5:27.17
11:03.25	10:56.69	10:37.27	10:08.89	10:03.89	9:54.08	9:50.35	9:44.44	800 Fr	9:32.75	9:38.54	9:44.39	9:51.81	9:57.79	10:24.52	10:43.55	10:49.99
		20:17.11	20:12.65	19:53.01	19:41.07	19:29.25	19:17.55	1500 Fr	18:54.40	19:05.87	19:17.45	19:29.14	19:48.39	19:52.76		
1:22.92	1:18.06	1:15.43	1:11.57	1:10.22	1:08.79	1:07.99	1:05.58	100 Bk	1:04.71	1:06.63	1:07.41	1:08.81	1:10.13	1:13.92	1:16.49	1:21.26
2:56.58	2:47.09	2:42.75	2:35.04	2:32.29	2:30.05	2:28.94	2:23.75	200 Bk	2:21.59	2:25.96	2:27.04	2:29.24	2:31.93	2:39.49	2:43.74	2:53.04
1:34.63	1:28.94	1:25.38	1:21.70	1:19.90	1:19.10	1:18.30	1:17.48	100 Br	1:15.93	1:16.74	1:17.51	1:18.30	1:20.06	1:23.67	1:27.16	1:32.73
3:21.20	3:11.95	3:05.92	2:58.31	2:57.04	2:55.64	2:53.88	2:50.63	200 Br	2:47.21	2:50.40	2:52.12	2:53.49	2:54.74	3:02.20	3:08.11	3:17.17
1:24.13	1:17.67	1:13.05	1:09.60	1:07.88	1:07.28	1:06.30	1:04.96	100 Fl	1:03.79	1:04.97	1:05.93	1:06.52	1:08.20	1:11.58	1:16.11	1:22.97
3:24.92	3:04.75	3:04.22	2:41.88	2:38.40	2:37.41	2:34.21	2:26.12	200 Fl	2:23.58	2:31.12	2:34.26	2:35.23	2:38.64	3:00.53	3:01.05	3:20.82
2:56.53	2:47.95	2:41.47	2:35.52	2:34.72	2:30.69	2:29.70	2:27.65	200 IM	2:25.21	2:26.70	2:27.67	2:31.62	2:32.40	2:38.24	2:44.59	2:52.99
6:07.64	6:04.00	5:56.97	5:38.10	5:35.26	5:28.54	5:25.17	5:21.91	400 IM	5:15.47	5:18.66	5:21.96	5:28.55	5:31.33	5:49.83	5:56.72	6:00.28

2024-2025 Male Standards - Ontario Swimming Championships																
11 & U	12	13 & Under	14	15	16	17	18&O	EVENT	18&O	17	16	15	14	13 & Under	12	11 & U
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
32.07	30.04	28.2	26.39	25.69	25.17	24.96	23.83	50 Fr	23.35	24.46	24.66	25.17	25.86	27.63	29.43	31.42
1:10.98	1:06.45	1:01.88	57.97	56.12	55.05	54.43	52.12	100 Fr	51.07	53.34	53.94	54.99	56.81	1:00.64	1:05.12	1:09.56
2:36.16	2:27.70	2:17.09	2:08.43	2:04.34	2:01.89	2:00.71	1:55.12	200 Fr	1:52.81	1:58.29	1:59.45	2:01.85	2:05.86	2:14.34	2:24.74	2:33.03
5:32.08	5:13.39	4:55.07	4:33.47	4:26.85	4:23.92	4:21.80	4:16.77	400 Fr	4:11.63	4:16.56	4:18.64	4:21.51	4:28.00	4:49.16	5:07.12	5:25.43
10:23.40	10:17.23	10:11.12	9:40.15	9:23.14	9:16.96	9:11.83	9:06.31	800 Fr	8:55.38	9:00.79	9:05.82	9:11.67	9:28.54	9:58.89	10:04.88	10:10.93
		19:26.06	18:54.92	18:43.60	18:11.92	18:06.03	17:55.16	1500 Fr	17:33.60	17:44.30	18:05.06	18:20.82	18:32.22	19:02.73		
1:23.18	1:17.59	1:11.65	1:06.26	1:05.36	1:02.50	1:02.35	1:01.21	100 Bk	59.98	1:01.10	1:01.25	1:04.05	1:04.93	1:10.21	1:16.03	1:21.51
2:57.04	2:46.48	2:36.83	2:26.11	2:21.36	2:18.68	2:17.42	2:13.07	200 Bk	2:10.41	2:14.67	2:15.90	2:18.53	2:23.18	2:33.69	2:43.15	2:53.49
1:35.01	1:28.03	1:21.61	1:15.48	1:11.94	1:10.89	1:09.96	1:06.11	100 Br	1:04.78	1:05.56	1:09.47	1:10.50	1:13.07	1:19.97	1:26.26	1:33.10
3:24.54	3:09.40	2:57.94	2:47.76	2:38.24	2:37.01	2:36.29	2:24.49	200 Br	2:21.60	2:33.16	2:33.86	2:35.07	2:44.40	2:54.38	3:05.61	3:20.44
1:25.20	1:18.10	1:10.29	1:04.68	1:01.93	1:00.14	59.42	56.63	100 Fl	55.49	58.23	58.93	1:00.69	1:03.38	1:08.88	1:16.53	1:23.49
3:08.52	3:06.66	2:50.43	2:30.04	2:24.10	2:17.84	2:17.15	2:12.79	200 Fl	2:10.13	2:14.40	2:15.08	2:21.21	2:27.03	2:47.02	3:02.92	3:04.75
2:58.08	2:46.30	2:35.39	2:25.20	2:21.10	2:17.51	2:14.95	2:11.81	200 IM	2:09.17	2:12.25	2:14.75	2:18.16	2:22.29	2:32.28	2:42.97	2:54.51
6:03.90	6:00.30	5:39.10	5:14.93	5:05.22	4:59.26	4:57.19	4:51.15	400 IM	4:45.32	4:51.24	4:53.27	4:58.97	5:08.63	5:32.31	5:53.09	5:56.62