

Swim Ontario Open Standards 2012-2016



Women - Open				
Free	50	LC	:27.60	
		SC	:27.06	
	100	LC	:59.54	
		SC	:58.37	
	200	LC	2:07.69	
		SC	2:05.19	
	400	LC	4:33.07	
		SC	4:27.72	
	800	LC	9:19.83	
		SC	9:08.85	
	1500	LC	17:52.97	
		SC	17:31.93	
	Back	100	LC	1:06.51
			SC	1:05.21
200		LC	2:23.12	
		SC	2:20.31	
Breast	100	LC	1:16.51	
		SC	1:15.01	
	200	LC	2:45.93	
		SC	2:42.68	
Fly	100	LC	1:06.45	
		SC	1:05.15	
	200	LC	2:27.45	
		SC	2:24.56	
IM	200	LC	2:26.07	
		SC	2:23.21	
	400	LC	5:08.50	
		SC	5:02.45	

Men - Open				
Free	50	LC	:24.68	
		SC	:24.20	
	100	LC	:53.93	
		SC	:52.87	
	200	LC	1:58.09	
		SC	1:55.77	
	400	LC	4:13.70	
		SC	4:08.73	
	800	LC	8:46.21	
		SC	8:35.89	
	1500	LC	16:48.81	
		SC	16:29.03	
	Back	100	LC	1:00.76
			SC	:59.57
200		LC	2:13.24	
		SC	2:10.63	
Breast	100	LC	1:09.42	
		SC	1:08.06	
	200	LC	2:31.06	
		SC	2:28.10	
Fly	100	LC	1:00.04	
		SC	:58.86	
	200	LC	2:14.41	
		SC	2:11.77	
IM	200	LC	2:13.69	
		SC	2:11.07	
	400	LC	4:48.63	
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