



2016 - 2017 Swim Ontario Female Standards - Ontario AA Meet

13&U	14	15	16	17&O	EVENT	17&O	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
29.93	29.40	28.80	28.47	28.19	50 Fr	27.64	27.92	28.23	28.83	29.34
1:04.81	1:03.43	1:02.40	1:01.58	1:00.97	100 Fr	59.77	1:00.37	1:01.18	1:02.19	1:03.54
2:20.37	2:17.69	2:15.77	2:12.78	2:11.47	200 Fr	2:08.89	2:10.18	2:13.11	2:15.00	2:17.61
4:55.50	4:51.51	4:48.42	4:43.94	4:41.13	400 Fr	4:35.62	4:38.38	4:42.76	4:45.79	4:49.70
10:09.23	10:00.27	9:54.49	9:42.27	9:36.50	800 Fr	9:25.20	9:30.85	9:41.83	9:48.51	9:57.28
19:27.66	19:10.49	18:57.48	18:35.99	18:24.94	1500 Fr	18:03.27	18:14.10	18:35.18	18:47.93	19:04.76
1:13.13	1:11.90	1:09.95	1:09.00	1:08.32	100 Bk	1:06.98	1:07.65	1:08.58	1:10.49	1:11.70
2:36.86	2:33.78	2:31.40	2:27.98	2:26.51	200 Bk	2:23.64	2:25.08	2:28.43	2:30.76	2:33.78
1:23.81	1:22.81	1:21.76	1:21.32	1:20.51	100 Br	1:18.93	1:19.72	1:20.15	1:21.18	1:22.16
2:58.74	2:58.30	2:57.76	2:56.39	2:54.64	200 Br	2:51.22	2:52.93	2:54.28	2:54.80	2:55.24
1:12.95	1:11.82	1:10.37	1:09.45	1:08.76	100 FI	1:07.41	1:08.08	1:08.98	1:10.42	1:11.52
2:43.13	2:42.78	2:40.70	2:34.84	2:33.31	200 FI	2:30.30	2:31.80	2:37.55	2:39.59	2:39.92
2:39.00	2:36.95	2:34.55	2:31.53	2:30.03	200 IM	2:27.09	2:28.56	2:31.52	2:33.87	2:35.88
5:35.98	5:33.12	5:23.85	5:21.12	5:17.94	400 IM	5:11.71	5:14.83	5:17.49	5:26.58	5:29.39

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13&U	14	15	16	17&O	EVENT	17&O	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
28.37	27.54	26.91	25.85	25.59	50 Fr	25.09	25.34	26.38	27.01	27.82
1:01.86	59.80	58.31	56.18	55.62	100 Fr	54.53	55.08	57.17	58.63	1:00.65
2:16.11	2:11.23	2:06.91	2:03.13	2:01.91	200 Fr	1:59.52	2:00.72	2:04.42	2:08.65	2:13.44
4:46.84	4:39.18	4:32.68	4:25.63	4:23.00	400 Fr	4:17.84	4:20.42	4:27.34	4:33.71	4:41.21
9:59.18	9:43.43	9:26.26	9:10.94	9:05.49	800 Fr	8:54.79	9:00.14	9:15.16	9:31.98	9:47.44
19:15.83	18:38.51	18:05.61	17:36.25	17:25.79	1500 Fr	17:05.28	17:15.53	17:44.32	18:16.59	18:53.17
1:10.86	1:08.92	1:06.79	1:03.83	1:03.20	100 Bk	1:01.96	1:02.58	1:05.48	1:07.57	1:09.47
2:31.86	2:29.32	2:25.13	2:18.86	2:17.49	200 Bk	2:14.79	2:16.14	2:22.28	2:26.39	2:28.88
1:21.37	1:18.39	1:17.12	1:13.70	1:12.97	100 Br	1:11.54	1:12.26	1:15.61	1:16.85	1:19.77
2:54.37	2:50.92	2:47.64	2:40.58	2:38.99	200 Br	2:35.87	2:37.43	2:44.36	2:47.57	2:50.94
1:10.84	1:07.89	1:05.45	1:03.26	1:02.63	100 FI	1:01.40	1:02.01	1:04.17	1:06.56	1:09.45
2:39.48	2:36.66	2:31.65	2:22.28	2:20.87	200 FI	2:18.11	2:19.49	2:28.68	2:33.59	2:36.35
2:33.02	2:28.56	2:25.20	2:19.68	2:18.30	200 IM	2:15.59	2:16.95	2:22.35	2:25.65	2:30.02
5:25.73	5:17.12	5:12.13	5:04.66	5:01.64	400 IM	4:55.73	4:58.69	5:06.01	5:10.90	5:19.34