

Central Region 2016-17 Time Standards  
Rationale

	<b>10 &amp; U</b>	<b>11-11</b>	<b>12-12</b>	<b>13-13</b>	<b>14-14</b>	<b>15-15</b>	<b>16 &amp; O</b>
<b>C Qual</b>	E Fest	E Fest	E Fest	E Fest	E Fest	E Prov	E Prov
<b>C De-qual</b>	C Fest	C Fest	C Fest	C Fest	C Fest	C Prov	C Prov
<b>B Qual</b>	C Fest	C Fest	C Fest	C Fest	C Fest	C Prov	C Prov
<b>B De-qual</b>	Festival	Festival	Festival	Prov	Prov	Prov	Prov
<b>A Qual</b>	B Fest	B Fest	B Fest	B Fest	B Fest	B Prov	B Prov

**Notes/Exceptions**

- 'Fest' and 'FS' refers to Swim Ontario Festival Standards
- 'Prov' refers to Swim Ontario Provincial Standards
- Central Region 16 & O Qualifying standards use 16-16 Provincial Standards
- Central Region 16 & O B-de-qualifying Standards use 17 & O Provincial Standards (allows 17 & O swimmers to use B Champs for qualifying for Provincials)
- for 1500 Free in 13-13 and 14-14 age groups we used Provincial time standards for Qual/De-qual (no Festival Time Standards for this event)
- A Qual is for the CR 'A' Champs meet, B Qual/De-qual is for the CR ' B' Champs, and C Qual/De-qual is for the CR 'C' Champs
- Qualifying Standard to enter Central Region Small & Large Team Championships (December) are the 'C Qual' shown above. The 'Division by Time Standard' within the Team Championships do not follow the time standards above because there can be no overlap when running a 'Division by Time Standard' meet.

**Central Region Championship Standards  
2016-17**

SCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Female 10&U	50	Free	n/a	35.68	33.98	37.38	37.38	40.78
	100	Free	n/a	1:19.12	1:15.35	1:22.89	1:22.89	1:30.42
	200	Free	n/a	2:54.30	2:46.00	3:02.60	3:02.60	3:19.20
	400	Free	n/a	6:05.10	5:47.71	6:22.48	6:22.48	6:57.25
	100	Back	n/a	1:30.50	1:26.19	1:34.81	1:34.81	1:43.43
	200	Back	n/a	3:15.47	3:06.16	3:24.78	3:24.78	3:43.39
	100	Breast	n/a	1:42.40	1:37.52	1:47.27	1:47.27	1:57.02
	100	Fly	n/a	1:35.67	1:31.11	1:40.22	1:40.22	1:49.33
	100	IM	n/a	1:34.12	1:29.64	1:38.60	1:38.60	1:47.57
	200	IM	n/a	3:18.45	3:09.00	3:27.90	3:27.90	3:46.80
Female 11	50	Free	n/a	33.10	31.52	34.67	34.67	37.82
	100	Free	n/a	1:12.40	1:08.95	1:15.85	1:15.85	1:22.74
	200	Free	n/a	2:38.25	2:30.71	2:45.78	2:45.78	3:00.85
	400	Free	n/a	5:40.20	5:24.00	5:56.40	5:56.40	6:28.80
	800	Free	n/a	11:37.08	11:03.89	12:10.28	12:10.28	13:16.67
	100	Back	n/a	1:23.25	1:19.29	1:27.22	1:27.22	1:35.15
	200	Back	n/a	2:57.89	2:49.42	3:06.36	3:06.36	3:23.30
	100	Breast	n/a	1:36.19	1:31.61	1:40.77	1:40.77	1:49.93
	200	Breast	n/a	3:25.82	3:16.02	3:35.62	3:35.62	3:55.22
	100	Fly	n/a	1:26.36	1:22.25	1:30.48	1:30.48	1:38.70
	200	Fly	n/a	3:18.58	3:09.12	3:28.03	3:28.03	3:46.94
	200	IM	n/a	3:01.65	2:53.00	3:10.30	3:10.30	3:27.60
	400	IM	n/a	6:22.67	6:04.45	6:40.90	6:40.90	7:17.34
Female 12	50	Free	n/a	31.54	30.04	33.04	33.04	36.05
	100	Free	n/a	1:08.26	1:05.01	1:11.51	1:11.51	1:18.01
	200	Free	n/a	2:28.93	2:21.84	2:36.02	2:36.02	2:50.21
	400	Free	n/a	5:18.15	5:03.00	5:33.30	5:33.30	6:03.60
	800	Free	n/a	10:46.41	10:15.63	11:17.19	11:17.19	12:18.76
	100	Back	n/a	1:18.09	1:14.37	1:21.81	1:21.81	1:29.24
	200	Back	n/a	2:47.55	2:39.57	2:55.53	2:55.53	3:11.48
	100	Breast	n/a	1:30.50	1:26.19	1:34.81	1:34.81	1:43.43
	200	Breast	n/a	3:13.40	3:04.19	3:22.61	3:22.61	3:41.03
	100	Fly	n/a	1:20.16	1:16.34	1:23.97	1:23.97	1:31.61
	200	Fly	n/a	3:02.03	2:53.36	3:10.70	3:10.70	3:28.03
	200	IM	n/a	2:51.15	2:43.00	2:59.30	2:59.30	3:15.60
	400	IM	n/a	6:00.15	5:43.00	6:17.30	6:17.30	6:51.60
Female 13	50	Free	n/a	31.02	28.61	32.49	32.49	35.45
	100	Free	n/a	1:07.48	1:01.97	1:10.70	1:10.70	1:17.12
	200	Free	n/a	2:26.35	2:14.21	2:33.32	2:33.32	2:47.26
	400	Free	n/a	5:15.00	4:42.53	5:30.00	5:30.00	6:00.00
	800	Free	n/a	10:41.24	9:51.37	11:11.77	11:11.77	12:12.84
	1500	Free	n/a	19:50.10	18:53.43	20:46.77	20:46.77	22:40.12
	100	Back	n/a	1:17.05	1:09.93	1:20.72	1:20.72	1:28.06
	200	Back	n/a	2:46.52	2:29.98	2:54.45	2:54.45	3:10.31
	100	Breast	n/a	1:27.92	1:20.13	1:32.10	1:32.10	1:40.48
	200	Breast	n/a	3:10.30	2:50.90	3:19.36	3:19.36	3:37.49
	100	Fly	n/a	1:18.09	1:09.75	1:21.81	1:21.81	1:29.24
	200	Fly	n/a	2:57.89	2:35.96	3:06.36	3:06.36	3:23.30
	200	IM	n/a	2:48.00	2:34.34	2:56.00	2:56.00	3:12.00
	400	IM	n/a	5:58.05	5:26.13	6:15.10	6:15.10	6:49.20

**Central Region Championship Standards  
2016-17**

SCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Female 14	50	Free	n/a	30.44	28.11	31.89	31.89	34.79
	100	Free	n/a	1:05.96	1:00.65	1:09.10	1:09.10	1:15.38
	200	Free	n/a	2:23.37	2:11.66	2:30.19	2:30.19	2:43.85
	400	Free	n/a	5:10.15	4:38.72	5:24.92	5:24.92	5:54.46
	800	Free	n/a	10:30.46	9:42.68	11:00.48	11:00.48	12:00.53
	1500	Free	n/a	19:32.60	18:36.76	20:28.44	20:28.44	22:20.11
	100	Back	n/a	1:15.58	1:08.74	1:19.18	1:19.18	1:26.38
	200	Back	n/a	2:42.76	2:27.03	2:50.51	2:50.51	3:06.01
	100	Breast	n/a	1:26.70	1:19.17	1:30.83	1:30.83	1:39.08
	200	Breast	n/a	3:09.21	2:50.47	3:18.22	3:18.22	3:36.24
	100	Fly	n/a	1:16.59	1:08.67	1:20.23	1:20.23	1:27.53
	200	Fly	n/a	2:56.40	2:35.64	3:04.80	3:04.80	3:21.60
	200	IM	n/a	2:45.63	2:30.06	2:53.51	2:53.51	3:09.29
	400	IM	n/a	5:54.32	5:23.35	6:11.20	6:11.20	6:44.94
Female 15	50	Free	n/a	29.05	27.67	30.44	30.44	33.20
	100	Free	n/a	1:02.96	59.96	1:05.96	1:05.96	1:11.95
	200	Free	n/a	2:16.99	2:10.47	2:23.52	2:23.52	2:36.56
	400	Free	n/a	4:51.02	4:37.16	5:04.88	5:04.88	5:32.59
	800	Free	n/a	10:04.87	9:36.07	10:33.68	10:33.68	11:31.28
	1500	Free	n/a	19:19.35	18:24.14	20:14.55	20:14.55	22:04.97
	100	Back	n/a	1:10.58	1:07.22	1:13.94	1:13.94	1:20.66
	200	Back	n/a	2:32.76	2:25.49	2:40.04	2:40.04	2:54.59
	100	Breast	n/a	1:22.50	1:18.57	1:26.43	1:26.43	1:34.28
	200	Breast	n/a	2:58.46	2:49.96	3:06.96	3:06.96	3:23.95
	100	Fly	n/a	1:11.00	1:07.62	1:14.38	1:14.38	1:21.14
	200	Fly	n/a	2:42.15	2:34.43	2:49.87	2:49.87	3:05.32
	200	IM	n/a	2:35.95	2:28.52	2:43.37	2:43.37	2:58.22
	400	IM	n/a	5:30.07	5:14.35	5:45.79	5:45.79	6:17.22
Female 16&O	50	Free	n/a	28.73	27.09	30.10	30.10	32.83
	100	Free	n/a	1:02.13	58.57	1:05.09	1:05.09	1:11.00
	200	Free	n/a	2:13.98	2:06.31	2:20.36	2:20.36	2:33.12
	400	Free	n/a	4:46.50	4:30.11	5:00.15	5:00.15	5:27.43
	800	Free	n/a	9:53.46	9:19.55	10:21.72	10:21.72	11:18.24
	1500	Free	n/a	18:57.43	17:52.44	19:51.60	19:51.60	21:39.92
	100	Back	n/a	1:09.63	1:05.64	1:12.94	1:12.94	1:19.57
	200	Back	n/a	2:29.31	2:20.77	2:36.42	2:36.42	2:50.64
	100	Breast	n/a	1:22.05	1:17.35	1:25.95	1:25.95	1:33.77
	200	Breast	n/a	2:57.08	2:47.80	3:05.52	3:05.52	3:22.38
	100	Fly	n/a	1:10.08	1:06.06	1:13.41	1:13.41	1:20.09
	200	Fly	n/a	2:36.24	2:27.29	2:43.68	2:43.68	2:58.56
	200	IM	n/a	2:32.90	2:24.15	2:40.18	2:40.18	2:54.74
	400	IM	n/a	5:27.30	5:08.59	5:42.88	5:42.88	6:14.05

**Central Region Championship Standards  
2016-17**

SCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Male 10&U	50	Free	n/a	36.20	34.48	37.93	37.93	41.38
	100	Free	n/a	1:20.67	1:16.83	1:24.51	1:24.51	1:32.20
	200	Free	n/a	2:59.55	2:51.00	3:08.10	3:08.10	3:25.20
	400	Free	n/a	6:14.40	5:56.57	6:32.23	6:32.23	7:07.88
	100	Back	n/a	1:33.08	1:28.65	1:37.52	1:37.52	1:46.38
	200	Back	n/a	3:24.78	3:15.03	3:34.53	3:34.53	3:54.04
	100	Breast	n/a	1:46.53	1:41.46	1:51.61	1:51.61	2:01.75
	100	Fly	n/a	1:40.33	1:35.55	1:45.11	1:45.11	1:54.66
	100	IM	n/a	1:36.19	1:31.61	1:40.77	1:40.77	1:49.93
	200	IM	n/a	3:21.60	3:12.00	3:31.20	3:31.20	3:50.40
Male 11	50	Free	n/a	33.36	31.77	34.95	34.95	38.12
	100	Free	n/a	1:13.44	1:09.94	1:16.93	1:16.93	1:23.93
	200	Free	n/a	2:41.34	2:33.66	2:49.03	2:49.03	3:04.39
	400	Free	n/a	5:46.50	5:30.00	6:03.00	6:03.00	6:36.00
	800	Free	n/a	12:09.15	11:34.43	12:43.87	12:43.87	13:53.32
	100	Back	n/a	1:24.29	1:20.28	1:28.31	1:28.31	1:36.34
	200	Back	n/a	3:02.03	2:53.36	3:10.70	3:10.70	3:28.03
	100	Breast	n/a	1:38.25	1:33.58	1:42.94	1:42.94	1:52.30
	200	Breast	n/a	3:35.12	3:24.88	3:45.37	3:45.37	4:05.86
	100	Fly	n/a	1:28.95	1:24.71	1:33.18	1:33.18	1:41.65
	200	Fly	n/a	3:42.37	3:31.78	3:52.96	3:52.96	4:14.14
	200	IM	n/a	3:03.75	2:55.00	3:12.50	3:12.50	3:30.00
	400	IM	n/a	6:48.53	6:29.08	7:07.99	7:07.99	7:46.90
Male 12	50	Free	n/a	30.82	29.35	32.29	32.29	35.22
	100	Free	n/a	1:07.75	1:04.52	1:10.97	1:10.97	1:17.42
	200	Free	n/a	2:27.90	2:20.86	2:34.95	2:34.95	2:49.03
	400	Free	n/a	5:19.20	5:04.00	5:34.40	5:34.40	6:04.80
	800	Free	n/a	10:54.69	10:23.51	11:25.86	11:25.86	12:28.21
	100	Back	n/a	1:19.12	1:15.35	1:22.89	1:22.89	1:30.42
	200	Back	n/a	2:48.06	2:40.06	2:56.07	2:56.07	3:12.07
	100	Breast	n/a	1:29.99	1:25.70	1:34.27	1:34.27	1:42.84
	200	Breast	n/a	3:13.40	3:04.19	3:22.61	3:22.61	3:41.03
	100	Fly	n/a	1:19.64	1:15.85	1:23.44	1:23.44	1:31.02
	200	Fly	n/a	3:05.14	2:56.32	3:13.95	3:13.95	3:31.58
	200	IM	n/a	2:51.15	2:43.00	2:59.30	2:59.30	3:15.60
	400	IM	n/a	6:07.50	5:50.00	6:25.00	6:25.00	7:00.00
Male 13	50	Free	n/a	29.47	27.13	30.88	30.88	33.68
	100	Free	n/a	1:04.64	59.15	1:07.72	1:07.72	1:13.87
	200	Free	n/a	2:22.21	2:10.14	2:28.98	2:28.98	2:42.53
	400	Free	n/a	5:09.75	4:34.24	5:24.50	5:24.50	5:54.00
	800	Free	n/a	10:33.99	9:41.62	11:04.18	11:04.18	12:04.56
	1500	Free	n/a	19:38.05	18:41.95	20:34.15	20:34.15	22:26.34
	100	Back	n/a	1:14.47	1:07.75	1:18.01	1:18.01	1:25.10
	200	Back	n/a	2:42.38	2:25.20	2:50.12	2:50.12	3:05.58
	100	Breast	n/a	1:26.36	1:17.80	1:30.48	1:30.48	1:38.70
	200	Breast	n/a	3:06.17	2:46.71	3:15.03	3:15.03	3:32.76
	100	Fly	n/a	1:14.98	1:07.73	1:18.55	1:18.55	1:25.69
	200	Fly	n/a	2:55.82	2:32.48	3:04.19	3:04.19	3:20.94
	200	IM	n/a	2:40.83	2:28.53	2:48.49	2:48.49	3:03.80
	400	IM	n/a	5:50.70	5:16.18	6:07.40	6:07.40	6:40.80

**Central Region Championship Standards  
2016-17**

SCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Male 14	50	Free	n/a	27.23	26.34	29.95	29.95	32.68
	100	Free	n/a	59.42	57.18	1:05.36	1:05.36	1:11.30
	200	Free	n/a	2:10.38	2:05.47	2:23.42	2:23.42	2:36.46
	400	Free	n/a	4:46.22	4:26.94	5:14.84	5:14.84	5:43.46
	800	Free	n/a	9:46.38	9:26.32	10:45.02	10:45.02	11:43.66
	1500	Free	n/a	19:00.02	18:05.73	19:54.30	19:54.30	21:42.88
	100	Back	n/a	1:08.84	1:05.90	1:15.72	1:15.72	1:22.61
	200	Back	n/a	2:31.49	2:22.77	2:46.64	2:46.64	3:01.79
	100	Breast	n/a	1:19.01	1:14.95	1:26.91	1:26.91	1:34.81
	200	Breast	n/a	2:53.18	2:43.42	3:10.50	3:10.50	3:27.82
	100	Fly	n/a	1:08.26	1:04.91	1:15.09	1:15.09	1:21.91
	200	Fly	n/a	2:43.18	2:29.79	2:59.50	2:59.50	3:15.82
	200	IM	n/a	2:30.67	2:22.05	2:45.74	2:45.74	3:00.80
	400	IM	n/a	5:24.24	5:07.82	5:56.66	5:56.66	6:29.09
Male 15	50	Free	n/a	27.15	25.86	28.45	28.45	31.03
	100	Free	n/a	58.83	56.03	1:01.63	1:01.63	1:07.24
	200	Free	n/a	2:08.06	2:01.96	2:14.16	2:14.16	2:26.35
	400	Free	n/a	4:35.14	4:22.04	4:48.24	4:48.24	5:14.45
	800	Free	n/a	9:37.14	9:09.66	10:04.63	10:04.63	10:59.59
	1500	Free	n/a	18:26.47	17:33.78	19:19.16	19:19.16	21:04.54
	100	Back	n/a	1:07.39	1:04.18	1:10.60	1:10.60	1:17.02
	200	Back	n/a	2:26.43	2:19.46	2:33.41	2:33.41	2:47.35
	100	Breast	n/a	1:17.82	1:14.11	1:21.52	1:21.52	1:28.93
	200	Breast	n/a	2:49.16	2:41.10	2:57.21	2:57.21	3:13.32
	100	Fly	n/a	1:06.03	1:02.89	1:09.18	1:09.18	1:15.47
	200	Fly	n/a	2:33.03	2:25.74	2:40.31	2:40.31	2:54.89
	200	IM	n/a	2:26.51	2:19.53	2:33.48	2:33.48	2:47.44
	400	IM	n/a	5:18.13	5:02.98	5:33.28	5:33.28	6:03.58
Male 16&O	50	Free	n/a	26.08	24.59	27.32	27.32	29.81
	100	Free	n/a	56.68	53.44	59.38	59.38	1:04.78
	200	Free	n/a	2:04.24	1:57.13	2:10.15	2:10.15	2:21.98
	400	Free	n/a	4:28.02	4:12.68	4:40.79	4:40.79	5:06.31
	800	Free	n/a	9:21.53	8:49.44	9:48.27	9:48.27	10:41.75
	1500	Free	n/a	17:56.54	16:55.03	18:47.81	18:47.81	20:30.34
	100	Back	n/a	1:04.41	1:00.72	1:07.47	1:07.47	1:13.61
	200	Back	n/a	2:20.11	2:12.09	2:26.78	2:26.78	2:40.13
	100	Breast	n/a	1:14.36	1:10.11	1:17.90	1:17.90	1:24.98
	200	Breast	n/a	2:42.03	2:32.75	2:49.74	2:49.74	3:05.17
	100	Fly	n/a	1:03.83	1:00.17	1:06.87	1:06.87	1:12.95
	200	Fly	n/a	2:23.57	2:15.35	2:30.40	2:30.40	2:44.08
	200	IM	n/a	2:20.94	2:12.88	2:27.65	2:27.65	2:41.08
	400	IM	n/a	5:10.52	4:52.77	5:25.30	5:25.30	5:54.88

**Central Region Championship Standards  
2016-17**

LCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Female 10&U	50	Free	n/a	36.39	34.66	38.13	38.13	41.59
	100	Free	n/a	1:20.70	1:16.86	1:24.55	1:24.55	1:32.23
	200	Free	n/a	2:55.12	2:46.78	3:03.46	3:03.46	3:20.14
	400	Free	n/a	6:12.39	5:54.66	6:30.13	6:30.13	7:05.59
	100	Back	n/a	1:32.31	1:27.91	1:36.70	1:36.70	1:45.49
	200	Back	n/a	3:19.38	3:09.89	3:28.88	3:28.88	3:47.87
	100	Breast	n/a	1:44.44	1:39.47	1:49.42	1:49.42	1:59.36
	100	Fly	n/a	1:37.58	1:32.93	1:42.22	1:42.22	1:51.52
	200	IM	n/a	3:22.42	3:12.78	3:32.06	3:32.06	3:51.34
Female 11	50	Free	n/a	33.76	32.15	35.37	35.37	38.58
	100	Free	n/a	1:13.85	1:10.33	1:17.36	1:17.36	1:24.40
	200	Free	n/a	2:41.41	2:33.72	2:49.09	2:49.09	3:04.46
	400	Free	n/a	5:47.00	5:30.48	6:03.53	6:03.53	6:36.58
	800	Free	n/a	11:51.03	11:17.17	12:24.89	12:24.89	13:32.60
	100	Back	n/a	1:24.92	1:20.88	1:28.97	1:28.97	1:37.06
	200	Back	n/a	3:01.45	2:52.81	3:10.09	3:10.09	3:27.37
	100	Breast	n/a	1:38.11	1:33.44	1:42.78	1:42.78	1:52.13
	200	Breast	n/a	3:29.94	3:19.94	3:39.93	3:39.93	3:59.93
	100	Fly	n/a	1:28.08	1:23.89	1:32.28	1:32.28	1:40.67
	200	Fly	n/a	3:22.55	3:12.90	3:32.19	3:32.19	3:51.48
	200	IM	n/a	3:05.28	2:56.46	3:14.11	3:14.11	3:31.75
	400	IM	n/a	6:30.33	6:11.74	6:48.91	6:48.91	7:26.09
Female 12	50	Free	n/a	32.17	30.64	33.70	33.70	36.77
	100	Free	n/a	1:09.63	1:06.31	1:12.94	1:12.94	1:19.57
	200	Free	n/a	2:31.91	2:24.68	2:39.15	2:39.15	2:53.62
	400	Free	n/a	5:24.51	5:09.06	5:39.97	5:39.97	6:10.87
	800	Free	n/a	10:59.34	10:27.94	11:30.73	11:30.73	12:33.53
	100	Back	n/a	1:19.64	1:15.85	1:23.44	1:23.44	1:31.02
	200	Back	n/a	2:50.90	2:42.76	2:59.04	2:59.04	3:15.31
	100	Breast	n/a	1:32.31	1:27.91	1:36.70	1:36.70	1:45.49
	200	Breast	n/a	3:17.27	3:07.88	3:26.67	3:26.67	3:45.46
	100	Fly	n/a	1:21.75	1:17.86	1:25.65	1:25.65	1:33.43
	200	Fly	n/a	3:05.67	2:56.83	3:14.51	3:14.51	3:32.20
	200	IM	n/a	2:54.57	2:46.26	3:02.89	3:02.89	3:19.51
	400	IM	n/a	6:07.35	5:49.86	6:24.85	6:24.85	6:59.83
Female 13	50	Free	n/a	31.64	29.19	33.14	33.14	36.16
	100	Free	n/a	1:08.84	1:03.21	1:12.12	1:12.12	1:18.67
	200	Free	n/a	2:29.28	2:16.90	2:36.39	2:36.39	2:50.60
	400	Free	n/a	5:21.30	4:48.18	5:36.60	5:36.60	6:07.20
	800	Free	n/a	10:54.06	10:03.20	11:25.20	11:25.20	12:27.49
	1500	Free	n/a	20:13.91	19:16.10	21:11.71	21:11.71	23:07.32
	100	Back	n/a	1:18.59	1:11.32	1:22.34	1:22.34	1:29.82
	200	Back	n/a	2:49.85	2:32.98	2:57.94	2:57.94	3:14.11
	100	Breast	n/a	1:29.67	1:21.74	1:33.94	1:33.94	1:42.48
	200	Breast	n/a	3:14.10	2:54.32	3:23.35	3:23.35	3:41.83
	100	Fly	n/a	1:19.64	1:11.15	1:23.44	1:23.44	1:31.02
	200	Fly	n/a	3:01.45	2:39.09	3:10.09	3:10.09	3:27.37
	200	IM	n/a	2:51.36	2:37.43	2:59.52	2:59.52	3:15.84
	400	IM	n/a	6:05.21	5:32.65	6:22.60	6:22.60	6:57.38

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LCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Female 14	50	Free	n/a	31.05	28.67	32.53	32.53	35.48
	100	Free	n/a	1:07.28	1:01.86	1:10.49	1:10.49	1:16.90
	200	Free	n/a	2:26.22	2:14.29	2:33.19	2:33.19	2:47.11
	400	Free	n/a	5:16.35	4:44.29	5:31.42	5:31.42	6:01.55
	800	Free	n/a	10:43.07	9:54.33	11:13.70	11:13.70	12:14.94
	1500	Free	n/a	19:56.05	18:59.10	20:53.01	20:53.01	22:46.92
	100	Back	n/a	1:17.10	1:10.12	1:20.77	1:20.77	1:28.12
	200	Back	n/a	2:46.02	2:29.98	2:53.92	2:53.92	3:09.73
	100	Breast	n/a	1:28.44	1:20.76	1:32.65	1:32.65	1:41.08
	200	Breast	n/a	3:12.99	2:53.88	3:22.18	3:22.18	3:40.56
	100	Fly	n/a	1:18.11	1:10.04	1:21.83	1:21.83	1:29.27
	200	Fly	n/a	2:59.93	2:38.75	3:08.50	3:08.50	3:25.63
	200	IM	n/a	2:48.93	2:33.07	2:56.98	2:56.98	3:13.07
	400	IM	n/a	6:01.41	5:29.82	6:18.62	6:18.62	6:53.04
Female 15	50	Free	n/a	29.63	28.22	31.04	31.04	33.86
	100	Free	n/a	1:04.22	1:01.16	1:07.28	1:07.28	1:13.39
	200	Free	n/a	2:20.60	2:13.90	2:27.29	2:27.29	2:40.68
	400	Free	n/a	4:56.84	4:42.70	5:10.97	5:10.97	5:39.24
	800	Free	n/a	10:18.03	9:48.60	10:47.46	10:47.46	11:46.32
	1500	Free	n/a	19:42.53	18:46.22	20:38.84	20:38.84	22:31.46
	100	Back	n/a	1:12.00	1:08.57	1:15.43	1:15.43	1:22.28
	200	Back	n/a	2:35.82	2:28.40	2:43.24	2:43.24	2:58.08
	100	Breast	n/a	1:24.15	1:20.14	1:28.15	1:28.15	1:36.17
	200	Breast	n/a	3:02.03	2:53.36	3:10.70	3:10.70	3:28.03
	100	Fly	n/a	1:12.42	1:08.97	1:15.87	1:15.87	1:22.76
	200	Fly	n/a	2:45.40	2:37.52	2:53.27	2:53.27	3:09.02
	200	IM	n/a	2:39.06	2:31.49	2:46.64	2:46.64	3:01.79
	400	IM	n/a	5:36.67	5:20.64	5:52.70	5:52.70	6:24.77
Female 16&O	50	Free	n/a	29.31	27.63	30.70	30.70	33.49
	100	Free	n/a	1:03.38	59.75	1:06.40	1:06.40	1:12.43
	200	Free	n/a	2:16.67	2:08.84	2:23.18	2:23.18	2:36.19
	400	Free	n/a	4:52.24	4:35.51	5:06.15	5:06.15	5:33.98
	800	Free	n/a	10:05.33	9:30.74	10:34.15	10:34.15	11:31.80
	1500	Free	n/a	19:20.19	18:13.89	20:15.43	20:15.43	22:05.93
	100	Back	n/a	1:11.02	1:06.95	1:14.40	1:14.40	1:21.17
	200	Back	n/a	2:32.29	2:23.58	2:39.54	2:39.54	2:54.05
	100	Breast	n/a	1:23.69	1:18.90	1:27.67	1:27.67	1:35.64
	200	Breast	n/a	3:00.61	2:51.15	3:09.21	3:09.21	3:26.41
	100	Fly	n/a	1:11.47	1:07.38	1:14.88	1:14.88	1:21.68
	200	Fly	n/a	2:39.37	2:30.24	2:46.96	2:46.96	3:02.14
	200	IM	n/a	2:35.96	2:27.03	2:43.38	2:43.38	2:58.24
	400	IM	n/a	5:33.84	5:14.76	5:49.73	5:49.73	6:21.53



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LCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Male 10&U	50	Free	n/a	36.92	35.16	38.68	38.68	42.19
	100	Free	n/a	1:22.29	1:18.37	1:26.21	1:26.21	1:34.04
	200	Free	n/a	3:00.39	2:51.80	3:08.98	3:08.98	3:26.16
	400	Free	n/a	6:21.89	6:03.70	6:40.07	6:40.07	7:16.44
	100	Back	n/a	1:34.94	1:30.42	1:39.46	1:39.46	1:48.50
	200	Back	n/a	3:28.88	3:18.93	3:38.82	3:38.82	3:58.72
	100	Breast	n/a	1:48.65	1:43.48	1:53.83	1:53.83	2:04.18
	100	Fly	n/a	1:42.33	1:37.46	1:47.21	1:47.21	1:56.95
	200	IM	n/a	3:25.63	3:15.84	3:35.42	3:35.42	3:55.01
Male 11	50	Free	n/a	34.03	32.41	35.65	35.65	38.89
	100	Free	n/a	1:14.90	1:11.33	1:18.46	1:18.46	1:25.60
	200	Free	n/a	2:44.57	2:36.73	2:52.40	2:52.40	3:08.08
	400	Free	n/a	5:53.43	5:36.60	6:10.26	6:10.26	6:43.92
	800	Free	n/a	12:23.73	11:48.31	12:59.14	12:59.14	14:09.97
	100	Back	n/a	1:25.97	1:21.88	1:30.07	1:30.07	1:38.25
	200	Back	n/a	3:05.67	2:56.83	3:14.51	3:14.51	3:32.20
	100	Breast	n/a	1:40.22	1:35.45	1:45.00	1:45.00	1:54.54
	200	Breast	n/a	3:39.43	3:28.98	3:49.88	3:49.88	4:10.78
	100	Fly	n/a	1:30.72	1:26.40	1:35.04	1:35.04	1:43.68
	200	Fly	n/a	3:46.81	3:36.01	3:57.61	3:57.61	4:19.21
	200	IM	n/a	3:07.43	2:58.50	3:16.35	3:16.35	3:34.20
	400	IM	n/a	6:56.70	6:36.86	7:16.55	7:16.55	7:56.23
Male 12	50	Free	n/a	31.44	29.94	32.93	32.93	35.93
	100	Free	n/a	1:09.10	1:05.81	1:12.39	1:12.39	1:18.97
	200	Free	n/a	2:30.85	2:23.67	2:38.04	2:38.04	2:52.40
	400	Free	n/a	5:25.58	5:10.08	5:41.09	5:41.09	6:12.10
	800	Free	n/a	11:07.78	10:35.98	11:39.58	11:39.58	12:43.18
	100	Back	n/a	1:20.70	1:16.86	1:24.55	1:24.55	1:32.23
	200	Back	n/a	2:51.42	2:43.26	2:59.59	2:59.59	3:15.91
	100	Breast	n/a	1:31.78	1:27.41	1:36.15	1:36.15	1:44.89
	200	Breast	n/a	3:17.27	3:07.88	3:26.67	3:26.67	3:45.46
	100	Fly	n/a	1:21.23	1:17.36	1:25.10	1:25.10	1:32.83
	200	Fly	n/a	3:08.83	2:59.84	3:17.82	3:17.82	3:35.81
	200	IM	n/a	2:54.57	2:46.26	3:02.89	3:02.89	3:19.51
	400	IM	n/a	6:14.85	5:57.00	6:32.70	6:32.70	7:08.40
	Male 13	50	Free	n/a	30.06	27.67	31.49	31.49
100		Free	n/a	1:05.93	1:00.33	1:09.07	1:09.07	1:15.35
200		Free	n/a	2:25.06	2:12.74	2:31.97	2:31.97	2:45.78
400		Free	n/a	5:15.95	4:39.74	5:30.99	5:30.99	6:01.08
800		Free	n/a	10:46.67	9:53.25	11:17.47	11:17.47	12:19.06
1500		Free	n/a	20:01.61	19:04.39	20:58.83	20:58.83	22:53.27
100		Back	n/a	1:15.96	1:09.11	1:19.57	1:19.57	1:26.81
200		Back	n/a	2:45.63	2:28.10	2:53.51	2:53.51	3:09.29
100		Breast	n/a	1:28.08	1:19.35	1:32.28	1:32.28	1:40.67
200		Breast	n/a	3:09.89	2:50.05	3:18.94	3:18.94	3:37.02
100		Fly	n/a	1:16.48	1:09.09	1:20.12	1:20.12	1:27.41
200		Fly	n/a	2:59.34	2:35.53	3:07.88	3:07.88	3:24.96
200		IM	n/a	2:46.54	2:31.50	2:54.47	2:54.47	3:10.33
400		IM	n/a	5:57.71	5:22.50	6:14.75	6:14.75	6:48.82



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LCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Male 14	50	Free	n/a	29.16	26.86	30.55	30.55	33.32
	100	Free	n/a	1:03.64	58.32	1:06.67	1:06.67	1:12.73
	200	Free	n/a	2:19.64	2:07.98	2:26.29	2:26.29	2:39.59
	400	Free	n/a	5:06.55	4:32.27	5:21.15	5:21.15	5:50.34
	800	Free	n/a	10:28.02	9:37.65	10:57.92	10:57.92	11:57.73
	1500	Free	n/a	19:22.81	18:27.44	20:18.18	20:18.18	22:08.93
	100	Back	n/a	1:13.73	1:07.22	1:17.24	1:17.24	1:24.26
	200	Back	n/a	2:42.25	2:25.62	2:49.97	2:49.97	3:05.42
	100	Breast	n/a	1:24.61	1:16.45	1:28.64	1:28.64	1:36.70
	200	Breast	n/a	3:05.47	2:46.69	3:14.30	3:14.30	3:31.97
	100	Fly	n/a	1:13.10	1:06.21	1:16.58	1:16.58	1:23.54
	200	Fly	n/a	2:54.76	2:32.78	3:03.08	3:03.08	3:19.73
	200	IM	n/a	2:41.36	2:24.88	2:49.05	2:49.05	3:04.42
	400	IM	n/a	5:47.28	5:13.98	6:03.81	6:03.81	6:36.89
Male 15	50	Free	n/a	27.69	26.37	29.01	29.01	31.64
	100	Free	n/a	1:00.01	57.15	1:02.86	1:02.86	1:08.58
	200	Free	n/a	2:10.61	2:04.39	2:16.83	2:16.83	2:29.27
	400	Free	n/a	4:40.64	4:27.28	4:54.01	4:54.01	5:20.74
	800	Free	n/a	9:48.68	9:20.65	10:16.71	10:16.71	11:12.78
	1500	Free	n/a	18:48.60	17:54.86	19:42.35	19:42.35	21:29.83
	100	Back	n/a	1:08.74	1:05.47	1:12.02	1:12.02	1:18.56
	200	Back	n/a	2:29.36	2:22.25	2:36.48	2:36.48	2:50.70
	100	Breast	n/a	1:19.38	1:15.60	1:23.16	1:23.16	1:30.72
	200	Breast	n/a	2:52.54	2:44.32	3:00.75	3:00.75	3:17.18
	100	Fly	n/a	1:07.36	1:04.15	1:10.57	1:10.57	1:16.98
	200	Fly	n/a	2:36.08	2:28.65	2:43.52	2:43.52	2:58.38
	200	IM	n/a	2:29.44	2:22.32	2:36.55	2:36.55	2:50.78
	400	IM	n/a	5:24.49	5:09.04	5:39.94	5:39.94	6:10.85
Male 16&O	50	Free	n/a	26.60	25.08	27.86	27.86	30.40
	100	Free	n/a	57.81	54.51	1:00.57	1:00.57	1:06.07
	200	Free	n/a	2:06.72	1:59.47	2:12.76	2:12.76	2:24.83
	400	Free	n/a	4:33.39	4:17.74	4:46.41	4:46.41	5:12.44
	800	Free	n/a	9:32.76	9:00.04	10:00.04	10:00.04	10:54.59
	1500	Free	n/a	18:18.08	17:15.33	19:10.37	19:10.37	20:54.95
	100	Back	n/a	1:05.70	1:01.94	1:08.83	1:08.83	1:15.08
	200	Back	n/a	2:22.93	2:14.74	2:29.73	2:29.73	2:43.34
	100	Breast	n/a	1:15.85	1:11.51	1:19.46	1:19.46	1:26.69
	200	Breast	n/a	2:45.27	2:35.81	2:53.14	2:53.14	3:08.88
	100	Fly	n/a	1:05.10	1:01.38	1:08.20	1:08.20	1:14.40
	200	Fly	n/a	2:26.43	2:18.05	2:33.41	2:33.41	2:47.35
	200	IM	n/a	2:23.77	2:15.53	2:30.61	2:30.61	2:44.30
	400	IM	n/a	5:16.72	4:58.62	5:31.80	5:31.80	6:01.97