

2022-2023 Female Standards - Ontario Festival Championships

10&U	11	12	13	EVENT	13	12	11	10&U
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
36.39	33.76	30.64	30.13	50 Fr	29.54	30.04	33.10	35.68
1:20.70	1:13.85	1:06.31	1:05.56	100 Fr	1:04.27	1:05.01	1:12.40	1:19.12
2:57.79	2:41.41	2:24.68	2:22.17	200 Fr	2:19.38	2:21.84	2:38.25	2:54.30
6:12.39	5:47.00	5:09.06	5:06.00	400 Fr	5:00.00	5:03.00	5:40.20	6:05.10
	11:51.03	10:27.94	10:22.91	800 Fr	10:10.70	10:15.63	11:37.08	
1:32.31	1:24.92	1:15.85	1:14.85	100 Bk	1:13.38	1:14.37	1:23.25	1:30.50
3:19.38	3:01.45	2:42.76	2:41.76	200 Bk	2:38.59	2:39.57	2:57.89	3:15.47
1:44.44	1:38.11	1:27.91	1:25.40	100 Br	1:23.73	1:26.19	1:36.19	1:42.40
	3:29.94	3:07.88	3:04.86	200 Br	3:01.24	3:04.19	3:25.82	
1:37.58	1:28.08	1:17.86	1:15.85	100 FI	1:14.37	1:16.34	1:26.36	1:35.67
	3:22.55	2:56.83	2:52.81	200 FI	2:49.42	2:53.36	3:18.58	
				100 IM				1:34.12
3:22.42	3:05.28	2:46.26	2:43.20	200 IM	2:40.00	2:43.00	3:01.65	3:18.45
	6:30.33	5:49.86	5:47.82	400 IM	5:41.00	5:43.00	6:22.67	

2022-2023 Male Standards - Ontario Festival Championships

10&U	11	12	13	EVENT	13	12	11	10&U
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
36.92	34.03	29.94	28.63	50 Fr	28.07	29.35	33.36	36.20
1:22.29	1:14.90	1:05.81	1:02.79	100 Fr	1:01.56	1:04.52	1:13.44	1:20.67
3:03.14	2:44.57	2:23.67	2:18.15	200 Fr	2:15.44	2:20.86	2:41.34	2:59.55
6:21.89	5:53.43	5:10.08	5:00.90	400 Fr	4:55.00	5:04.00	5:46.50	6:14.40
	12:23.73	10:35.98	10:15.88	800 Fr	10:03.80	10:23.51	12:09.15	
1:34.94	1:25.97	1:16.86	1:12.34	100 Bk	1:10.92	1:15.35	1:24.29	1:33.08
3:28.88	3:05.67	2:43.26	2:37.74	200 Bk	2:34.65	2:40.06	3:02.03	3:24.78
1:48.65	1:40.22	1:27.41	1:23.89	100 Br	1:22.25	1:25.70	1:38.25	1:46.53
	3:39.43	3:07.88	3:00.85	200 Br	2:57.30	3:04.19	3:35.12	
1:42.33	1:30.72	1:17.36	1:12.84	100 FI	1:11.41	1:15.85	1:28.95	1:40.33
	3:46.81	2:59.84	2:50.80	200 FI	2:47.45	2:56.32	3:42.37	
				100 IM				1:36.19
3:25.63	3:07.43	2:46.26	2:38.61	200 IM	2:35.50	2:43.00	3:03.75	3:21.60
	6:56.70	5:57.00	5:40.68	400 IM	5:34.00	5:50.00	6:48.53	

2022-2023 Female Standards - Ontario Youth-Junior Championships

13&U	14	15	16	17-18	EVENT	17-18	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
30.13	29.60	29.17	28.98	28.62	50 Fr	28.06	28.41	28.60	29.02	29.54
1:05.26	1:03.87	1:03.17	1:02.79	1:01.85	100 Fr	1:00.64	1:01.56	1:01.93	1:02.62	1:03.98
2:21.76	2:18.65	2:18.25	2:15.62	2:13.87	200 Fr	2:11.25	2:12.96	2:14.71	2:15.94	2:18.98
5:01.49	4:53.53	4:51.89	4:48.01	4:44.67	400 Fr	4:39.08	4:42.36	4:46.17	4:47.78	4:55.57
10:22.80	10:13.65	10:07.73	9:55.24	9:49.29	800 Fr	9:37.74	9:43.57	9:54.79	10:01.62	10:10.59
19:53.67	19:36.12	19:22.82	19:00.85	18:49.44	1500 Fr	18:27.29	18:38.48	19:00.02	19:13.05	19:30.27
1:13.66	1:12.40	1:11.36	1:10.27	1:09.13	100 Bk	1:07.77	1:08.90	1:09.95	1:10.97	1:12.21
2:38.97	2:34.94	2:33.22	2:31.94	2:29.35	200 Bk	2:26.42	2:28.96	2:30.22	2:31.90	2:35.86
1:24.40	1:23.38	1:22.74	1:22.29	1:21.46	100 Br	1:19.86	1:20.68	1:21.12	1:21.74	1:22.74
3:01.80	2:59.53	2:58.99	2:57.61	2:56.72	200 Br	2:53.25	2:54.13	2:55.48	2:56.01	2:58.24
1:13.46	1:12.32	1:11.21	1:10.28	1:09.57	100 FI	1:08.21	1:08.91	1:09.82	1:10.90	1:12.02
2:46.85	2:43.91	2:42.64	2:37.47	2:35.12	200 FI	2:32.08	2:34.38	2:39.45	2:40.70	2:43.58
2:42.55	2:38.04	2:36.41	2:34.11	2:32.68	200 IM	2:29.68	2:31.09	2:33.35	2:34.94	2:39.36
5:43.46	5:40.54	5:31.06	5:28.93	5:24.99	400 IM	5:18.62	5:22.48	5:24.57	5:33.86	5:36.73

2022-2023 Male Standards - Ontario Youth-Junior Championships

13&U	14	15	16	17-18	EVENT	17-18	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
28.59	27.74	27.24	26.23	25.90	50 Fr	25.39	25.71	26.70	27.20	28.03
1:02.58	1:00.43	59.01	57.14	56.28	100 Fr	55.18	56.01	57.85	59.24	1:01.35
2:17.05	2:12.89	2:08.58	2:04.87	2:03.35	200 Fr	2:00.94	2:02.42	2:06.06	2:10.29	2:14.37
4:53.33	4:44.20	4:36.42	4:29.91	4:26.12	400 Fr	4:20.89	4:24.61	4:31.00	4:38.62	4:47.58
10:12.53	9:56.42	9:38.87	9:23.22	9:17.59	800 Fr	9:06.65	9:12.17	9:27.52	9:44.73	10:00.52
19:41.58	19:03.43	18:29.79	17:59.78	17:48.98	1500 Fr	17:28.02	17:38.60	18:08.03	18:41.02	19:18.41
1:11.36	1:09.40	1:07.60	1:04.68	1:03.95	100 Bk	1:02.69	1:03.41	1:06.27	1:08.04	1:09.95
2:34.20	2:30.36	2:26.87	2:20.62	2:19.12	200 Bk	2:16.38	2:17.86	2:23.99	2:27.41	2:31.18
1:21.94	1:18.93	1:18.06	1:14.59	1:13.83	100 Br	1:12.39	1:13.12	1:16.52	1:17.39	1:20.33
2:56.89	2:52.11	2:49.66	2:42.52	2:40.87	200 Br	2:37.71	2:39.33	2:46.34	2:48.73	2:53.42
1:11.34	1:08.36	1:06.23	1:04.03	1:03.37	100 FI	1:02.13	1:02.77	1:04.93	1:07.02	1:09.93
2:40.94	2:37.76	2:33.48	2:23.99	2:22.55	200 FI	2:19.75	2:21.17	2:30.48	2:34.66	2:37.78
2:36.42	2:30.78	2:26.95	2:22.50	2:19.95	200 IM	2:17.20	2:19.70	2:24.06	2:27.82	2:33.36
5:32.98	5:24.18	5:19.08	5:11.44	5:08.34	400 IM	5:02.29	5:05.34	5:12.83	5:17.82	5:26.46

2022-2023 Time Standards

2022-2023 Female Standards - Ontario Swimming Championships

13&U	14	15	16	17&O	EVENT	17&O	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	LCM
29.05	28.52	28.32	27.81	27.60	50 Fr	27.05	27.25	27.75	27.95	28.47
1:03.34	1:01.78	1:01.26	59.97	59.32	100 Fr	58.13	58.77	1:00.03	1:00.54	1:02.07
2:17.73	2:14.15	2:12.64	2:09.68	2:08.73	200 Fr	2:06.16	2:07.09	2:09.99	2:11.47	2:14.97
4:51.78	4:44.95	4:42.11	4:35.86	4:33.17	400 Fr	4:27.71	4:30.34	4:36.47	4:39.25	4:45.95
10:03.20	9:52.68	9:44.38	9:30.46	9:27.66	800 Fr	9:16.31	9:19.05	9:32.69	9:40.83	9:51.37
19:16.10	18:59.10	18:46.22	18:24.94	18:13.89	1500 Fr	17:52.01	18:02.84	18:23.70	18:36.32	18:53.43
1:12.07	1:09.91	1:08.95	1:07.52	1:07.52	100 Bk	1:06.17	1:06.17	1:07.57	1:08.51	1:10.62
2:35.26	2:31.09	2:28.92	2:25.70	2:25.28	200 Bk	2:22.37	2:22.79	2:25.94	2:28.07	2:32.16
1:21.57	1:19.59	1:19.05	1:17.04	1:16.11	100 Br	1:14.59	1:15.50	1:17.47	1:18.00	1:19.93
2:56.64	2:51.80	2:50.56	2:45.58	2:44.49	200 Br	2:41.20	2:42.27	2:47.15	2:48.36	2:53.11
1:09.95	1:08.06	1:07.17	1:05.66	1:04.81	100 FI	1:03.51	1:04.35	1:05.83	1:06.70	1:08.55
2:39.40	2:34.16	2:32.19	2:27.00	2:24.14	200 FI	2:21.26	2:24.06	2:29.15	2:31.08	2:36.21
2:36.02	2:32.23	2:31.02	2:27.41	2:26.57	200 IM	2:23.64	2:24.46	2:28.00	2:29.19	2:32.90
5:32.15	5:25.04	5:20.51	5:13.74	5:11.38	400 IM	5:05.15	5:07.47	5:14.10	5:18.54	5:25.51

2022-2023 Male Standards - Ontario Swimming Championships

14&U	15	16	17	18&O	EVENT	18&O	17	16	15	14&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
26.68	26.04	25.66	24.93	24.60	50 Fr	24.11	24.43	25.15	25.52	26.15
58.12	56.57	55.72	54.20	53.65	100 Fr	52.58	53.12	54.61	55.44	56.96
2:07.46	2:04.02	2:01.85	1:58.22	1:57.27	200 Fr	1:54.92	1:55.86	1:59.41	2:01.54	2:04.91
4:32.76	4:25.55	4:20.53	4:13.93	4:11.10	400 Fr	4:06.08	4:08.85	4:15.32	4:20.24	4:27.30
9:29.28	9:17.16	9:08.54	9:02.36	8:53.63	800 Fr	8:42.96	8:51.51	8:57.57	9:06.02	9:17.89
18:16.96	17:47.10	17:25.79	17:04.00	16:55.57	1500 Fr	16:35.26	16:43.52	17:04.87	17:25.76	17:55.02
1:06.16	1:04.38	1:03.26	1:01.19	1:00.82	100 Bk	59.61	59.97	1:01.99	1:03.09	1:04.84
2:24.03	2:20.20	2:17.72	2:13.67	2:12.51	200 Bk	2:09.86	2:11.00	2:14.97	2:17.40	2:21.15
1:14.86	1:12.64	1:11.30	1:09.40	1:07.62	100 Br	1:06.26	1:08.01	1:09.87	1:11.19	1:13.36
2:43.86	2:38.86	2:36.08	2:31.30	2:27.51	200 Br	2:24.56	2:28.27	2:32.96	2:35.68	2:40.58
1:03.75	1:01.76	1:00.71	58.90	58.10	100 FI	56.94	57.72	59.50	1:00.52	1:02.48
2:25.68	2:20.71	2:17.72	2:12.85	2:10.63	200 FI	2:08.02	2:10.19	2:14.97	2:17.90	2:22.77
2:24.45	2:20.81	2:18.34	2:14.19	2:13.37	200 IM	2:10.70	2:11.51	2:15.57	2:17.99	2:21.56
5:10.41	5:01.84	4:57.05	4:48.90	4:47.46	400 IM	4:41.70	4:43.12	4:51.11	4:55.80	5:04.20