

2016-2017 Eastern Ontario Regional Time Standards

Swimmers qualify for Eastern Ontario Regional Championships by achieving at least three individual event standards. This allows for entry into the meet with a full roster of events, per the meet package.

	FEMALE											
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.94	37.04	35.31	33.06	31.47	30.81	40.74	37.78	36.02	33.73	32.09	31.43
100 Free	1:28.56	1:21.03	1:16.40	1:11.94	1:07.88	1:06.78	1:30.33	1:22.65	1:17.39	1:13.38	1:09.24	1:08.11
200 Free	3:12.17	2:57.12	2:46.70	2:36.00	2:27.36	2:25.30	3:16.01	3:00.66	2:50.03	2:39.12	2:30.31	2:28.20
400 Free	6:48.64	6:15.07	5:50.76	5:30.75	5:11.96	5:08.66	6:56.81	6:22.57	5:57.78	5:37.37	5:18.20	5:14.83
800 Free			12:03.52	11:23.55	10:42.41	10:35.12			12:17.99	11:37.22	10:55.25	10:47.82
1500 Free					20:31.33	20:17.31					20:55.85	20:41.66
100 Back	1:41.29	1:33.19	1:27.40	1:22.14	1:16.94	1:14.86	1:43.32	1:35.05	1:29.15	1:23.78	1:18.48	1:16.36
200 Back	3:38.79	3:19.11	3:07.54	2:57.50	2:44.57	2:42.02	3:43.17	3:23.09	3:11.29	3:01.05	2:47.86	2:45.26
100 Breast	1:54.60	1:47.66	1:41.29	1:33.71	1:28.62	1:27.49	1:56.89	1:49.81	1:43.32	1:35.59	1:30.39	1:29.24
200 Breast			3:36.48	3:22.86	3:10.81	3:10.24			3:40.81	3:26.92	3:14.63	3:14.04
100 Fly	1:47.08	1:36.66	1:29.72	1:23.24	1:16.87	1:15.30	1:49.22	1:38.59	1:31.51	1:24.90	1:18.40	1:16.81
200 Fly			3:23.74	3:09.63	2:54.21	2:51.98			3:27.81	3:13.42	2:57.69	2:55.42
100 IM	1:45.34											
200 IM	3:38.79	3:20.27	3:08.69	2:56.40	2:47.97	2:45.40	3:43.17	3:24.28	3:12.47	2:59.93	2:47.97	2:48.70
400 IM			6:37.07	6:15.95	5:56.49	5:46.57			6:45.01	6:23.47	5:56.49	5:53.50

	MALE											
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	40.52	37.33	34.50	31.42	29.48	28.80	41.33	38.08	35.19	32.05	30.07	29.37
100 Free	1:30.29	1:22.19	1:15.82	1:08.91	1:04.00	1:02.40	1:32.10	1:23.83	1:17.34	1:10.28	1:05.28	1:03.65
200 Free	3:17.95	3:00.59	2:45.54	2:31.59	2:20.44	2:15.82	3:21.91	3:04.20	2:48.85	2:34.63	2:23.25	2:18.53
400 Free	6:59.06	6:22.02	5:51.92	5:25.24	4:58.78	4:51.82	7:07.44	6:29.66	5:58.96	5:31.74	5:04.75	4:57.66
800 Free			12:12.78	11:15.83	10:24.37	10:06.00			12:27.43	11:29.35	10:36.86	10:18.12
1500 Free					19:57.02	19:21.79					20:20.96	19:45.03
100 Back	1:44.19	1:34.35	1:28.56	1:19.38	1:13.76	1:11.48	1:46.27	1:36.23	1:30.33	1:20.97	1:15.23	1:12.90
200 Back	3:49.21	3:23.74	3:08.11	2:53.09	2:39.80	2:35.31	3:53.79	3:27.82	3:11.88	2:56.55	2:42.99	2:38.42
100 Breast	1:59.24	1:49.97	1:40.71	1:32.06	1:23.89	1:22.53	2:01.62	1:52.17	1:42.73	1:33.90	1:25.57	1:24.18
200 Breast			3:36.48	3:18.45	3:02.92	2:59.41			3:40.81	3:22.42	3:06.57	3:03.00
100 Fly	1:52.29	1:39.56	1:29.14	1:19.93	1:12.65	1:10.04	1:54.54	1:41.55	1:30.92	1:21.53	1:14.11	1:11.44
200 Fly			3:27.21	3:07.42	2:47.66	2:42.30			3:31.36	3:11.17	2:51.01	2:45.55
100 IM	1:47.66											
200 IM	3:42.26	3:22.58	3:08.69	2:51.44	2:38.99	2:35.39	3:46.71	3:26.63	3:12.47	2:54.87	2:42.17	2:38.49
400 IM			6:45.17	6:08.24	5:39.37	5:34.04			6:53.27	6:15.60	5:46.16	5:40.72