

**2024-2025 PARA Female Ontario Swimming Championship 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	2:51.54	1:58.42	1:58.04	1:09.45	1:05.73	54.83	52.44	47.83	43.38	41.26	48.94	44.99	41.09	41.26
100 Free	6:09.46	4:17.30	3:43.21	2:51.54	2:17.68	2:01.03	1:53.19	1:46.24	1:33.70	1:31.61	1:49.55	1:38.77	1:33.90	1:30.56
200 Free		9:14.19	8:15.79	7:08.83	5:10.23									3:16.66
400 Free						8:36.61	8:23.35	7:37.87	7:12.68	6:51.88	8:38.92	9:23.55	7:05.50	
50 Back	3:17.91	2:44.87	1:48.45	1:31.65	1:14.14									
100 Back	6:35.85	5:14.86				2:17.53	2:10.72	1:59.89	1:50.68	1:46.04	2:09.31	1:58.98	1:43.91	1:46.13
50 Breast	3:57.52	2:18.54	1:39.27											
100 Breast				3:29.72	2:53.03	2:39.30	2:32.46	2:14.24	2:02.90		2:26.76	2:12.82	2:01.91	2:02.49
50 Fly			2:05.35	1:45.56	1:22.13	1:01.67	58.42							
100 Fly								1:56.00	1:45.51	1:40.42	2:05.35	1:56.14	1:46.13	1:42.44
150 IM		10:33.35	6:35.85	5:24.47										
200 IM					6:48.07	4:56.49	4:53.42	4:26.24	3:56.96	3:46.85	4:36.43	4:33.17	3:48.36	3:48.93

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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	2:12.93	1:58.55	1:19.13	1:02.37	52.53	48.27	43.46	41.07	38.22	36.24	41.33	36.86	36.35	36.24
100 Free	4:56.89	4:21.14	2:58.14	2:21.77	1:57.13	1:43.75	1:37.28	1:29.69	1:24.96	1:18.73	1:37.24	1:24.11	1:20.63	1:18.91
200 Free	11:06.34	7:56.28	6:51.78	5:15.29	4:24.50									2:52.60
400 Free						8:11.27	7:28.47	6:53.04	6:28.69	6:10.63	7:49.92	7:42.12	6:30.77	
50 Back	2:44.40	1:48.20	1:25.72	1:16.45	1:01.07									
100 Back	5:40.54	3:52.49				2:03.28	1:55.45	1:43.95	1:36.29	1:31.44	1:54.60	1:40.13	1:33.74	1:31.65
50 Breast	5:03.48	4:47.94	1:21.86											
100 Breast				2:51.55	2:37.92	2:08.53	2:05.57	1:54.41	1:46.65		2:04.15	1:50.56	1:45.51	1:41.83
50 Fly		1:19.17	1:11.92	1:04.66	58.94	50.74	47.75							
100 Fly								1:36.43	1:30.23	1:28.36	1:56.43	1:32.04	1:26.58	1:25.19
150 IM	14:57.26	12:18.93	6:50.72	4:35.37										
200 IM					6:48.07	4:29.71	4:08.77	3:39.44	3:29.56	3:17.74	4:06.64	4:08.10	3:21.33	3:15.92

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	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	2:54.97	2:00.79	2:00.40	1:10.84	1:05.73	0:54.83	0:52.44	0:46.87	42.51	40.43	49.92	44.09	40.27	40.43
100 Free	6:16.85	4:22.45	3:47.67	2:54.97	2:17.68	2:01.03	1:53.19	1:44.12	1:31.83	1:29.78	1:51.74	1:36.79	1:32.02	1:28.75
200 Free		9:25.27	8:25.71	7:17.41	5:10.23									3:12.73
400 Free						8:36.61	8:23.35	7:28.71	7:04.03	6:43.64	8:49.30	9:12.28	6:56.99	
50 Back	3:21.87	2:48.17	1:50.62	1:33.48	1:14.14									
100 Back	6:43.77	5:21.16				2:17.53	2:10.72	1:57.49	1:48.47	1:43.92	2:11.90	1:56.60	1:41.83	1:44.01
50 Breast	4:02.27	2:21.31	1:41.26											
100 Breast				3:33.91	2:53.03	2:39.30	2:32.46	2:11.56	2:00.44		2:29.70	2:10.16	1:59.47	2:00.04
50 Fly			2:07.86	1:47.67	1:22.13	1:01.67	0:58.42							
100 Fly								1:53.68	1:43.40	1:38.41	2:07.86	1:53.82	1:44.01	1:40.39
150 IM		10:46.02	6:43.77	5:30.96										
200 IM					6:48.07	4:56.49	4:53.42	4:20.92	3:52.22	3:42.31	4:41.96	4:27.71	3:43.79	3:44.35

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	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	2:15.59	2:00.92	1:20.71	1:03.62	0:52.53	0:48.27	0:43.46	0:40.25	0:37.46	0:35.52	0:42.16	0:36.12	0:35.62	0:35.52
100 Free	5:02.83	4:26.36	3:01.70	2:24.61	1:57.13	1:43.75	1:37.28	1:27.90	1:23.26	1:17.16	1:39.18	1:22.43	1:19.02	1:17.33
200 Free	11:19.67	8:05.81	7:00.02	5:21.60	4:24.50									2:49.15
400 Free						8:11.27	7:28.47	6:44.78	6:20.92	6:03.22	7:59.32	7:32.88	6:22.95	
50 Back	2:47.69	1:50.36	1:27.43	1:17.98	1:01.07									
100 Back	5:47.35	3:57.14				2:03.28	1:55.45	1:41.87	1:34.36	1:29.61	1:56.89	1:38.13	1:31.87	1:29.82
50 Breast	5:09.55	4:53.70	1:23.50											
100 Breast				2:54.98	2:37.92	2:08.53	2:05.57	1:52.12	1:44.52		2:06.63	1:48.35	1:43.40	1:39.79
50 Fly		1:20.75	1:13.36	1:05.95	0:58.94	0:50.74	0:47.75							
100 Fly								1:34.50	1:28.43	1:26.59	1:58.76	1:30.20	1:24.85	1:23.49
150 IM	15:15.21	12:33.70	6:58.93	4:40.88										
200 IM					6:48.07	4:29.71	4:08.77	3:35.05	3:25.37	3:13.79	4:11.57	4:03.14	3:17.30	3:12.00