**Time Standards for 2020 Huronia SCR - Revised Nov 21, 2019**

2018-2019 Swim Ontario 13 and Under Festival C SCM Standards and 14 and Over Provincial C SCM standards

will be used. These C standards are unchanged this season and are published on Swim Ontario at the link below.

N.B. For 11 & O athletes, 50 m back, breast and fly events can not be used to qualify for this meet.

| **WOMEN** | **10 & U** | **11** | **12** | **13** | **14** | **15 - 17** | **18 & O** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **50 Free** | 37.38 | 34.67 | 33.04 | 32.49 | 30.92 | 30.47 | 29.90 |
| **100 Free** | 1:22.89 | 1:15.85 | 1:11.51 | 1:10.70 | 1:06.72 | 1:05.98 | 1:04.60 |
| **200 Free** | 3:02.60 | 2:45.78 | 2:36.02 | 2:33.32 | 2:24.83 | 2:23.52 | 2:19.83 |
| **400 Free** | 6:22.48 | 5:56.40 | 5:33.30 | 5:30.00 | 5:06.59 | 5:04.88 | 4:57.33 |
| **800 Free** | - | 12:10.28 | 11:17.19 | 11:11.77 | 10:40.95 | 10:33.68 | 10:15.51 |
| **1500 Free** | - | - | - | 20:46.77 | 20:28.44 | 20:14.55 | 19:39.68 |
| **50 Back** | 46.70 | - | - | - | - | - | - |
| **100 Back** | 1:34.81 | 1:27.22 | 1:21.81 | 1:20.72 | 1:15.61 | 1:14.53 | 1:12.20 |
| **200 Back** | 3:24.78 | 3:06.36 | 2:55.53 | 2:54.45 | 2:41.83 | 2:40.04 | 2:35.99 |
| **50 Breast** | 53.30 | - | - | - | - | - | - |
| **100 Breast** | 1:47.27 | 1:40.77 | 1:34.81 | 1:32.10 | 1:27.09 | 1:26.43 | 1:25.09 |
| **200 Breast** | - | 3:35.62 | 3:22.61 | 3:19.36 | 3:0752 | 3:06.96 | 3:04.58 |
| **50 Fly** | 49.60 | - | - | - | - | - | - |
| **100 Fly** | 1:40.22 | 1:30.48 | 1:23.97 | 1:21.81 | 1:15.54 | 1:14.38 | 1:12.67 |
| **200 Fly** | - | 3:28.03 | 3:10.70 | 3:06.36 | 2:51.20 | 2:49.87 | 2:42.02 |
| **100 IM** | 1:38.60 | - | - | - | - | - |  |
| **200 IM** | 3:27.90 | 3:10.30 | 2:59.30 | 2:56.00 | 2:45.07 | 2:43.37 | 2:39.47 |
| **400 IM** | - | 6:40.90 | 6:17.30 | 6:15.10 | 5:55.69 | 5:45.79 | 5:39.45 |
|  |  |  |  |  |  |  |  |
| **MEN** | **10 & U** | **11** | **12** | **13** | **14** | **15 - 17** | **18 & O** |
| **50 Free** | 37.93 | 34.95 | 32.29 | 30.88 | 28.97 | 28.45 | 27.05 |
| **100 Free** | 1:24.51 | 1:16.93 | 1:10.97 | 1:07.72 | 1:03.12 | 1:01.63 | 58.78 |
| **200 Free** | 3:08.10 | 2:49.03 | 2:34.95 | 2:28.98 | 2:18.81 | 2:14.30 | 2:08.84 |
| **400 Free** | 6:32.23 | 6:03.00 | 5:34.40 | 5:24.50 | 4:56.84 | 4:48.72 | 4:37.95 |
| **800 Free** | - | 12:43.87 | 11:25.86 | 11:04.18 | 10:22.95 | 10:04.63 | 9:42.38 |
| **1500 Free** | - | - | - | 20:34.15 | 19:54.30 | 19:19.16 | 18:36.53 |
| **50 Back** | 48.10 | - | - | - | - | - | - |
| **100 Back** | 1:37.52 | 1:28.31 | 1:22.89 | 1:18.01 | 1:12.49 | 1:10.60 | 1:06.79 |
| **200 Back** | 3:34.53 | 3:10.70 | 2:56.07 | 2:50.12 | 2:37.05 | 2:33.41 | 2:25.30 |
| **50 Breast** | 55.60 | - | - | - | - | - | - |
| **100 Breast** | 1:51.61 | 1:42.94 | 1:34.27 | 1:30.48 | 1:22.45 | 1:21.52 | 1:17.12 |
| **200 Breast** | - | 3:45.37 | 3:22.61 | 3:15.03 | 2:59.76 | 2:57.21 | 2:48.03 |
| **50 Fly** | 52.20 | - | - | - | - | - | - |
| **100 Fly** | 1:45.11 | 1:33.18 | 1:23.44 | 1:18.55 | 1:11.40 | 1:09.18 | 1:06.19 |
| **200 Fly** | - | 3:52.96 | 3:13.95 | 3:04.19 | 2:44.77 | 2:40.31 | 2:28.89 |
| **100 IM** | 1:40.77 | - | - | - | - | - | - |
| **200 IM** | 3:31.20 | 3:12.50 | 2:59.30 | 2:48.49 | 2:37.49 | 2:33.48 | 2:26.17 |
| **400 IM** | - | 7:07.99 | 6:25.00 | 6:07.40 | 5:38.60 | 5:33.28 | 5:22.05 |

http://www.swimontario.com/uploads/Meets/Provincial%20Meets/2019-2020/SwimON\_2019\_2020ALLStandards.pdf