



Ontario 2017-20 STANDARDS

Women 10 & Under - Short Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	33.98	35.68	37.38	39.08	40.78
100 Free	1:15.35	1:19.12	1:22.89	1:26.65	1:30.42
200 Free	2:46.00	2:54.30	3:02.60	3:10.90	3:19.20
400 Free	5:47.71	6:05.10	6:22.48	6:39.87	6:57.25
100 Back	1:26.19	1:30.50	1:34.81	1:39.12	1:43.43
200 Back	3:06.16	3:15.47	3:24.78	3:34.08	3:43.39
100 Breast	1:37.52	1:42.40	1:47.27	1:52.15	1:57.02
100 Fly	1:31.11	1:35.67	1:40.22	1:44.78	1:49.33
100 IM	1:29.64	1:34.12	1:38.60	1:43.09	1:47.57
200 IM	3:09.00	3:18.45	3:27.90	3:37.35	3:46.80

Women 10 & Under - Long Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	34.66	36.39	38.13	39.86	41.59
100 Free	1:16.86	1:20.70	1:24.55	1:28.39	1:32.23
200 Free	2:46.78	2:55.12	3:03.46	3:11.80	3:20.14
400 Free	5:54.66	6:12.39	6:30.13	6:47.86	7:05.59
100 Back	1:27.91	1:32.31	1:36.70	1:41.10	1:45.49
200 Back	3:09.89	3:19.38	3:28.88	3:38.37	3:47.87
100 Breast	1:39.47	1:44.44	1:49.42	1:54.39	1:59.36
100 Fly	1:32.93	1:37.58	1:42.22	1:46.87	1:51.52
200 IM	3:12.78	3:22.42	3:32.06	3:41.70	3:51.34



Ontario 2017-20 STANDARDS

Women 11-11 - Short Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	31.52	33.10	34.67	36.25	37.82
100 Free	1:08.95	1:12.40	1:15.85	1:19.89	1:22.74
200 Free	2:30.71	2:38.25	2:45.78	2:53.32	3:00.85
400 Free	5:24.00	5:40.20	5:56.40	6:12.60	6:28.80
800 Free	11:03.89	11:37.08	12:10.28	12:43.47	13:16.67
100 Back	1:19.29	1:23.25	1:27.22	1:31.18	1:35.15
200 Back	2:49.42	2:57.89	3:06.36	3:14.83	3:23.30
100 Breast	1:31.61	1:36.19	1:40.77	1:45.35	1:49.93
200 Breast	3:16.02	3:25.82	3:35.62	3:45.42	3:55.22
100 Fly	1:22.25	1:26.36	1:30.48	1:34.59	1:38.70
200 Fly	3:09.12	3:18.58	3:28.03	3:37.49	3:46.94
200 IM	2:53.00	3:01.65	3:10.30	3:18.95	3:27.60
400 IM	6:04.45	6:22.67	6:40.90	6:59.12	7:17.34

Women 11-11 - Long Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	32.15	33.76	35.37	36.97	38.58
100 Free	1:10.33	1:13.85	1:17.36	1:20.88	1:24.40
200 Free	2:33.72	2:41.41	2:49.09	2:56.78	3:04.46
400 Free	5:30.48	5:47.00	6:03.53	6:20.05	6:36.58
800 Free	11:17.17	11:51.03	12:24.89	12:58.75	13:32.60
100 Back	1:20.88	1:24.92	1:28.97	1:33.00	1:37.06
200 Back	2:52.81	3:01.45	3:10.09	3:18.73	3:27.37
100 Breast	1:33.44	1:38.11	1:42.78	1:47.46	1:52.13
200 Breast	3:19.94	3:29.94	3:39.93	3:49.93	3:59.93
100 Fly	1:23.89	1:28.08	1:32.28	1:36.47	1:40.67
200 Fly	3:12.90	3:22.55	3:32.19	3:41.84	3:51.48
200 IM	2:56.46	3:05.28	3:14.11	3:22.93	3:31.75
400 IM	6:11.74	6:30.33	6:48.91	7:07.50	7:26.09



Ontario 2017-20 STANDARDS

Women 12-12 - Short Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	30.04	31.54	33.04	34.55	36.05
100 Free	1:05.01	1:08.26	1:11.51	1:14.76	1:18.01
200 Free	2:21.84	2:28.93	2:36.02	2:43.12	2:50.21
400 Free	5:03.00	5:18.15	5:33.30	5:48.45	6:03.60
800 Free	10:15.63	10:46.41	11:17.19	11:47.97	12:18.76
100 Back	1:14.37	1:18.09	1:21.81	1:25.53	1:29.24
200 Back	2:39.57	2:47.55	2:55.53	3:03.51	3:11.48
100 Breast	1:26.19	1:30.50	1:34.81	1:39.12	1:43.43
200 Breast	3:04.19	3:13.40	3:22.61	3:31.82	3:41.03
100 Fly	1:16.34	1:20.16	1:23.97	1:27.79	1:31.61
200 Fly	2:53.36	3:02.03	3:10.70	3:19.36	3:28.03
200 IM	2:43.00	2:51.15	2:59.30	3:07.45	3:15.60
400 IM	5:43.00	6:00.15	6:17.30	6:34.45	6:51.60

Women 12-12 - Long Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	30.64	32.17	33.70	35.24	36.77
100 Free	1:06.31	1:09.63	1:12.94	1:16.26	1:19.57
200 Free	2:24.68	2:31.91	2:39.15	2:46.38	2:53.62
400 Free	5:09.06	5:24.51	5:39.97	5:55.42	6:10.87
800 Free	10:27.94	10:59.34	11:30.73	12:02.13	12:33.53
100 Back	1:15.85	1:19.64	1:23.44	1:27.23	1:31.02
200 Back	2:42.76	2:50.90	2:59.04	3:07.17	3:15.31
100 Breast	1:27.91	1:32.31	1:36.70	1:41.10	1:45.49
200 Breast	3:07.88	3:17.27	3:26.67	3:36.06	3:45.46
100 Fly	1:17.86	1:21.75	1:25.65	1:29.54	1:33.43
200 Fly	2:56.83	3:05.67	3:14.51	3:23.35	3:32.20
200 IM	2:46.26	2:54.57	3:02.89	3:11.20	3:19.51
400 IM	5:49.86	6:07.35	6:24.85	6:42.34	6:59.83



Ontario 2017-20 STANDARDS

Women 13 & Under - Short Course

	PROV	AA	FEST	B	B FEST	C	C FEST	D	D FEST	E	E FEST
50 Free	28.61	29.54	29.54	30.04	31.02	31.47	32.49	32.90	33.97	34.33	35.45
100 Free	1:01.97	1:03.98	1:04.27	1:05.07	1:07.48	1:08.17	1:10.70	1:11.27	1:13.91	1:14.36	1:17.12
200 Free	2:14.61	2:18.98	2:19.38	2:21.34	2:26.35	2:28.07	2:33.32	2:34.80	2:40.29	2:41.53	2:47.26
400 Free	4:46.27	4:55.57	5:00.00	5:00.58	5:15.00	5:14.90	5:30.00	5:29.21	5:45.00	5:43.52	6:00.00
800 Free	9:51.37	10:10.59	10:10.70	10:20.94	10:41.24	10:50.51	11:11.77	11:20.08	11:42.31	11:49.64	12:12.84
1500 Free	18:53.43	19:30.27		19:50.10		20:46.77		21:43.44		22:40.12	
100 Back	1:09.94	1:12.21	1:13.38	1:13.44	1:17.05	1:16.93	1:20.72	1:20.43	1:24.39	1:23.93	1:28.06
200 Back	2:30.95	2:35.86	2:38.59	2:38.50	2:46.52	2:46.05	2:54.45	2:53.59	3:02.38	3:01.14	3:10.31
100 Breast	1:20.14	1:22.74	1:23.73	1:24.15	1:27.92	1:28.15	1:32.10	1:32.16	1:36.29	1:36.17	1:40.48
200 Breast	2:52.63	2:58.24	3:01.24	3:01.26	3:10.30	3:09.89	3:19.36	3:18.52	3:28.43	3:27.16	3:37.49
100 Fly	1:09.75	1:12.02	1:14.37	1:13.24	1:18.09	1:16.73	1:21.81	1:20.21	1:25.53	1:23.70	1:29.24
200 Fly	2:38.43	2:43.58	2:49.42	2:46.35	2:57.89	2:54.27	3:06.36	3:02.19	3:14.83	3:10.12	3:23.30
200 IM	2:34.34	2:39.36	2:40.00	2:42.06	2:48.00	2:49.77	2:56.00	2:57.49	3:04.00	3:05.21	3:12.00
400 IM	5:26.13	5:36.73	5:41.00	5:42.44	5:58.05	5:58.74	6:15.10	6:15.05	6:32.15	6:31.36	6:49.20

Women 13 & Under - Long Course

	PROV	AA	FEST	B	B FEST	C	C FEST	D	D FEST	E	E FEST
50 Free	29.19	30.13	30.13	30.65	31.64	32.11	33.14	33.57	34.65	35.03	36.16
100 Free	1:03.21	1:05.26	1:05.56	1:06.37	1:08.84	1:09.53	1:12.12	1:12.69	1:15.39	1:15.85	1:18.67
200 Free	2:17.30	2:21.76	2:22.17	2:24.17	2:29.28	2:31.03	2:36.39	2:37.90	2:43.50	2:44.76	2:50.60
400 Free	4:52.00	5:01.49	5:06.00	5:06.60	5:21.30	5:21.20	5:36.60	5:35.80	5:51.90	5:50.40	6:07.20
800 Free	10:03.20	10:22.80	10:22.91	10:33.36	10:54.06	11:03.52	11:25.20	11:33.68	11:56.35	12:03.84	12:27.49
1500 Free	19:16.10	19:53.67		20:13.91		21:11.71		22:09.51		23:07.32	
100 Back	1:11.34	1:13.66	1:14.85	1:14.91	1:18.59	1:18.47	1:22.34	1:22.04	1:26.08	1:25.61	1:29.82
200 Back	2:33.97	2:38.97	2:41.76	2:41.67	2:49.85	2:49.37	2:57.94	2:57.07	3:06.02	3:04.76	3:14.11
100 Breast	1:21.74	1:24.40	1:25.40	1:25.83	1:29.67	1:29.91	1:33.94	1:34.00	1:38.21	1:38.09	1:42.48
200 Breast	2:56.08	3:01.80	3:04.86	3:04.88	3:14.10	3:13.69	3:23.35	3:22.49	3:32.59	3:31.30	3:41.83
100 Fly	1:11.15	1:13.46	1:15.85	1:14.71	1:19.64	1:18.27	1:23.44	1:21.82	1:27.23	1:25.38	1:31.02
200 Fly	2:41.60	2:46.85	2:52.81	2:49.68	3:01.45	2:57.76	3:10.09	3:05.84	3:18.73	3:13.92	3:27.37
200 IM	2:37.43	2:42.55	2:43.20	2:45.30	2:51.36	2:53.17	2:59.52	3:01.03	3:07.68	3:08.92	3:15.84
400 IM	5:32.65	5:43.46	5:47.82	5:49.28	6:05.21	6:05.92	6:22.60	6:22.55	6:39.99	6:39.18	6:57.38



Ontario 2017-20 STANDARDS

Women 14-14 - Short Course

	PROV	AA	B	C	D	E
50 Free	28.11	29.02	29.52	30.92	32.33	33.73
100 Free	1:00.65	1:02.62	1:03.68	1:06.72	1:09.75	1:12.78
200 Free	2:11.66	2:15.94	2:18.24	2:24.83	2:31.41	2:37.99
400 Free	4:38.72	4:47.78	4:52.66	5:06.59	5:20.53	5:34.46
800 Free	9:42.68	10:01.62	10:11.81	10:40.95	11:10.08	11:39.22
1500 Free	18:36.76	19:13.05	19:32.60	20:28.44	21:24.27	22:20.11
100 Back	1:08.74	1:10.97	1:12.18	1:15.61	1:19.05	1:22.49
200 Back	2:27.12	2:31.90	2:34.48	2:41.83	2:49.19	2:56.54
100 Breast	1:19.17	1:21.74	1:23.13	1:27.09	1:31.05	1:35.00
200 Breast	2:50.47	2:56.01	2:58.99	3:07.52	3:16.04	3:24.56
100 Fly	1:08.67	1:10.90	1:12.10	1:15.54	1:18.97	1:22.40
200 Fly	2:35.64	2:40.70	2:43.42	2:51.20	2:58.99	3:06.77
200 IM	2:30.06	2:34.94	2:37.56	2:45.07	2:52.57	3:00.07
400 IM	5:23.35	5:33.86	5:39.52	5:55.69	6:11.85	6:28.02

Women 14-14 - Long Course

	PROV	AA	B	C	D	E
50 Free	28.67	29.60	30.10	31.54	32.97	34.40
100 Free	1:01.86	1:03.87	1:04.95	1:08.05	1:11.14	1:14.23
200 Free	2:14.29	2:18.65	2:21.00	2:27.72	2:34.43	2:41.15
400 Free	4:44.29	4:53.53	4:58.50	5:12.72	5:26.93	5:41.15
800 Free	9:54.33	10:13.65	10:24.05	10:53.76	11:23.48	11:53.20
1500 Free	18:59.10	19:36.12	19:56.06	20:53.01	21:49.96	22:46.96
100 Back	1:10.12	1:12.40	1:13.63	1:17.13	1:20.64	1:24.14
200 Back	2:30.06	2:34.94	2:37.56	2:45.07	2:52.57	3:00.07
100 Breast	1:20.76	1:23.38	1:24.80	1:28.84	1:32.87	1:36.91
200 Breast	2:53.88	2:59.53	3:02.57	3:11.27	3:19.96	3:28.66
100 Fly	1:10.04	1:12.32	1:13.54	1:17.04	1:20.55	1:24.05
200 Fly	2:38.75	2:43.91	2:46.69	2:54.63	3:02.56	3:10.50
200 IM	2:33.07	2:38.04	2:40.72	2:48.38	2:56.03	3:03.68
400 IM	5:29.82	5:40.54	5:46.31	6:02.80	6:19.29	6:35.78



Ontario 2017-20 STANDARDS

Women 15-15 - Short Course

	PROV	AA	B	C	D	E
50 Free	27.70	28.60	29.09	30.47	31.86	33.24
100 Free	59.98	1:01.93	1:02.98	1:05.98	1:08.98	1:11.98
200 Free	2:10.47	2:14.71	2:16.99	2:23.52	2:30.04	2:36.56
400 Free	4:37.16	4:46.17	4:51.02	5:04.88	5:18.73	5:32.59
800 Free	9:36.07	9:54.79	10:04.87	10:33.68	11:02.48	11:31.28
1500 Free	18:24.14	19:00.02	19:19.35	20:14.55	21:09.76	22:04.97
100 Back	1:07.75	1:09.95	1:11.14	1:14.53	1:17.91	1:21.30
200 Back	2:25.49	2:30.22	2:32.76	2:40.04	2:47.31	2:54.59
100 Breast	1:18.57	1:21.12	1:22.50	1:26.43	1:30.36	1:34.28
200 Breast	2:49.96	2:55.48	2:58.46	3:06.96	3:15.45	3:23.95
100 Fly	1:07.62	1:09.82	1:11.00	1:14.38	1:17.16	1:21.14
200 Fly	2:34.43	2:39.45	2:42.15	2:49.87	2:57.59	3:05.32
200 IM	2:28.52	2:33.35	2:35.95	2:43.37	2:50.80	2:58.22
400 IM	5:14.35	5:24.57	5:30.07	5:45.79	6:01.50	6:17.22

Women 15-15 - Long Course

	PROV	AA	B	C	D	E
50 Free	28.25	29.17	29.66	31.08	32.49	33.90
100 Free	1:01.18	1:03.17	1:04.24	1:07.30	1:10.36	1:17.42
200 Free	2:13.90	2:18.25	2:20.60	2:27.29	2:33.99	2:40.68
400 Free	4:42.70	4:51.89	4:56.84	5:10.97	5:25.11	5:39.24
800 Free	9:48.60	10:07.73	10:18.03	10:47.46	11:16.89	11:46.32
1500 Free	18:46.22	19:22.82	19:42.53	20:38.84	21:35.15	22:31.46
100 Back	1:09.11	1:11.36	1:12.57	1:16.02	1:19.48	1:22.93
200 Back	2:28.40	2:33.22	2:35.82	2:43.24	2:50.66	2:58.08
100 Breast	1:20.14	1:22.74	1:24.15	1:28.15	1:32.16	1:36.17
200 Breast	2:53.36	2:58.99	3:02.03	3:10.70	3:19.36	3:28.03
100 Fly	1:08.97	1:11.21	1:12.42	1:15.87	1:19.32	1:22.76
200 Fly	2:37.52	2:42.64	2:45.40	2:53.27	3:01.15	3:09.02
200 IM	2:31.49	2:36.41	2:39.06	2:46.64	2:54.21	3:01.79
400 IM	5:20.64	5:31.06	5:36.67	5:52.70	6:08.74	6:24.77



Ontario 2017-20 STANDARDS

Women 16-16 - Short Course

	PROV	AA	B	C	D	E
50 Free	27.52	28.41	28.90	30.27	31.65	33.02
100 Free	59.62	1:01.56	1:02.60	1:05.58	1:08.56	1:11.54
200 Free	2:08.77	2:12.96	2:15.21	2:21.65	2:28.09	2:34.52
400 Free	4:33.47	4:42.36	4:47.14	5:00.82	5:14.49	5:28.16
800 Free	9:25.20	9:43.57	9:53.46	10:21.72	10:49.98	11:18.24
1500 Free	18:03.27	18:38.48	18:57.43	19:51.60	20:45.76	21:39.92
100 Back	1:06.73	1:08.90	1:10.07	1:13.40	1:16.74	1:20.08
200 Back	2:24.27	2:28.96	2:31.48	2:38.70	2:45.91	2:53.12
100 Breast	1:18.14	1:20.68	1:22.05	1:25.95	1:29.86	1:33.77
200 Breast	2:48.65	2:54.13	2:57.08	3:05.52	3:13.95	3:22.38
100 Fly	1:06.74	1:08.91	1:10.08	1:13.41	1:16.75	1:20.09
200 Fly	2:29.52	2:34.38	2:37.00	2:44.47	2:51.95	2:59.42
200 IM	2:26.33	2:31.09	2:33.65	2:40.96	2:48.28	2:55.60
400 IM	5:12.33	5:22.48	5:27.95	5:43.56	5:59.18	6:14.80

Women 16-16 - Long Course

	PROV	AA	B	C	D	E
50 Free	28.07	28.98	29.47	30.88	32.28	33.68
100 Free	1:00.81	1:02.79	1:03.85	1:06.89	1:09.93	1:12.97
200 Free	2:11.35	2:15.62	2:17.92	2:24.49	2:31.05	2:37.62
400 Free	4:38.94	4:48.01	4:52.89	5:06.83	5:20.78	5:34.73
800 Free	9:36.50	9:55.24	10:05.33	10:34.15	11:02.97	11:31.80
1500 Free	18:24.94	19:00.85	19:20.19	20:15.43	21:10.68	22:05.93
100 Back	1:08.06	1:10.27	1:11.46	1:14.87	1:18.27	1:21.67
200 Back	2:27.16	2:31.94	2:34.52	2:41.88	2:49.23	2:56.59
100 Breast	1:19.70	1:22.29	1:32.69	1:27.67	1:31.66	1:35.64
200 Breast	2:52.02	2:57.61	3:00.62	3:09.22	3:17.82	3:26.42
100 Fly	1:08.07	1:10.28	1:11.47	1:14.88	1:18.28	1:21.68
200 Fly	2:32.51	2:37.47	2:40.14	2:47.76	2:55.39	3:03.01
200 IM	2:29.26	2:34.11	2:36.72	2:44.19	2:51.65	2:59.11
400 IM	5:18.58	5:28.93	5:34.51	5:50.44	6:06.37	6:22.30



Ontario 2017-20 STANDARDS

Women 17 & Over - Short Course

		PROV	AA	B	C	D	E
50	Free	27.18	28.06	28.54	29.90	31.26	32.62
100	Free	58.73	1:00.64	1:01.67	1:04.60	1:07.54	1:10.48
200	Free	2:07.12	2:11.25	2:13.48	2:19.83	2:26.19	2:32.54
400	Free	4:30.30	4:39.08	4:43.82	4:57.33	5:10.85	5:24.36
800	Free	9:19.55	9:37.74	9:47.53	10:15.51	10:43.48	11:11.46
1500	Free	17:52.44	18:27.29	18:46.06	19:39.68	20:33.31	21:26.93
100	Back	1:05.64	1:07.77	1:08.92	1:12.20	1:15.49	1:18.77
200	Back	2:21.81	2:26.42	2:28.90	2:35.99	2:43.08	2:50.17
100	Breast	1:17.35	1:19.86	1:21.22	1:25.09	1:28.95	1:32.82
200	Breast	2:47.80	2:53.25	2:56.19	3:04.58	3:12.97	3:21.36
100	Fly	1:06.06	1:08.21	1:09.36	1:12.67	1:15.97	1:19.27
200	Fly	2:27.29	2:32.08	2:34.65	2:42.02	2:49.38	2:56.75
200	IM	2:24.97	2:29.68	2:32.22	2:39.47	2:46.72	2:53.96
400	IM	5:08.59	5:18.62	5:24.02	5:39.45	5:54.88	6:10.31

Women 17 & Over - Long Course

		PROV	AA	B	C	D	E
50	Free	27.72	28.62	29.11	30.49	31.88	33.26
100	Free	59.90	1:01.85	1:02.90	1:05.89	1:08.88	1:11.88
200	Free	2:09.66	2:13.87	2:16.14	2:22.63	2:29.11	2:35.59
400	Free	4:35.71	4:44.67	4:49.50	5:03.28	5:17.07	5:30.85
800	Free	9:30.74	9:49.29	9:59.28	10:27.81	10:56.35	11:24.89
1500	Free	18:13.89	18:49.44	19:08.58	20:03.28	20:57.97	21:52.67
100	Back	1:06.95	1:09.13	1:10.30	1:13.65	1:16.99	1:20.34
200	Back	2:24.65	2:29.35	2:31.88	2:39.12	2:46.35	2:53.58
100	Breast	1:18.90	1:21.46	1:22.85	1:26.79	1:30.74	1:34.68
200	Breast	2:51.16	2:56.72	2:59.72	3:08.28	3:16.83	3:25.39
100	Fly	1:07.38	1:09.57	1:10.75	1:14.12	1:17.49	1:20.86
200	Fly	2:30.24	2:35.12	2:37.75	2:45.26	2:52.78	3:00.29
200	IM	2:27.87	2:32.68	2:35.26	2:42.66	2:50.05	2:57.44
400	IM	5:14.76	5:24.99	5:30.50	5:46.24	6:01.97	6:17.71



Ontario 2017-20 STANDARDS

Men 10 & Under - Short Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	34.48	36.20	37.93	39.65	41.38
100 Free	1:16.83	1:20.67	1:24.51	1:28.35	1:32.20
200 Free	2:51.00	2:59.55	3:08.10	3:16.65	3:25.20
400 Free	5:56.57	6:14.40	6:32.23	6:50.06	7:07.88
100 Back	1:28.65	1:33.08	1:37.52	1:41.95	1:46.38
200 Back	3:15.03	3:24.78	3:34.53	3:44.28	3:54.04
100 Breast	1:41.46	1:46.53	1:51.61	1:56.68	2:01.75
100 Fly	1:35.55	1:40.33	1:45.11	1:49.88	1:54.66
100 IM	1:31.61	1:36.19	1:40.77	1:45.35	1:49.93
200 IM	3:12.00	3:21.60	3:31.20	3:40.80	3:50.40

Men 10 & Under - Long Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	35.16	36.92	38.68	40.43	42.19
100 Free	1:18.37	1:22.29	1:26.21	1:30.13	1:34.04
200 Free	2:51.80	3:00.39	3:08.98	3:17.57	3:26.16
400 Free	6:03.70	6:21.89	6:40.07	6:58.26	7:16.44
100 Back	1:30.42	1:34.94	1:39.46	1:43.98	1:48.50
200 Back	3:18.93	3:28.88	3:38.82	3:48.77	3:58.72
100 Breast	1:43.48	1:48.65	1:53.83	1:59.00	2:04.18
100 Fly	1:37.46	1:42.33	1:47.21	1:52.08	1:56.95
200 IM	3:15.84	3:25.63	3:35.42	3:45.22	3:55.01



Ontario 2017-20 STANDARDS

Men 11-11 - Short Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	31.77	33.36	34.95	36.54	38.12
100 Free	1:09.94	1:13.44	1:16.93	1:20.43	1:23.93
200 Free	2:33.66	2:41.34	2:49.03	2:56.71	3:04.39
400 Free	5:30.00	5:46.50	6:03.00	6:19.50	6:36.00
800 Free	11:34.43	12:09.15	12:43.87	13:18.59	13:53.32
100 Back	1:20.28	1:24.29	1:28.31	1:32.32	1:36.34
200 Back	2:53.36	3:02.03	3:10.70	3:19.36	3:28.03
100 Breast	1:33.58	1:38.25	1:42.94	1:47.62	1:52.30
200 Breast	3:24.88	3:35.12	3:45.37	3:55.61	4:05.86
100 Fly	1:24.71	1:28.95	1:33.18	1:37.42	1:41.65
200 Fly	3:31.78	3:42.37	3:52.96	4:03.55	4:14.14
200 IM	2:55.00	3:03.75	3:12.50	3:21.25	3:30.00
400 IM	6:29.08	6:48.53	7:07.99	7:27.44	7:46.90

Men 11-11 - Long Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	32.41	34.03	35.65	37.27	38.89
100 Free	1:11.33	1:14.90	1:18.46	1:22.03	1:25.60
200 Free	2:36.73	2:44.57	2:52.40	3:00.24	3:08.08
400 Free	5:36.60	5:53.43	6:10.26	6:27.09	6:43.92
800 Free	11:48.31	12:23.73	12:59.14	13:34.56	14:09.97
100 Back	1:21.88	1:25.97	1:30.07	1:34.16	1:38.25
200 Back	2:56.83	3:05.67	3:14.51	3:23.35	3:32.20
100 Breast	1:35.45	1:40.22	1:45.00	1:49.77	1:54.54
200 Breast	3:28.98	3:39.43	3:49.88	4:00.33	4:10.78
100 Fly	1:26.40	1:30.72	1:35.04	1:39.36	1:43.68
200 Fly	3:36.01	3:46.81	3:57.61	4:08.41	4:19.21
200 IM	2:58.50	3:07.43	3:16.35	3:25.28	3:34.20
400 IM	6:36.86	6:56.70	7:16.55	7:36.39	7:56.23



Ontario 2017-20 STANDARDS

Men 12-12 - Short Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	29.35	30.82	32.29	33.75	35.22
100 Free	1:04.52	1:07.75	1:10.97	1:14.20	1:17.42
200 Free	2:20.86	2:27.90	2:34.95	2:41.99	2:49.03
400 Free	5:04.00	5:19.20	5:34.40	5:49.60	6:04.80
800 Free	10:23.51	10:54.69	11:25.86	11:57.04	12:28.21
100 Back	1:15.35	1:19.12	1:22.89	1:26.65	1:30.42
200 Back	2:40.06	2:48.06	2:56.07	3:04.07	3:12.07
100 Breast	1:25.70	1:29.99	1:34.27	1:38.56	1:42.84
200 Breast	3:04.19	3:13.40	3:22.61	3:31.82	3:41.03
100 Fly	1:15.85	1:19.64	1:23.44	1:27.23	1:31.02
200 Fly	2:56.32	3:05.14	3:13.95	3:22.77	3:31.58
200 IM	2:43.00	2:51.15	2:59.30	3:07.45	3:15.60
400 IM	5:50.00	6:07.50	6:25.00	6:42.50	7:00.00

Men 12-12 - Long Course

	FEST	B FEST	C FEST	D FEST	E FEST
50 Free	29.94	31.44	32.93	34.43	35.93
100 Free	1:05.81	1:09.10	1:12.39	1:15.68	1:18.97
200 Free	2:23.67	2:30.85	2:38.04	2:45.22	2:52.40
400 Free	5:10.08	5:25.58	5:41.09	5:56.59	6:12.10
800 Free	10:35.98	11:07.78	11:39.58	12:11.38	12:43.18
100 Back	1:16.86	1:20.70	1:24.55	1:28.39	1:32.23
200 Back	2:43.26	2:51.42	2:59.59	3:07.75	3:15.91
100 Breast	1:27.41	1:31.78	1:36.15	1:40.52	1:44.89
200 Breast	3:07.88	3:17.27	3:26.67	3:36.06	3:45.46
100 Fly	1:17.36	1:21.23	1:25.10	1:28.96	1:32.83
200 Fly	2:59.84	3:08.83	3:17.82	3:26.82	3:35.81
200 IM	2:46.26	2:54.57	3:02.89	3:11.20	3:19.51
400 IM	5:57.00	6:14.85	6:32.70	6:50.55	7:08.40



Ontario 2017-20 STANDARDS

Men 13 & Under - Short Course

	PROV	AA	FEST	B	B FEST	C	C FEST	D	D FEST	E	E FEST
50 Free	27.15	28.03	28.07	28.51	29.47	29.87	30.88	31.22	32.28	32.58	33.68
100 Free	59.42	1:01.35	1:01.56	1:02.39	1:04.64	1:05.36	1:07.72	1:08.33	1:10.79	1:11.30	1:13.87
200 Free	2:10.14	2:14.37	2:15.44	2:16.65	2:22.21	2:23.15	2:28.98	2:29.66	2:35.76	2:36.17	2:42.53
400 Free	4:38.53	4:47.58	4:55.00	4:52.46	5:09.75	5:06.38	5:24.50	5:20.31	5:39.25	5:34.24	5:54.00
800 Free	9:41.62	10:00.52	10:03.80	10:10.70	10:33.99	10:39.78	11:04.18	11:08.86	11:34.37	11:37.94	12:04.56
1500 Free	18:41.95	19:18.41		19:38.05		2:03.41		21:30.24		22:26.34	
100 Back	1:07.75	1:09.95	1:10.92	1:11.14	1:14.47	1:14.53	1:18.01	1:17.91	1:21.56	1:21.30	1:25.10
200 Back	2:26.42	2:31.18	2:34.65	2:33.74	2:42.38	2:41.06	2:50.12	2:48.38	2:57.85	2:55.70	3:05.58
100 Breast	1:17.80	1:20.33	1:22.25	1:21.69	1:26.36	1:25.58	1:30.48	1:29.47	1:34.59	1:33.36	1:38.70
200 Breast	2:47.96	2:53.42	2:57.30	2:56.36	3:06.17	3:04.76	3:15.03	3:13.15	3:23.90	3:21.55	3:32.76
100 Fly	1:07.73	1:09.93	1:11.41	1:11.12	1:14.98	1:14.50	1:18.55	1:17.89	1:22.12	1:21.28	1:25.69
200 Fly	2:32.81	2:37.78	2:47.45	2:40.45	2:55.82	2:48.09	3:04.19	2:55.73	3:12.57	3:03.37	3:20.94
200 IM	2:28.53	2:33.36	2:35.50	2:35.96	2:43.27	2:43.38	2:51.05	2:50.81	2:58.82	2:58.24	3:06.60
400 IM	5:16.18	5:26.46	5:34.00	5:31.99	5:50.70	5:47.80	6:07.40	6:03.61	6:24.10	6:19.42	6:40.80

Men 13 & Under - Long Course

	PROV	AA	FEST	B	B FEST	C	C FEST	D	D FEST	E	E FEST
50 Free	27.69	28.59	28.63	29.07	30.06	30.46	31.49	31.84	32.92	33.23	34.36
100 Free	1:00.61	1:02.58	1:02.79	1:03.64	1:05.93	1:06.67	1:09.07	1:09.70	1:12.21	1:12.73	1:15.35
200 Free	2:12.74	2:17.05	2:18.15	2:19.38	2:25.06	2:26.01	2:31.97	2:32.65	2:38.87	2:39.29	2:45.78
400 Free	4:44.10	4:53.33	5:00.90	4:58.31	5:15.95	5:12.51	5:30.99	5:26.72	5:46.04	5:40.92	6:01.08
800 Free	9:53.25	10:12.53	10:15.88	10:22.91	10:46.67	10:52.58	11:17.47	11:22.24	11:48.26	11:51.90	12:19.06
1500 Free	19:04.39	19:41.58		20:01.61		20:58.83		21:56.05		22:53.27	
100 Back	1:09.11	1:11.36	1:12.34	1:12.57	1:15.96	1:16.02	1:19.57	1:19.48	1:23.19	1:22.93	1:26.81
200 Back	2:29.35	2:34.20	2:37.74	2:36.82	2:45.63	2:44.29	2:53.51	2:51.75	3:01.40	2:59.22	3:09.29
100 Breast	1:19.36	1:21.94	1:23.89	1:23.33	1:28.08	1:27.30	1:32.28	1:31.26	1:36.47	1:35.23	1:40.67
200 Breast	2:51.32	2:56.89	3:00.85	2:59.89	3:09.89	3:08.45	3:18.94	3:17.02	3:27.98	3:25.58	3:37.02
100 Fly	1:09.09	1:11.34	1:12.84	1:12.54	1:16.48	1:16.00	1:20.12	1:19.45	1:23.77	1:22.91	1:27.41
200 Fly	2:35.87	2:40.94	2:50.80	2:43.66	2:59.34	2:51.46	3:07.88	2:59.25	3:16.42	3:07.04	3:24.96
200 IM	2:31.50	2:36.42	2:38.61	2:39.08	2:46.54	2:46.65	2:54.47	2:54.23	3:02.40	3:01.80	3:10.33
400 IM	5:22.50	5:32.98	5:40.68	5:38.63	5:57.71	5:54.75	6:14.75	6:10.87	6:31.78	6:27.00	6:48.82



Ontario 2017-20 STANDARDS

Men 14-14 - Short Course

	PROV	AA	B	C	D	E
50 Free	26.34	27.20	27.66	28.97	30.29	31.61
100 Free	57.38	59.24	1:00.25	1:03.12	1:05.99	1:08.86
200 Free	2:06.19	2:10.29	2:12.50	2:18.81	2:25.12	2:31.43
400 Free	4:29.85	4:38.62	4:43.34	4:56.84	5:10.33	5:23.82
800 Free	9:26.32	9:44.73	9:54.64	10:22.95	10:51.27	11:19.58
1500 Free	18:05.73	18:41.02	19:00.02	19:54.30	20:48.59	21:42.88
100 Back	1:05.90	1:08.04	1:09.20	1:12.49	1:15.79	1:19.08
200 Back	2:22.77	2:27.41	2:29.91	2:37.05	2:44.19	2:51.32
100 Breast	1:14.95	1:17.39	1:18.70	1:22.45	1:26.19	1:29.94
200 Breast	2:43.42	2:48.73	2:51.59	2:59.76	3:07.93	3:16.10
100 Fly	1:04.91	1:07.02	1:08.16	1:11.40	1:14.65	1:17.89
200 Fly	2:29.79	2:34.66	2:37.28	2:44.77	2:52.26	2:59.75
200 IM	2:23.17	2:27.82	2:30.33	2:37.49	2:44.65	2:51.80
400 IM	5:07.82	5:17.82	5:23.21	5:38.60	5:53.99	6:09.38

Men 14-14 - Long Course

	PROV	AA	B	C	D	E
50 Free	26.87	27.74	28.21	29.56	30.90	32.24
100 Free	58.83	1:00.74	1:01.77	1:04.71	1:07.65	1:10.60
200 Free	2:08.71	2:12.89	2:15.15	2:21.58	2:28.02	2:34.45
400 Free	4:35.25	4:44.20	4:49.01	5:02.78	5:16.54	5:30.30
800 Free	9:37.65	9:56.42	10:06.53	10:35.42	11:04.30	11:33.18
1500 Free	18:27.44	19:03.43	19:22.81	20:18.18	21:13.56	22:08.93
100 Back	1:07.22	1:09.40	1:10.58	1:13.94	1:17.30	1:20.66
200 Back	2:25.63	2:30.36	2:32.91	1:40.19	2:47.47	2:54.76
100 Breast	1:16.45	1:18.93	1:20.27	1:24.10	1:27.92	1:31.74
200 Breast	2:46.69	2:52.11	2:55.02	3:03.36	3:11.69	3:20.03
100 Fly	1:06.21	1:08.36	1:09.52	1:12.83	1:16.14	1:19.45
200 Fly	2:32.79	2:37.76	2:40.43	2:48.07	2:55.71	3:03.35
200 IM	2:26.03	2:30.78	2:33.33	2:40.63	2:47.93	2:55.24
400 IM	5:13.98	5:24.18	5:29.68	5:45.38	6:01.08	6:16.78



Ontario 2017-20 STANDARDS

Men 15-15 - Short Course

	PROV	AA	B	C	D	E
50 Free	25.86	26.70	27.15	28.45	29.74	31.03
100 Free	56.03	57.85	58.83	1:01.63	1:04.43	1:07.24
200 Free	2:02.09	2:06.06	2:08.19	2:14.30	2:20.40	2:26.51
400 Free	4:22.47	4:31.00	4:35.59	4:48.72	5:01.84	5:14.96
800 Free	9:09.66	9:27.52	9:37.14	10:04.63	10:32.11	10:59.59
1500 Free	17:33.78	18:08.03	18:26.47	19:19.16	20:11.85	21:04.54
100 Back	1:04.18	1:06.27	1:07.39	1:10.60	1:13.81	1:17.02
200 Back	2:19.46	2:23.99	2:26.43	2:33.41	2:40.38	2:47.35
100 Breast	1:14.11	1:16.52	1:17.82	1:21.52	1:25.23	1:28.93
200 Breast	2:41.10	2:46.34	2:49.16	2:57.21	3:05.26	3:13.32
100 Fly	1:02.89	1:04.93	1:06.03	1:09.18	1:12.32	1:15.47
200 Fly	2:25.74	2:30.48	2:33.03	2:40.31	2:47.60	2:54.89
200 IM	2:19.53	2:24.06	2:26.51	2:33.48	2:40.46	2:47.44
400 IM	5:02.98	5:12.83	5:18.13	5:33.28	5:48.43	6:03.58

Men 15-15 - Long Course

	PROV	AA	B	C	D	E
50 Free	26.38	27.24	27.70	29.02	30.34	31.66
100 Free	57.15	59.01	1:00.01	1:02.87	1:05.72	1:08.58
200 Free	2:04.53	2:08.58	2:10.76	2:16.98	2:23.21	2:29.44
400 Free	4:27.72	4:36.42	4:41.11	4:54.49	5:07.88	5:21.26
800 Free	9:20.65	9:38.87	9:48.68	10:16.72	10:44.75	11:12.78
1500 Free	17:54.86	18:29.79	18:48.60	19:42.35	20:36.09	21:29.83
100 Back	1:05.47	1:07.60	1:08.74	1:12.02	1:15.29	1:18.56
200 Back	2:22.25	2:26.87	2:29.36	2:36.48	2:43.59	2:50.70
100 Breast	1:15.60	1:18.06	1:19.38	1:23.16	1:26.94	1:30.72
200 Breast	2:44.32	2:49.66	2:52.54	3:00.75	3:08.97	3:17.18
100 Fly	1:04.15	1:06.23	1:07.36	1:10.57	1:13.77	1:16.98
200 Fly	2:28.65	2:33.48	2:36.08	2:43.52	2:50.95	2:58.38
200 IM	2:22.32	2:26.95	2:29.44	2:36.55	2:43.67	2:50.78
400 IM	5:09.04	5:19.08	5:24.49	5:39.94	5:55.40	6:10.85



Ontario 2017-20 STANDARDS

Men 16-16 - Short Course

	PROV	AA	B	C	D	E
50 Free	24.90	25.71	26.15	27.39	28.64	29.88
100 Free	54.25	56.01	56.96	59.68	1:02.39	1:05.10
200 Free	1:58.57	2:02.42	2:04.50	2:10.43	2:16.36	2:22.28
400 Free	4:16.28	4:24.61	4:29.09	4:41.91	4:54.72	5:07.54
800 Free	8:54.79	9:12.17	9:21.53	9:48.27	10:15.01	10:41.75
1500 Free	17:05.28	17:38.60	17:56.54	18:47.81	19:39.07	20:30.34
100 Back	1:01.41	1:03.41	1:04.48	1:07.55	1:10.62	1:13.69
200 Back	2:13.52	2:17.86	2:20.20	2:26.87	2:33.55	2:40.22
100 Breast	1:10.82	1:13.12	1:14.36	1:17.90	1:21.44	1:24.98
200 Breast	2:34.31	2:39.33	2:42.03	2:49.74	2:57.46	3:05.17
100 Fly	1:00.79	1:02.77	1:03.83	1:06.87	1:09.91	1:12.95
200 Fly	2:16.73	2:21.17	2:23.57	2:30.40	2:37.24	2:44.08
200 IM	2:15.30	2:19.70	2:22.07	2:28.83	2:35.60	2:42.36
400 IM	4:55.73	5:05.34	5:10.52	5:25.30	5:40.09	5:54.88

Men 16-16 - Long Course

	PROV	AA	B	C	D	E
50 Free	25.40	26.23	26.67	27.94	29.21	30.48
100 Free	55.34	57.14	58.11	1:00.87	1:03.64	1:06.41
200 Free	2:00.94	2:04.87	2:06.99	2:13.03	2:19.08	2:25.13
400 Free	4:21.41	4:29.91	4:34.48	4:47.55	5:00.62	5:13.69
800 Free	9:05.49	9:23.22	9:32.76	10:00.04	10:27.31	10:54.59
1500 Free	17:25.79	17:59.78	18:18.08	19:10.37	20:02.66	20:54.95
100 Back	1:02.64	1:04.68	1:05.77	1:08.90	1:12.04	1:15.17
200 Back	2:16.19	2:20.62	2:23.00	2:29.81	2:36.62	2:43.43
100 Breast	1:12.24	1:14.59	1:19.38	1:23.16	1:26.94	1:30.72
200 Breast	2:37.40	2:42.52	2:45.27	2:53.14	3:01.01	3:08.88
100 Fly	1:02.01	1:04.03	1:05.11	1:08.21	1:11.31	1:14.41
200 Fly	2:19.46	2:23.99	2:26.43	2:33.41	2:40.38	2:47.35
200 IM	2:18.01	2:22.50	2:24.91	2:31.81	2:38.71	2:45.61
400 IM	5:01.64	5:11.44	5:16.72	5:31.80	5:46.89	6:01.97



Ontario 2017-20 STANDARDS

Men 17 & Over - Short Course

	PROV	AA	B	C	D	E
50 Free	24.59	25.39	25.82	27.05	28.28	29.51
100 Free	53.44	55.18	56.11	58.78	1:01.46	1:04.13
200 Free	1:57.13	2:00.94	2:02.99	2:08.84	2:14.70	2:20.56
400 Free	4:12.68	4:20.89	4:25.31	4:37.95	4:50.58	5:03.22
800 Free	8:49.44	9:06.65	9:15.91	9:42.38	10:08.86	10:35.33
1500 Free	16:55.03	17:28.02	17:45.78	18:36.53	19:27.28	20:18.04
100 Back	1:00.72	1:02.69	1:03.76	1:06.79	1:09.83	1:12.86
200 Back	2:12.09	2:16.38	2:18.69	2:25.30	2:31.90	2:38.51
100 Breast	1:10.11	1:12.39	1:13.62	1:17.12	1:20.63	1:24.13
200 Breast	2:32.75	2:37.71	2:40.39	2:48.03	2:55.66	3:03.30
100 Fly	1:00.17	1:02.13	1:03.18	1:06.19	1:09.20	1:12.20
200 Fly	2:15.35	2:19.75	2:22.12	2:28.89	2:35.65	2:42.42
200 IM	2:12.88	2:17.20	2:19.52	2:26.17	2:32.81	2:39.46
400 IM	4:52.77	5:02.29	5:07.41	5:22.05	5:36.69	5:51.32

Men 17 & Over - Long Course

	PROV	AA	B	C	D	E
50 Free	25.08	25.90	26.33	27.59	28.84	30.10
100 Free	54.51	56.28	57.24	59.96	1:02.69	1:05.41
200 Free	1:59.47	2:03.35	2:05.44	2:11.42	2:17.39	2:23.36
400 Free	4:17.74	4:26.12	4:30.63	4:43.51	4:56.40	5:09.29
800 Free	9:00.04	9:17.59	9:27.04	9:54.04	10:21.05	10:48.05
1500 Free	17:15.33	17:48.98	18:07.10	18:58.86	19:50.63	20:42.40
100 Back	1:01.94	1:03.95	1:05.04	1:08.13	1:11.23	1:14.33
200 Back	2:14.74	2:19.12	2:21.48	2:28.21	2:34.95	2:41.69
100 Breast	1:11.51	1:13.83	1:15.09	1:18.66	1:22.24	1:25.81
200 Breast	2:35.81	2:40.87	2:43.60	2:51.39	2:59.18	3:06.97
100 Fly	1:01.38	1:03.37	1:04.45	1:07.52	1:10.59	1:13.66
200 Fly	2:18.06	2:22.55	2:24.96	2:31.87	2:38.77	2:45.67
200 IM	2:15.54	2:19.95	2:22.32	2:29.09	2:35.87	2:42.65
400 IM	4:58.63	5:08.34	5:13.56	5:28.49	5:42.42	5:58.36