



## ONTARIO SENIOR PROVINCIAL TIMES 2005-08

### SHORT COURSE

FEMALE		MALE	
EVENTS	TIMES	EVENTS	TIMES
50 FR	00:28.19	50 FR	00:25.55
100 FR	01:00.74	100 FR	00:55.79
200 FR	02:10.49	200 FR	02:03.07
400 FR	04:35.96	400 FR	04:23.26
800 FR	09:33.07	800 FR	09:04.95
1500 FR	18:33.12	1500 FR	17:33.04
100 BK	01:08.34	100 BK	01:04.04
200 BK	02:26.72	200 BK	02:18.83
100 BR	01:17.74	100 BR	01:13.59
200 BR	02:47.16	200 BR	02:43.13
100 FL	01:07.92	100 FL	01:02.41
200 FL	02:31.68	200 FL	02:22.86
200 IM	02:28.73	200 IM	02:18.42
400 IM	05:15.69	400 IM	04:47.85

### LONG COURSE

FEMALE		MALE	
EVENTS	TIMES	EVENTS	TIMES
50 FR	00:28.89	50 FR	00:26.19
100 FR	01:02.25	100 FR	00:57.18
200 FR	02:13.75	200 FR	02:06.15
400 FR	04:42.86	400 FR	04:29.84
800 FR	09:47.40	800 FR	09:18.57
1500 FR	19:00.95	1500 FR	17:59.37
100 BK	01:10.05	100 BK	01:05.85
200 BK	02:30.39	200 BK	02:22.30
100 BR	01:19.68	100 BR	01:15.43
200 BR	02:51.34	200 BR	02:47.21
100 FL	01:09.62	100 FL	01:03.97
200 FL	02:35.47	200 FL	02:26.43
200 IM	02:32.45	200 IM	02:21.88
400 IM	05:23.58	400 IM	04:55.05