



2017 - 2020 Swim Ontario Female Standards - Provincial Championships

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
29.19	28.67	28.25	28.07	27.72	50 Fr	27.18	27.52	27.70	28.11	28.61
1:03.21	1:01.86	1:01.18	1:00.81	59.90	100 Fr	58.73	59.62	59.98	1:00.65	1:01.97
2:17.30	2:14.29	2:13.90	2:11.35	2:09.66	200 Fr	2:07.12	2:08.77	2:10.47	2:11.66	2:14.61
4:52.00	4:44.29	4:42.70	4:38.94	4:35.71	400 Fr	4:30.30	4:33.47	4:37.16	4:38.72	4:46.27
10:03.20	9:54.33	9:48.60	9:36.50	9:30.74	800 Fr	9:19.55	9:25.20	9:36.07	9:42.68	9:51.37
19:16.10	18:59.10	18:46.22	18:24.94	18:13.89	1500 Fr	17:52.44	18:03.27	18:24.14	18:36.76	18:53.43
1:11.34	1:10.12	1:09.11	1:08.06	1:06.95	100 Bk	1:05.64	1:06.73	1:07.75	1:08.74	1:09.94
2:33.97	2:30.06	2:28.40	2:27.16	2:24.65	200 Bk	2:21.81	2:24.27	2:25.49	2:27.12	2:30.95
1:21.74	1:20.76	1:20.14	1:19.70	1:18.90	100 Br	1:17.35	1:18.14	1:18.57	1:19.17	1:20.14
2:56.08	2:53.88	2:53.36	2:52.02	2:51.16	200 Br	2:47.80	2:48.65	2:49.96	2:50.47	2:52.63
1:11.15	1:10.04	1:08.97	1:08.07	1:07.38	100 Fl	1:06.06	1:06.74	1:07.62	1:08.67	1:09.75
2:41.60	2:38.75	2:37.52	2:32.51	2:30.24	200 Fl	2:27.29	2:29.52	2:34.43	2:35.64	2:38.43
2:37.43	2:33.07	2:31.49	2:29.26	2:27.87	200 IM	2:24.97	2:26.33	2:28.52	2:30.06	2:34.34
5:32.65	5:29.82	5:20.64	5:18.58	5:14.76	400 IM	5:08.59	5:12.33	5:14.35	5:23.35	5:26.13



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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
27.69	26.87	26.38	25.40	25.08	50 Fr	24.59	24.90	25.86	26.34	27.15
1:00.61	58.53	57.15	55.34	54.51	100 Fr	53.44	54.25	56.03	57.38	59.42
2:12.74	2:08.71	2:04.53	2:00.94	1:59.47	200 Fr	1:57.13	1:58.57	2:02.09	2:06.19	2:10.14
4:44.10	4:35.25	4:27.72	4:21.41	4:17.74	400 Fr	4:12.68	4:16.28	4:22.47	4:29.85	4:38.53
9:53.25	9:37.65	9:20.65	9:05.49	9:00.04	800 Fr	8:49.44	8:54.79	9:09.66	9:26.32	9:41.62
19:04.39	18:27.44	17:54.86	17:25.79	17:15.33	1500 Fr	16:55.03	17:05.28	17:33.78	18:05.73	18:41.95
1:09.11	1:07.22	1:05.47	1:02.64	1:01.94	100 Bk	1:00.72	1:01.41	1:04.18	1:05.90	1:07.75
2:29.35	2:25.63	2:22.25	2:16.19	2:14.74	200 Bk	2:12.09	2:13.52	2:19.46	2:22.77	2:26.42
1:19.36	1:16.45	1:15.60	1:12.24	1:11.51	100 Br	1:10.11	1:10.82	1:14.11	1:14.95	1:17.80
2:51.32	2:46.69	2:44.32	2:37.40	2:35.81	200 Br	2:32.75	2:34.31	2:41.10	2:43.42	2:47.96
1:09.09	1:06.21	1:04.15	1:02.01	1:01.38	100 Fl	1:00.17	1:00.79	1:02.89	1:04.91	1:07.73
2:35.87	2:32.79	2:28.65	2:19.46	2:18.06	200 Fl	2:15.35	2:16.73	2:25.74	2:29.79	2:32.81
2:31.50	2:26.03	2:22.32	2:18.01	2:15.54	200 IM	2:12.88	2:15.30	2:19.53	2:23.17	2:28.53
5:22.50	5:13.98	5:09.04	5:01.64	4:58.63	400 IM	4:52.77	4:55.73	5:02.98	5:07.82	5:16.18

Revised - August 4, 2017