

WOSA: "Western Ontario" Swimming — Regional Championship Standards 2016

FEMALE

MALE

10 & U	11	12	13	14	15	16 & O	SCM	16 & O	15	14	13	12	11	10 & U
39.94	37.04	35.31	33.63	33.04	32.36	32.00	50 free	29.04	30.24	30.95	31.88	34.50	37.33	40.52
1:28.56	1:21.03	1:16.40	1:12.83	1:11.27	1:10.12	1:09.19	100 free	1:03.13	1:05.52	1:07.20	1:09.52	1:15.82	1:22.19	1:30.29
3:12.17	2:57.12	2:46.70	2:37.73	2:34.73	2:32.56	2:29.21	200 free	2:18.36	2:22.61	2:27.46	2:32.95	2:45.54	3:00.59	3:17.95
6:48.64	6:15.07	5:50.76	5:32.04	5:27.56	5:24.09	5:19.06	400 free	4:58.48	5:06.41	5:13.72	5:22.32	5:51.92	6:22.02	6:59.06
	13:00.24	12:03.52	11:24.59	11:14.53	11:06.87	10:54.29	800 free	10:19.09	10:36.30	10:55.59	11:17.45	12:12.78	13:36.13	
			21:52.09	21:32.79	21:18.18	20:54.02	1500 free	19:46.86	20:19.88	20:56.87	21:38.80			
45.06	42.95	40.67	38.06	38.94	37.93	37.93	50 back	36.58	36.58	39.96	41.67	43.29	45.00	46.98
1:41.29	1:33.19	1:27.40	1:22.18	1:20.79	1:18.60	1:17.54	100 back	1:11.73	1:15.05	1:17.45	1:19.62	1:28.56	1:34.35	1:44.19
3:38.79	3:19.11	3:07.54	2:56.26	2:52.80	2:50.12	2:46.28	200 back	2:36.04	2:43.07	2:47.79	2:50.65	3:08.11	3:23.74	3:49.21
52.10	48.89	45.44	44.47	44.27	42.21	42.21	50 breast	41.28	41.28	43.97	46.23	48.33	52.34	55.50
1:54.60	1:47.66	1:41.29	1:34.17	1:33.05	1:31.87	1:31.37	100 breast	1:22.82	1:26.66	1:28.08	1:31.43	1:40.71	1:49.97	1:59.24
	3:50.37	3:36.48	3:20.85	3:20.35	3:19.75	3:18.21	200 breast	3:00.44	3:08.38	3:12.06	3:15.93	3:36.48	4:00.79	
45.44	42.89	39.88	36.62	35.86	33.91	33.91	50 fly	33.09	33.09	36.82	39.84	42.30	45.70	48.73
1:47.08	1:36.66	1:29.72	1:21.97	1:20.71	1:19.07	1:18.04	100 fly	1:11.08	1:13.54	1:16.29	1:19.60	1:29.14	1:39.56	1:52.29
	3:42.26	3:23.74	3:03.30	3:02.92	3:00.58	2:53.99	200 fly	2:39.88	2:50.41	2:56.04	2:59.20	3:27.21	4:08.89	
1:45.34							100 IM							1:47.66
3:38.79	3:20.27	3:08.69	2:58.67	2:56.36	2:53.67	2:50.28	200 IM	2:36.96	2:43.16	2:46.94	2:51.94	3:08.69	3:22.58	3:42.26
	6:58.32	6:37.07	6:14.54	6:14.32	6:03.90	6:00.84	400 IM	5:42.34	5:50.74	5:56.34	6:06.02	6:45.17	7:37.26	

10 & U	11	12	13	14	15	16 & O	LCM	16 & O	15	14	13	12	11	10 & U
40.74	37.78	36.02	34.30	33.70	33.01	32.64	50 free	29.62	30.84	31.57	32.52	35.19	38.08	41.33
1:30.33	1:22.65	1:17.93	1:14.29	1:12.70	1:11.52	1:10.57	100 free	1:04.39	1:06.83	1:08.54	1:10.91	1:17.34	1:23.83	1:32.10
3:16.01	3:00.66	2:50.03	2:40.88	2:37.82	2:35.61	2:32.19	200 free	2:21.13	2:25.46	2:30.41	2:36.01	2:48.85	3:04.20	3:21.91
6:56.81	6:22.57	5:57.78	5:38.68	5:34.11	5:30.57	5:25.44	400 free	5:04.45	5:12.54	5:19.99	5:28.77	5:58.96	6:29.66	7:07.44
	13:15.84	12:17.99	11:38.28	11:28.02	11:20.21	11:07.38	800 free	10:31.47	10:49.03	11:08.70	11:31.00	12:27.43	13:52.45	
			22:18.33	21:58.65	21:43.74	21:19.10	1500 free	20:10.60	20:44.28	21:22.01	22:04.78			
46.27	43.86	41.95	39.71	38.98	37.82	37.82	50 back	37.77	37.77	41.95	43.26	46.33	48.39	48.82
1:43.32	1:35.05	1:29.15	1:23.82	1:22.41	1:20.17	1:19.09	100 back	1:13.16	1:16.55	1:19.00	1:21.21	1:30.33	1:36.23	1:46.27
3:43.17	3:23.09	3:11.29	2:59.79	2:56.26	2:53.52	2:49.61	200 back	2:39.16	2:46.33	2:51.15	2:54.06	3:11.88	3:27.82	3:53.79
53.95	50.53	48.14	48.12	45.40	43.65	43.65	50 breast	43.20	43.20	46.73	46.99	53.53	55.04	56.99
1:56.89	1:49.81	1:43.32	1:36.05	1:34.91	1:33.71	1:33.20	100 breast	1:24.48	1:28.39	1:29.84	1:33.26	1:42.73	1:52.17	2:01.62
	3:54.98	3:40.81	3:24.87	3:24.36	3:23.75	3:22.17	200 breast	3:04.05	3:12.15	3:15.90	3:19.85	3:40.81	4:05.60	
48.41	43.51	41.64	39.39	36.84	35.01	35.01	50 fly	34.95	34.95	37.60	41.89	45.92	49.21	54.22
1:49.22	1:38.59	1:31.51	1:23.61	1:22.32	1:20.65	1:19.60	100 fly	1:12.50	1:15.01	1:17.82	1:21.19	1:30.92	1:41.55	1:54.54
	3:46.71	3:27.81	3:06.97	3:06.58	3:04.19	2:57.47	200 fly	2:43.08	2:53.82	2:59.56	3:02.78	3:31.36	4:13.87	
3:43.17	3:24.28	3:12.47	3:02.24	2:59.89	2:57.14	2:53.69	200 IM	2:40.10	2:46.42	2:50.28	2:55.38	3:12.47	3:26.63	3:46.71
	7:06.69	6:45.01	6:25.09	6:21.81	6:11.18	6:08.06	400 IM	5:49.19	5:57.75	6:03.47	6:13.34	6:53.27	7:46.41	