



2018-2019 Female Standards - Ontario Swimming Championships

14&U	15	16	17&O	EVENT	17&O	16	15	14&U
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
28.52	28.32	27.81	27.60	50 Fr	27.05	27.25	27.75	27.95
1:01.78	1:01.26	59.97	59.32	100 Fr	58.13	58.77	1:00.03	1:00.54
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
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
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
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
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
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
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
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
1:08.06	1:07.17	1:05.66	1:04.81	100 Fl	1:03.51	1:04.35	1:05.83	1:06.70
2:34.16	2:32.19	2:27.00	2:24.14	200 Fl	2:21.26	2:24.06	2:29.15	2:31.08
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
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



2018-2019 Male Standards - Ontario Swimming Championships

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