



# Swim Ontario Age Group Standards 2012-2016

Version: May 21, 2013

Pre-requisites are set at 7.5%



FEMALE - 13 & UNDER			AGE GROUP	B	C	D	E	Pre-req	
Free	50	LC	:29.63	:31.11	:32.67	:34.30	:36.02		
		SC	:29.05	:30.50	:32.03	:33.63	:35.31		
	100	LC	1:04.17	1:07.38	1:10.75	1:14.29	1:18.00		
		SC	1:02.91	1:06.06	1:09.36	1:12.83	1:16.47		
	200	LC	2:18.98	2:25.92	2:33.22	2:40.88	2:48.92		
		SC	2:16.25	2:23.06	2:30.22	2:37.73	2:45.61		
	400	LC	4:52.57	5:07.19	5:22.55	5:38.68	5:55.64		
		SC	4:46.83	5:01.17	5:16.23	5:32.04	5:48.67		
	800	LC	10:03.20	10:33.36	11:05.03	11:38.28	12:13.19		10:48.43
		SC	9:51.37	10:20.94	10:51.99	11:24.59	11:58.81		10:35.72
	1500	LC	19:16.10	20:13.90	21:14.60	22:18.33	23:25.24		20:42.81
		SC	18:53.43	19:50.10	20:49.61	21:52.09	22:57.69		20:18.44
	Back	100	LC	1:12.41	1:16.03	1:19.84	1:23.82		1:28.02
			SC	1:10.99	1:14.54	1:18.27	1:22.18		1:26.29
200		LC	2:35.31	2:43.07	2:51.24	2:59.79	3:08.77		
		SC	2:32.26	2:39.87	2:47.87	2:56.26	3:05.07		
Breast	100	LC	1:22.98	1:27.13	1:31.48	1:36.05	1:40.86		
		SC	1:21.35	1:25.42	1:29.69	1:34.17	1:38.88		
	200	LC	2:56.97	3:05.82	3:15.11	3:24.87	3:35.11		
		SC	2:53.50	3:02.18	3:11.28	3:20.85	3:30.89		
Fly	100	LC	1:12.23	1:15.84	1:19.63	1:23.61	1:27.79		
		SC	1:10.81	1:14.35	1:18.07	1:21.97	1:26.07		
	200	LC	2:41.51	2:49.59	2:58.06	3:06.97	3:16.31		
		SC	2:38.34	2:46.26	2:54.57	3:03.30	3:12.46		
IM	200	LC	2:37.43	2:45.30	2:53.56	3:02.24	3:11.35	2:49.24	
		SC	2:34.34	2:42.06	2:50.16	2:58.67	3:07.60	2:45.92	
	400	LC	5:32.65	5:49.29	6:06.75	6:25.09	6:44.34	5:57.60	
		SC	5:26.13	5:42.44	5:59.56	6:17.54	6:36.41	5:50.59	

FEMALE - 14 YEARS			AGE GROUP	B	C	D	E	Pre-req	
Free	50	LC	:29.11	:30.57	:32.10	:33.70	:35.38		
		SC	:28.54	:29.97	:31.47	:33.04	:34.69		
	100	LC	1:02.80	1:05.94	1:09.24	1:12.70	1:16.34		
		SC	1:01.57	1:04.65	1:07.88	1:11.27	1:14.84		
	200	LC	2:16.33	2:23.15	2:30.31	2:37.82	2:45.71		
		SC	2:13.66	2:20.34	2:27.36	2:34.73	2:42.46		
	400	LC	4:48.62	5:03.05	5:18.20	5:34.11	5:50.82		
		SC	4:42.96	4:57.11	5:11.96	5:27.56	5:43.94		
	800	LC	9:54.33	10:24.05	10:55.26	11:28.02	12:02.42		10:38.91
		SC	9:42.68	10:11.81	10:42.41	11:14.53	11:48.25		10:26.38
	1500	LC	18:59.10	19:56.05	20:55.85	21:58.65	23:04.58		20:24.53
		SC	18:36.76	19:32.60	20:31.23	21:32.79	22:37.43		20:00.52
	Back	100	LC	1:11.19	1:14.75	1:18.48	1:22.41		1:26.53
			SC	1:09.79	1:13.28	1:16.94	1:20.79		1:24.83
200		LC	2:32.26	2:39.86	2:47.86	2:56.26	3:05.07		
		SC	2:29.27	2:36.73	2:44.57	2:52.80	3:01.44		
Breast	100	LC	1:21.99	1:26.09	1:30.39	1:34.91	1:39.65		
		SC	1:20.38	1:24.40	1:28.62	1:33.05	1:37.70		
	200	LC	2:56.53	3:05.35	3:14.63	3:24.36	3:34.58		
		SC	2:53.07	3:01.72	3:10.81	3:20.35	3:30.37		
Fly	100	LC	1:11.11	1:14.67	1:18.41	1:22.32	1:26.44		
		SC	1:09.72	1:13.21	1:16.87	1:20.71	1:24.75		
	200	LC	2:41.17	2:49.23	2:57.69	3:06.58	3:15.90		
		SC	2:38.01	2:45.91	2:54.21	3:02.92	3:12.06		
IM	200	LC	2:35.40	2:43.17	2:51.33	2:59.89	3:08.88		
		SC	2:32.35	2:39.97	2:47.97	2:56.36	3:05.18		
	400	LC	5:29.82	5:46.31	6:03.62	6:21.81	6:40.89	5:54.55	
		SC	5:23.35	5:39.52	5:56.49	6:14.32	6:33.03	5:47.60	



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FEMALE - 15 YEARS			AGE GROUP	B	C	D	E	
Free	50	LC	:28.51	:29.94	:31.43	:33.01	:34.65	
		SC	:27.95	:29.35	:30.81	:32.36	:33.97	
	100	LC	1:01.78	1:04.87	1:08.12	1:11.52	1:15.09	
		SC	1:00.57	1:03.60	1:06.78	1:10.12	1:13.62	
	200	LC	2:14.43	2:21.16	2:28.21	2:35.61	2:43.39	
		SC	2:11.79	2:18.39	2:25.30	2:32.56	2:40.19	
	400	LC	4:45.56	4:59.84	5:14.83	5:30.57	5:47.10	
		SC	4:39.96	4:53.96	5:08.66	5:24.09	5:40.29	
	800	LC	9:48.60	10:16.97	10:47.82	11:20.21	11:54.22	
		SC	9:36.07	10:04.87	10:35.12	11:06.87	11:40.22	
	1500	LC	18:46.22	19:42.53	20:41.66	21:43.74	22:48.93	
		SC	18:24.14	19:19.35	20:17.31	21:18.18	22:22.09	
	Back	100	LC	1:09.26	1:12.73	1:16.36	1:20.17	1:24.18
			SC	1:07.90	1:11.30	1:14.86	1:18.60	1:22.53
200		LC	2:29.90	2:37.40	2:45.26	2:53.52	3:02.20	
		SC	2:26.96	2:34.31	2:42.02	2:50.12	2:58.63	
Breast	100	LC	1:20.95	1:25.00	1:29.24	1:33.71	1:38.39	
		SC	1:19.36	1:23.33	1:27.49	1:31.87	1:36.46	
	200	LC	2:56.00	3:04.80	3:14.04	3:23.75	3:33.93	
		SC	2:52.55	3:01.18	3:10.24	3:19.75	3:29.74	
Fly	100	LC	1:09.67	1:13.15	1:16.81	1:20.65	1:24.68	
		SC	1:08.30	1:11.72	1:15.30	1:19.07	1:23.02	
	200	LC	2:39.11	2:47.07	2:55.42	3:04.19	3:13.40	
		SC	2:35.99	2:43.79	2:51.98	3:00.58	3:09.61	
IM	200	LC	2:33.02	2:40.67	2:48.71	2:57.14	3:06.00	
		SC	2:30.02	2:37.52	2:45.40	2:53.67	3:02.35	
	400	LC	5:20.64	5:36.67	5:53.50	6:11.18	6:29.73	
		SC	5:14.35	5:30.07	5:46.57	6:03.90	6:22.09	

FEMALE - 16-17 YEARS			AGE GROUP	B	C	D	E	
Free	50	LC	:28.19	:29.60	:31.08	:32.64	:34.27	
		SC	:27.64	:29.02	:30.47	:32.00	:33.60	
	100	LC	1:00.97	1:04.02	1:07.22	1:10.57	1:14.10	
		SC	:59.77	1:02.76	1:05.90	1:09.19	1:12.65	
	200	LC	2:11.47	2:18.04	2:24.94	2:32.19	2:39.80	
		SC	2:08.89	2:15.33	2:22.10	2:29.21	2:36.67	
	400	LC	4:41.13	4:55.19	5:09.95	5:25.44	5:41.72	
		SC	4:35.62	4:49.40	5:03.87	5:19.06	5:35.02	
	800	LC	9:36.50	10:05.33	10:35.59	11:07.38	11:40.74	
		SC	9:25.20	9:53.46	10:23.13	10:54.29	11:27.00	
	1500	LC	18:24.94	19:20.18	20:18.20	21:19.10	22:23.05	
		SC	18:03.27	18:57.43	19:54.31	20:54.02	21:56.72	
	Back	100	LC	1:08.32	1:11.74	1:15.33	1:19.09	1:23.04
			SC	1:06.98	1:10.33	1:13.85	1:17.54	1:21.41
200		LC	2:26.51	2:33.84	2:41.53	2:49.61	2:58.09	
		SC	2:23.64	2:30.82	2:38.36	2:46.28	2:54.60	
Breast	100	LC	1:20.51	1:24.54	1:28.76	1:33.20	1:37.86	
		SC	1:18.93	1:22.88	1:27.02	1:31.37	1:35.94	
	200	LC	2:54.64	3:03.38	3:12.55	3:22.17	3:32.28	
		SC	2:51.22	2:59.78	3:08.77	3:18.21	3:28.12	
Fly	100	LC	1:08.76	1:12.20	1:15.81	1:19.60	1:23.58	
		SC	1:07.41	1:10.78	1:14.32	1:18.04	1:21.94	
	200	LC	2:33.31	2:40.98	2:49.02	2:57.47	3:06.34	
		SC	2:30.30	2:37.82	2:45.71	2:53.99	3:02.69	
IM	200	LC	2:30.03	2:37.53	2:45.41	2:53.69	3:02.37	
		SC	2:27.09	2:34.44	2:42.17	2:50.28	2:58.79	
	400	LC	5:17.94	5:33.85	5:50.53	6:08.06	6:26.47	
		SC	5:11.71	5:27.30	5:43.66	6:00.84	6:18.89	



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MALE - 13 & UNDER		AGE GROUP	B	C	D	E	Pre-req			
Free	50	LC	:28.09	:29.50	:30.97	:32.52	:34.15			
		SC	:27.54	:28.92	:30.36	:31.88	:33.48			
	100	LC	1:01.25	1:04.31	1:07.53	1:10.91	1:14.45			
		SC	1:00.05	1:03.05	1:06.21	1:09.52	1:12.99			
	200	LC	2:14.76	2:21.50	2:28.57	2:36.01	2:43.80			
		SC	2:12.12	2:18.73	2:25.66	2:32.95	2:40.59			
	400	LC	4:44.00	4:58.20	5:13.11	5:28.77	5:45.20			
		SC	4:38.43	4:52.35	5:06.97	5:22.32	5:38.43			
	800	LC	9:53.25	10:26.76	10:58.09	11:31.00	12:05.56		10:41.68	
		SC	9:41.62	10:14.47	10:45.19	11:17.45	11:51.33		10:29.10	
	1500	LC	19:04.39	20:01.61	21:01.69	22:04.78	23:11.00		20:30.22	
		SC	18:41.95	19:38.05	20:36.95	21:38.80	22:43.74		20:06.10	
	Back	100	LC	1:10.16	1:13.66	1:17.35	1:21.21		1:25.27	
			SC	1:08.78	1:12.22	1:15.83	1:19.62		1:23.60	
200		LC	2:30.36	2:37.88	2:45.77	2:54.06	3:02.76			
		SC	2:27.41	2:34.78	2:42.52	2:50.65	2:59.18			
Breast	100	LC	1:20.56	1:24.59	1:28.82	1:33.26	1:37.92			
		SC	1:18.98	1:22.93	1:27.08	1:31.43	1:36.00			
	200	LC	2:52.64	3:01.26	3:10.33	3:19.85	3:29.83			
		SC	2:49.25	2:57.71	3:06.60	3:15.93	3:25.72			
Fly	100	LC	1:10.14	1:13.64	1:17.33	1:21.19	1:25.25			
		SC	1:08.76	1:12.20	1:15.81	1:19.60	1:23.58			
	200	LC	2:37.90	2:45.79	2:54.08	3:02.78	3:11.92			
		SC	2:34.80	2:42.54	2:50.67	2:59.20	3:08.16			
IM	200	LC	2:31.50	2:39.08	2:47.03	2:55.38	3:04.15	2:42.86		
		SC	2:28.53	2:35.96	2:43.75	2:51.94	3:00.54	2:39.67		
	400	LC	5:22.50	5:38.63	5:55.56	6:13.34	6:32.01	5:46.69		
		SC	5:16.18	5:31.99	5:48.59	6:06.02	6:24.32	5:39.89		

MALE - 14 YEARS		AGE GROUP	B	C	D	E	Pre-req			
Free	50	LC	:27.27	:28.64	:30.07	:31.57	:33.15			
		SC	:26.74	:28.08	:29.48	:30.95	:32.50			
	100	LC	:59.21	1:02.17	1:05.28	1:08.54	1:11.97			
		SC	:58.05	1:00.95	1:04.00	1:07.20	1:10.56			
	200	LC	2:09.93	2:16.42	2:23.25	2:30.41	2:37.93			
		SC	2:07.38	2:13.75	2:20.44	2:27.46	2:34.83			
	400	LC	4:36.42	4:50.24	5:04.76	5:19.99	5:35.99			
		SC	4:31.00	4:44.55	4:58.78	5:13.72	5:29.40			
	800	LC	9:37.65	10:06.53	10:36.86	11:08.70	11:42.14		10:20.97	
		SC	9:26.32	9:54.64	10:24.37	10:55.59	11:28.37		10:08.79	
	1500	LC	18:27.44	19:22.82	20:20.96	21:22.01	22:26.11		19:50.50	
		SC	18:05.73	19:00.02	19:57.02	20:56.87	21:59.71		19:27.16	
	Back	100	LC	1:08.24	1:11.66	1:15.24	1:19.00		1:22.95	
			SC	1:06.90	1:10.25	1:13.76	1:17.45		1:21.32	
200		LC	2:27.84	2:35.23	2:43.00	2:51.15	2:59.70			
		SC	2:24.94	2:32.19	2:39.80	2:47.79	2:56.18			
Breast	100	LC	1:17.61	1:21.49	1:25.57	1:29.84	1:34.34			
		SC	1:16.09	1:19.89	1:23.89	1:28.08	1:32.49			
	200	LC	2:49.23	2:57.69	3:06.58	3:15.90	3:25.69			
		SC	2:45.91	2:54.21	3:02.92	3:12.06	3:21.66			
Fly	100	LC	1:07.22	1:10.58	1:14.10	1:17.82	1:21.70			
		SC	1:05.90	1:09.20	1:12.65	1:16.29	1:20.10			
	200	LC	2:35.11	2:42.86	2:51.01	2:59.56	3:08.54			
		SC	2:32.07	2:39.67	2:47.66	2:56.04	3:04.84			
IM	200	LC	2:27.09	2:34.45	2:42.17	2:50.28	2:58.80			
		SC	2:24.21	2:31.42	2:38.99	2:46.94	2:55.29			
	400	LC	5:13.98	5:29.67	5:46.16	6:03.47	6:21.64		5:37.53	
		SC	5:07.82	5:23.21	5:39.37	5:56.34	6:14.16		5:30.91	



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MALE - 15 YEARS		AGE GROUP	B	C	D	E		
Free	50	LC	:26.64	:27.98	:29.38	:30.84	:32.39	
		SC	:26.12	:27.43	:28.80	:30.24	:31.75	
	100	LC	:57.73	1:00.62	1:03.65	1:06.83	1:10.18	
		SC	:56.60	:59.43	1:02.40	1:05.52	1:08.80	
	200	LC	2:05.65	2:11.94	2:18.54	2:25.46	2:32.73	
		SC	2:03.19	2:09.35	2:15.82	2:22.61	2:29.74	
	400	LC	4:29.98	4:43.48	4:57.66	5:12.54	5:28.16	
		SC	4:24.69	4:37.92	4:51.82	5:06.41	5:21.73	
	800	LC	9:20.65	9:48.68	10:18.12	10:49.03	11:21.48	
		SC	9:09.66	9:37.14	10:06.00	10:36.30	11:08.12	
	1500	LC	17:54.86	18:48.60	19:45.03	20:44.28	21:46.50	
		SC	17:33.78	18:26.47	19:21.79	20:19.88	21:20.88	
	Back	100	LC	1:06.13	1:09.43	1:12.91	1:16.55	1:20.38
			SC	1:04.83	1:08.07	1:11.48	1:15.05	1:18.80
200		LC	2:23.69	2:30.87	2:38.42	2:46.33	2:54.65	
		SC	2:20.87	2:27.91	2:35.31	2:43.07	2:51.23	
Breast	100	LC	1:16.36	1:20.17	1:24.18	1:28.39	1:32.81	
		SC	1:14.86	1:18.60	1:22.53	1:26.66	1:30.99	
	200	LC	2:45.98	2:54.29	3:03.00	3:12.15	3:21.76	
		SC	2:42.73	2:50.87	2:59.41	3:08.38	3:17.80	
Fly	100	LC	1:04.80	1:08.04	1:11.44	1:15.01	1:18.76	
		SC	1:03.53	1:06.71	1:10.04	1:13.54	1:17.22	
	200	LC	2:30.15	2:37.66	2:45.55	2:53.82	3:02.51	
		SC	2:27.21	2:34.57	2:42.30	2:50.41	2:58.93	
IM	200	LC	2:23.76	2:30.95	2:38.50	2:46.42	2:54.74	
		SC	2:20.94	2:27.99	2:35.39	2:43.16	2:51.31	
	400	LC	5:09.04	5:24.49	5:40.72	5:57.75	6:15.64	
		SC	5:02.98	5:18.13	5:34.04	5:50.74	6:08.27	

MALE 16-17		AGE GROUP	B	C	D	E		
Free	50	LC	:25.59	:26.87	:28.21	:29.62	:31.11	
		SC	:25.09	:26.34	:27.66	:29.04	:30.50	
	100	LC	:55.62	:58.41	1:01.32	1:04.39	1:07.61	
		SC	:54.53	:57.26	1:00.12	1:03.13	1:06.28	
	200	LC	2:01.91	2:08.01	2:14.41	2:21.13	2:28.19	
		SC	1:59.52	2:05.50	2:11.77	2:18.36	2:25.28	
	400	LC	4:23.00	4:36.14	4:49.96	5:04.45	5:19.68	
		SC	4:17.84	4:30.73	4:44.27	4:58.48	5:13.41	
	800	LC	9:05.49	9:32.76	10:01.40	10:31.47	11:03.04	
		SC	8:54.79	9:21.53	9:49.61	10:19.09	10:50.04	
	1500	LC	17:25.79	18:18.07	19:12.98	20:10.60	21:11.16	
		SC	17:05.28	17:56.54	18:50.37	19:46.86	20:46.23	
	Back	100	LC	1:03.20	1:06.36	1:09.68	1:13.16	1:16.82
			SC	1:01.96	1:05.06	1:08.31	1:11.73	1:15.31
200		LC	2:17.49	2:24.36	2:31.58	2:39.16	2:47.12	
		SC	2:14.79	2:21.53	2:28.61	2:36.04	2:43.84	
Breast	100	LC	1:12.97	1:16.62	1:20.45	1:24.48	1:28.70	
		SC	1:11.54	1:15.12	1:18.87	1:22.82	1:26.96	
	200	LC	2:38.99	2:46.93	2:55.29	3:04.05	3:13.25	
		SC	2:35.87	2:43.66	2:51.85	3:00.44	3:09.46	
Fly	100	LC	1:02.63	1:05.76	1:09.04	1:12.50	1:16.12	
		SC	1:01.40	1:04.47	1:07.69	1:11.08	1:14.63	
	200	LC	2:20.87	2:27.92	2:35.32	2:43.08	2:51.23	
		SC	2:18.11	2:25.02	2:32.27	2:39.88	2:47.87	
IM	200	LC	2:18.30	2:25.22	2:32.48	2:40.10	2:48.11	
		SC	2:15.59	2:22.37	2:29.49	2:36.96	2:44.81	
	400	LC	5:01.64	5:16.73	5:32.56	5:49.19	6:06.65	
		SC	4:55.73	5:10.52	5:26.04	5:42.34	5:59.46	



# Swim Ontario Age Group Standards 2012-2016

Version: May 21, 2013

Pre-requisites are set at 7.5%



FEMALE - 13 & UNDER			AGE GROUP	B	C	D	E	Pre-req	
Free	50	LC	<b>:29.63</b>	:31.11	:32.67	:34.30	:36.02		
		SC	<b>:29.05</b>	:30.50	:32.03	:33.63	:35.31		
	100	LC	<b>1:04.17</b>	1:07.38	1:10.75	1:14.29	1:18.00		
		SC	<b>1:02.91</b>	1:06.06	1:09.36	1:12.83	1:16.47		
	200	LC	<b>2:18.98</b>	2:25.92	2:33.22	2:40.88	2:48.92		
		SC	<b>2:16.25</b>	2:23.06	2:30.22	2:37.73	2:45.61		
	400	LC	<b>4:52.57</b>	5:07.19	5:22.55	5:38.68	5:55.64		
		SC	<b>4:46.83</b>	5:01.17	5:16.23	5:32.04	5:48.67		
	800	LC	<b>10:03.20</b>	10:33.36	11:05.03	11:38.28	12:13.19	<b>10:48.43</b>	
		SC	<b>9:51.37</b>	10:20.94	10:51.99	11:24.59	11:58.81	<b>10:35.72</b>	
	1500	LC	<b>19:16.10</b>	20:13.90	21:14.60	22:18.33	23:25.24	<b>20:42.81</b>	
		SC	<b>18:53.43</b>	19:50.10	20:49.61	21:52.09	22:57.69	<b>20:18.44</b>	
	Back	100	LC	<b>1:12.41</b>	1:16.03	1:19.84	1:23.82	1:28.02	
			SC	<b>1:10.99</b>	1:14.54	1:18.27	1:22.18	1:26.29	
200		LC	<b>2:35.31</b>	2:43.07	2:51.24	2:59.79	3:08.77		
		SC	<b>2:32.26</b>	2:39.87	2:47.87	2:56.26	3:05.07		
Breast	100	LC	<b>1:22.98</b>	1:27.13	1:31.48	1:36.05	1:40.86		
		SC	<b>1:21.35</b>	1:25.42	1:29.69	1:34.17	1:38.88		
	200	LC	<b>2:56.97</b>	3:05.82	3:15.11	3:24.87	3:35.11		
		SC	<b>2:53.50</b>	3:02.18	3:11.28	3:20.85	3:30.89		
Fly	100	LC	<b>1:12.23</b>	1:15.84	1:19.63	1:23.61	1:27.79		
		SC	<b>1:10.81</b>	1:14.35	1:18.07	1:21.97	1:26.07		
	200	LC	<b>2:41.51</b>	2:49.59	2:58.06	3:06.97	3:16.31		
		SC	<b>2:38.34</b>	2:46.26	2:54.57	3:03.30	3:12.46		
IM	200	LC	<b>2:37.43</b>	2:45.30	2:53.56	3:02.24	3:11.35	<b>2:49.24</b>	
		SC	<b>2:34.34</b>	2:42.06	2:50.16	2:58.67	3:07.60	<b>2:45.92</b>	
	400	LC	<b>5:32.65</b>	5:49.29	6:06.75	6:25.09	6:44.34	<b>5:57.60</b>	
		SC	<b>5:26.13</b>	5:42.44	5:59.56	6:17.54	6:36.41	<b>5:50.59</b>	

FEMALE - 14 YEARS			AGE GROUP	B	C	D	E	Pre-req	
Free	50	LC	<b>:29.11</b>	:30.57	:32.10	:33.70	:35.38		
		SC	<b>:28.54</b>	:29.97	:31.47	:33.04	:34.69		
	100	LC	<b>1:02.80</b>	1:05.94	1:09.24	1:12.70	1:16.34		
		SC	<b>1:01.57</b>	1:04.65	1:07.88	1:11.27	1:14.84		
	200	LC	<b>2:16.33</b>	2:23.15	2:30.31	2:37.82	2:45.71		
		SC	<b>2:13.66</b>	2:20.34	2:27.36	2:34.73	2:42.46		
	400	LC	<b>4:48.62</b>	5:03.05	5:18.20	5:34.11	5:50.82		
		SC	<b>4:42.96</b>	4:57.11	5:11.96	5:27.56	5:43.94		
	800	LC	<b>9:54.33</b>	10:24.05	10:55.26	11:28.02	12:02.42	<b>10:38.91</b>	
		SC	<b>9:42.68</b>	10:11.81	10:42.41	11:14.53	11:48.25	<b>10:26.38</b>	
	1500	LC	<b>18:59.10</b>	19:56.05	20:55.85	21:58.65	23:04.58	<b>20:24.53</b>	
		SC	<b>18:36.76</b>	19:32.60	20:31.23	21:32.79	22:37.43	<b>20:00.52</b>	
	Back	100	LC	<b>1:11.19</b>	1:14.75	1:18.48	1:22.41	1:26.53	
			SC	<b>1:09.79</b>	1:13.28	1:16.94	1:20.79	1:24.83	
200		LC	<b>2:32.26</b>	2:39.86	2:47.86	2:56.26	3:05.07		
		SC	<b>2:29.27</b>	2:36.73	2:44.57	2:52.80	3:01.44		
Breast	100	LC	<b>1:21.99</b>	1:26.09	1:30.39	1:34.91	1:39.65		
		SC	<b>1:20.38</b>	1:24.40	1:28.62	1:33.05	1:37.70		
	200	LC	<b>2:56.53</b>	3:05.35	3:14.63	3:24.36	3:34.58		
		SC	<b>2:53.07</b>	3:01.72	3:10.81	3:20.35	3:30.37		
Fly	100	LC	<b>1:11.11</b>	1:14.67	1:18.41	1:22.32	1:26.44		
		SC	<b>1:09.72</b>	1:13.21	1:16.87	1:20.71	1:24.75		
	200	LC	<b>2:41.17</b>	2:49.23	2:57.69	3:06.58	3:15.90		
		SC	<b>2:38.01</b>	2:45.91	2:54.21	3:02.92	3:12.06		
IM	200	LC	<b>2:35.40</b>	2:43.17	2:51.33	2:59.89	3:08.88		
		SC	<b>2:32.35</b>	2:39.97	2:47.97	2:56.36	3:05.18		
	400	LC	<b>5:29.82</b>	5:46.31	6:03.62	6:21.81	6:40.89	<b>5:54.55</b>	
		SC	<b>5:23.35</b>	5:39.52	5:56.49	6:14.32	6:33.03	<b>5:47.60</b>	



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Version: May 21, 2013

Pre-requisites are set at 7.5%



FEMALE - 15 YEARS			AGE GROUP	B	C	D	E	
Free	50	LC	<b>:28.51</b>	:29.94	:31.43	:33.01	:34.65	
		SC	<b>:27.95</b>	:29.35	:30.81	:32.36	:33.97	
	100	LC	<b>1:01.78</b>	1:04.87	1:08.12	1:11.52	1:15.09	
		SC	<b>1:00.57</b>	1:03.60	1:06.78	1:10.12	1:13.62	
	200	LC	<b>2:14.43</b>	2:21.16	2:28.21	2:35.61	2:43.39	
		SC	<b>2:11.79</b>	2:18.39	2:25.30	2:32.56	2:40.19	
	400	LC	<b>4:45.56</b>	4:59.84	5:14.83	5:30.57	5:47.10	
		SC	<b>4:39.96</b>	4:53.96	5:08.66	5:24.09	5:40.29	
	800	LC	<b>9:48.60</b>	10:16.97	10:47.82	11:20.21	11:54.22	
		SC	<b>9:36.07</b>	10:04.87	10:35.12	11:06.87	11:40.22	
	1500	LC	<b>18:46.22</b>	19:42.53	20:41.66	21:43.74	22:48.93	
		SC	<b>18:24.14</b>	19:19.35	20:17.31	21:18.18	22:22.09	
	Back	100	LC	<b>1:09.26</b>	1:12.73	1:16.36	1:20.17	1:24.18
			SC	<b>1:07.90</b>	1:11.30	1:14.86	1:18.60	1:22.53
200		LC	<b>2:29.90</b>	2:37.40	2:45.26	2:53.52	3:02.20	
		SC	<b>2:26.96</b>	2:34.31	2:42.02	2:50.12	2:58.63	
Breast	100	LC	<b>1:20.95</b>	1:25.00	1:29.24	1:33.71	1:38.39	
		SC	<b>1:19.36</b>	1:23.33	1:27.49	1:31.87	1:36.46	
	200	LC	<b>2:56.00</b>	3:04.80	3:14.04	3:23.75	3:33.93	
		SC	<b>2:52.55</b>	3:01.18	3:10.24	3:19.75	3:29.74	
Fly	100	LC	<b>1:09.67</b>	1:13.15	1:16.81	1:20.65	1:24.68	
		SC	<b>1:08.30</b>	1:11.72	1:15.30	1:19.07	1:23.02	
	200	LC	<b>2:39.11</b>	2:47.07	2:55.42	3:04.19	3:13.40	
		SC	<b>2:35.99</b>	2:43.79	2:51.98	3:00.58	3:09.61	
IM	200	LC	<b>2:33.02</b>	2:40.67	2:48.71	2:57.14	3:06.00	
		SC	<b>2:30.02</b>	2:37.52	2:45.40	2:53.67	3:02.35	
	400	LC	<b>5:20.64</b>	5:36.67	5:53.50	6:11.18	6:29.73	
		SC	<b>5:14.35</b>	5:30.07	5:46.57	6:03.90	6:22.09	

FEMALE - 16-17 YEARS			AGE GROUP	B	C	D	E	
Free	50	LC	<b>:28.19</b>	:29.60	:31.08	:32.64	:34.27	
		SC	<b>:27.64</b>	:29.02	:30.47	:32.00	:33.60	
	100	LC	<b>1:00.97</b>	1:04.02	1:07.22	1:10.57	1:14.10	
		SC	<b>:59.77</b>	1:02.76	1:05.90	1:09.19	1:12.65	
	200	LC	<b>2:11.47</b>	2:18.04	2:24.94	2:32.19	2:39.80	
		SC	<b>2:08.89</b>	2:15.33	2:22.10	2:29.21	2:36.67	
	400	LC	<b>4:41.13</b>	4:55.19	5:09.95	5:25.44	5:41.72	
		SC	<b>4:35.62</b>	4:49.40	5:03.87	5:19.06	5:35.02	
	800	LC	<b>9:36.50</b>	10:05.33	10:35.59	11:07.38	11:40.74	
		SC	<b>9:25.20</b>	9:53.46	10:23.13	10:54.29	11:27.00	
	1500	LC	<b>18:24.94</b>	19:20.18	20:18.20	21:19.10	22:23.05	
		SC	<b>18:03.27</b>	18:57.43	19:54.31	20:54.02	21:56.72	
	Back	100	LC	<b>1:08.32</b>	1:11.74	1:15.33	1:19.09	1:23.04
			SC	<b>1:06.98</b>	1:10.33	1:13.85	1:17.54	1:21.41
200		LC	<b>2:26.51</b>	2:33.84	2:41.53	2:49.61	2:58.09	
		SC	<b>2:23.64</b>	2:30.82	2:38.36	2:46.28	2:54.60	
Breast	100	LC	<b>1:20.51</b>	1:24.54	1:28.76	1:33.20	1:37.86	
		SC	<b>1:18.93</b>	1:22.88	1:27.02	1:31.37	1:35.94	
	200	LC	<b>2:54.64</b>	3:03.38	3:12.55	3:22.17	3:32.28	
		SC	<b>2:51.22</b>	2:59.78	3:08.77	3:18.21	3:28.12	
Fly	100	LC	<b>1:08.76</b>	1:12.20	1:15.81	1:19.60	1:23.58	
		SC	<b>1:07.41</b>	1:10.78	1:14.32	1:18.04	1:21.94	
	200	LC	<b>2:33.31</b>	2:40.98	2:49.02	2:57.47	3:06.34	
		SC	<b>2:30.30</b>	2:37.82	2:45.71	2:53.99	3:02.69	
IM	200	LC	<b>2:30.03</b>	2:37.53	2:45.41	2:53.69	3:02.37	
		SC	<b>2:27.09</b>	2:34.44	2:42.17	2:50.28	2:58.79	
	400	LC	<b>5:17.94</b>	5:33.85	5:50.53	6:08.06	6:26.47	
		SC	<b>5:11.71</b>	5:27.30	5:43.66	6:00.84	6:18.89	





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Version: May 21, 2013

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MALE - 13 & UNDER			AGE GROUP	B	C	D	E	Pre-req	
Free	50	LC	<b>:28.09</b>	:29.50	:30.97	:32.52	:34.15		
		SC	<b>:27.54</b>	:28.92	:30.36	:31.88	:33.48		
	100	LC	<b>1:01.25</b>	1:04.31	1:07.53	1:10.91	1:14.45		
		SC	<b>1:00.05</b>	1:03.05	1:06.21	1:09.52	1:12.99		
	200	LC	<b>2:14.76</b>	2:21.50	2:28.57	2:36.01	2:43.80		
		SC	<b>2:12.12</b>	2:18.73	2:25.66	2:32.95	2:40.59		
	400	LC	<b>4:44.00</b>	4:58.20	5:13.11	5:28.77	5:45.20		
		SC	<b>4:38.43</b>	4:52.35	5:06.97	5:22.32	5:38.43		
	800	LC	<b>9:53.25</b>	10:26.76	10:58.09	11:31.00	12:05.56	<b>10:41.68</b>	
		SC	<b>9:41.62</b>	10:14.47	10:45.19	11:17.45	11:51.33	<b>10:29.10</b>	
	1500	LC	<b>19:04.39</b>	20:01.61	21:01.69	22:04.78	23:11.00	<b>20:30.22</b>	
		SC	<b>18:41.95</b>	19:38.05	20:36.95	21:38.80	22:43.74	<b>20:06.10</b>	
	Back	100	LC	<b>1:10.16</b>	1:13.66	1:17.35	1:21.21	1:25.27	
			SC	<b>1:08.78</b>	1:12.22	1:15.83	1:19.62	1:23.60	
200		LC	<b>2:30.36</b>	2:37.88	2:45.77	2:54.06	3:02.76		
		SC	<b>2:27.41</b>	2:34.78	2:42.52	2:50.65	2:59.18		
Breast	100	LC	<b>1:20.56</b>	1:24.59	1:28.82	1:33.26	1:37.92		
		SC	<b>1:18.98</b>	1:22.93	1:27.08	1:31.43	1:36.00		
	200	LC	<b>2:52.64</b>	3:01.26	3:10.33	3:19.85	3:29.83		
		SC	<b>2:49.25</b>	2:57.71	3:06.60	3:15.93	3:25.72		
Fly	100	LC	<b>1:10.14</b>	1:13.64	1:17.33	1:21.19	1:25.25		
		SC	<b>1:08.76</b>	1:12.20	1:15.81	1:19.60	1:23.58		
	200	LC	<b>2:37.90</b>	2:45.79	2:54.08	3:02.78	3:11.92		
		SC	<b>2:34.80</b>	2:42.54	2:50.67	2:59.20	3:08.16		
IM	200	LC	<b>2:31.50</b>	2:39.08	2:47.03	2:55.38	3:04.15	<b>2:42.86</b>	
		SC	<b>2:28.53</b>	2:35.96	2:43.75	2:51.94	3:00.54	<b>2:39.67</b>	
	400	LC	<b>5:22.50</b>	5:38.63	5:55.56	6:13.34	6:32.01	<b>5:46.69</b>	
		SC	<b>5:16.18</b>	5:31.99	5:48.59	6:06.02	6:24.32	<b>5:39.89</b>	

MALE - 14 YEARS			AGE GROUP	B	C	D	E	Pre-req	
Free	50	LC	<b>:27.27</b>	:28.64	:30.07	:31.57	:33.15		
		SC	<b>:26.74</b>	:28.08	:29.48	:30.95	:32.50		
	100	LC	<b>:59.21</b>	1:02.17	1:05.28	1:08.54	1:11.97		
		SC	<b>:58.05</b>	1:00.95	1:04.00	1:07.20	1:10.56		
	200	LC	<b>2:09.93</b>	2:16.42	2:23.25	2:30.41	2:37.93		
		SC	<b>2:07.38</b>	2:13.75	2:20.44	2:27.46	2:34.83		
	400	LC	<b>4:36.42</b>	4:50.24	5:04.76	5:19.99	5:35.99		
		SC	<b>4:31.00</b>	4:44.55	4:58.78	5:13.72	5:29.40		
	800	LC	<b>9:37.65</b>	10:06.53	10:36.86	11:08.70	11:42.14	<b>10:20.97</b>	
		SC	<b>9:26.32</b>	9:54.64	10:24.37	10:55.59	11:28.37	<b>10:08.79</b>	
	1500	LC	<b>18:27.44</b>	19:22.82	20:20.96	21:22.01	22:26.11	<b>19:50.50</b>	
		SC	<b>18:05.73</b>	19:00.02	19:57.02	20:56.87	21:59.71	<b>19:27.16</b>	
	Back	100	LC	<b>1:08.24</b>	1:11.66	1:15.24	1:19.00	1:22.95	
			SC	<b>1:06.90</b>	1:10.25	1:13.76	1:17.45	1:21.32	
200		LC	<b>2:27.84</b>	2:35.23	2:43.00	2:51.15	2:59.70		
		SC	<b>2:24.94</b>	2:32.19	2:39.80	2:47.79	2:56.18		
Breast	100	LC	<b>1:17.61</b>	1:21.49	1:25.57	1:29.84	1:34.34		
		SC	<b>1:16.09</b>	1:19.89	1:23.89	1:28.08	1:32.49		
	200	LC	<b>2:49.23</b>	2:57.69	3:06.58	3:15.90	3:25.69		
		SC	<b>2:45.91</b>	2:54.21	3:02.92	3:12.06	3:21.66		
Fly	100	LC	<b>1:07.22</b>	1:10.58	1:14.10	1:17.82	1:21.70		
		SC	<b>1:05.90</b>	1:09.20	1:12.65	1:16.29	1:20.10		
	200	LC	<b>2:35.11</b>	2:42.86	2:51.01	2:59.56	3:08.54		
		SC	<b>2:32.07</b>	2:39.67	2:47.66	2:56.04	3:04.84		
IM	200	LC	<b>2:27.09</b>	2:34.45	2:42.17	2:50.28	2:58.80		
		SC	<b>2:24.21</b>	2:31.42	2:38.99	2:46.94	2:55.29		
	400	LC	<b>5:13.98</b>	5:29.67	5:46.16	6:03.47	6:21.64	<b>5:37.53</b>	
		SC	<b>5:07.82</b>	5:23.21	5:39.37	5:56.34	6:14.16	<b>5:30.91</b>	



# Swim Ontario Age Group Standards 2012-2016

Version: May 21, 2013

Pre-requisites are set at 7.5%



MALE - 15 YEARS			AGE GROUP	B	C	D	E	
Free	50	LC	<b>:26.64</b>	:27.98	:29.38	:30.84	:32.39	
		SC	<b>:26.12</b>	:27.43	:28.80	:30.24	:31.75	
	100	LC	<b>:57.73</b>	1:00.62	1:03.65	1:06.83	1:10.18	
		SC	<b>:56.60</b>	:59.43	1:02.40	1:05.52	1:08.80	
	200	LC	<b>2:05.65</b>	2:11.94	2:18.54	2:25.46	2:32.73	
		SC	<b>2:03.19</b>	2:09.35	2:15.82	2:22.61	2:29.74	
	400	LC	<b>4:29.98</b>	4:43.48	4:57.66	5:12.54	5:28.16	
		SC	<b>4:24.69</b>	4:37.92	4:51.82	5:06.41	5:21.73	
	800	LC	<b>9:20.65</b>	9:48.68	10:18.12	10:49.03	11:21.48	
		SC	<b>9:09.66</b>	9:37.14	10:06.00	10:36.30	11:08.12	
	1500	LC	<b>17:54.86</b>	18:48.60	19:45.03	20:44.28	21:46.50	
		SC	<b>17:33.78</b>	18:26.47	19:21.79	20:19.88	21:20.88	
	Back	100	LC	<b>1:06.13</b>	1:09.43	1:12.91	1:16.55	1:20.38
			SC	<b>1:04.83</b>	1:08.07	1:11.48	1:15.05	1:18.80
200		LC	<b>2:23.69</b>	2:30.87	2:38.42	2:46.33	2:54.65	
		SC	<b>2:20.87</b>	2:27.91	2:35.31	2:43.07	2:51.23	
Breast	100	LC	<b>1:16.36</b>	1:20.17	1:24.18	1:28.39	1:32.81	
		SC	<b>1:14.86</b>	1:18.60	1:22.53	1:26.66	1:30.99	
	200	LC	<b>2:45.98</b>	2:54.29	3:03.00	3:12.15	3:21.76	
		SC	<b>2:42.73</b>	2:50.87	2:59.41	3:08.38	3:17.80	
Fly	100	LC	<b>1:04.80</b>	1:08.04	1:11.44	1:15.01	1:18.76	
		SC	<b>1:03.53</b>	1:06.71	1:10.04	1:13.54	1:17.22	
	200	LC	<b>2:30.15</b>	2:37.66	2:45.55	2:53.82	3:02.51	
		SC	<b>2:27.21</b>	2:34.57	2:42.30	2:50.41	2:58.93	
IM	200	LC	<b>2:23.76</b>	2:30.95	2:38.50	2:46.42	2:54.74	
		SC	<b>2:20.94</b>	2:27.99	2:35.39	2:43.16	2:51.31	
	400	LC	<b>5:09.04</b>	5:24.49	5:40.72	5:57.75	6:15.64	
		SC	<b>5:02.98</b>	5:18.13	5:34.04	5:50.74	6:08.27	

MALE 16-17			AGE GROUP	B	C	D	E	
Free	50	LC	<b>:25.59</b>	:26.87	:28.21	:29.62	:31.11	
		SC	<b>:25.09</b>	:26.34	:27.66	:29.04	:30.50	
	100	LC	<b>:55.62</b>	:58.41	1:01.32	1:04.39	1:07.61	
		SC	<b>:54.53</b>	:57.26	1:00.12	1:03.13	1:06.28	
	200	LC	<b>2:01.91</b>	2:08.01	2:14.41	2:21.13	2:28.19	
		SC	<b>1:59.52</b>	2:05.50	2:11.77	2:18.36	2:25.28	
	400	LC	<b>4:23.00</b>	4:36.14	4:49.96	5:04.45	5:19.68	
		SC	<b>4:17.84</b>	4:30.73	4:44.27	4:58.48	5:13.41	
	800	LC	<b>9:05.49</b>	9:32.76	10:01.40	10:31.47	11:03.04	
		SC	<b>8:54.79</b>	9:21.53	9:49.61	10:19.09	10:50.04	
	1500	LC	<b>17:25.79</b>	18:18.07	19:12.98	20:10.60	21:11.16	
		SC	<b>17:05.28</b>	17:56.54	18:50.37	19:46.86	20:46.23	
	Back	100	LC	<b>1:03.20</b>	1:06.36	1:09.68	1:13.16	1:16.82
			SC	<b>1:01.96</b>	1:05.06	1:08.31	1:11.73	1:15.31
200		LC	<b>2:17.49</b>	2:24.36	2:31.58	2:39.16	2:47.12	
		SC	<b>2:14.79</b>	2:21.53	2:28.61	2:36.04	2:43.84	
Breast	100	LC	<b>1:12.97</b>	1:16.62	1:20.45	1:24.48	1:28.70	
		SC	<b>1:11.54</b>	1:15.12	1:18.87	1:22.82	1:26.96	
	200	LC	<b>2:38.99</b>	2:46.93	2:55.29	3:04.05	3:13.25	
		SC	<b>2:35.87</b>	2:43.66	2:51.85	3:00.44	3:09.46	
Fly	100	LC	<b>1:02.63</b>	1:05.76	1:09.04	1:12.50	1:16.12	
		SC	<b>1:01.40</b>	1:04.47	1:07.69	1:11.08	1:14.63	
	200	LC	<b>2:20.87</b>	2:27.92	2:35.32	2:43.08	2:51.23	
		SC	<b>2:18.11</b>	2:25.02	2:32.27	2:39.88	2:47.87	
IM	200	LC	<b>2:18.30</b>	2:25.22	2:32.48	2:40.10	2:48.11	
		SC	<b>2:15.59</b>	2:22.37	2:29.49	2:36.96	2:44.81	
	400	LC	<b>5:01.64</b>	5:16.73	5:32.56	5:49.19	6:06.65	
		SC	<b>4:55.73</b>	5:10.52	5:26.04	5:42.34	5:59.46	