

**2019-2020 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

**2019-2020 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