

Western Ontario Regional Championship Time Standards 2017

FEMALE

MALE

10 & U	11	12	13	14	15	16 & O	SC	16 & O	15	14	13	12	11	10 & U
39.08	36.25	34.55	32.90	32.33	31.82	31.46	50 free	28.57	29.74	30.29	31.20	33.75	36.54	39.65
1:26.65	1:19.89	1:14.76	1:11.27	1:09.75	1:08.95	1:08.05	100 free	1:02.08	1:04.43	1:05.76	1:08.02	1:14.20	1:20.43	1:28.35
3:10.90	2:53.32	2:43.12	2:34.34	2:31.41	2:30.04	2:26.74	200 free	2:16.07	2:20.25	2:24.29	2:29.66	2:41.99	2:56.71	3:16.65
6:39.87	6:12.60	5:48.45	5:24.91	5:20.53	5:18.73	5:13.79	400 free	4:53.55	5:01.35	5:06.98	5:15.38	5:49.60	6:19.50	6:50.06
	12:43.47	11:47.97	11:20.08	11:10.08	11:02.48	10:49.98	800 free	10:15.01	10:32.11	10:51.27	11:08.86	11:57.04	13:18.59	
			21:43.44	21:24.27	21:09.76	20:45.76	1500 free	19:39.07	20:11.85	20:48.59	21:30.24			
44.38	42.31	40.06	38.36	37.49	37.25	37.25	50 back	36.21	36.21	39.36	41.04	42.64	44.33	46.28
1:39.12	1:31.18	1:25.53	1:20.42	1:19.05	1:17.30	1:16.26	100 back	1:10.54	1:13.81	1:15.79	1:17.91	1:26.65	1:32.32	1:41.95
3:34.08	3:14.83	3:03.51	2:52.48	2:49.08	2:47.31	2:43.53	200 back	2:33.46	2:40.38	2:44.19	2:46.98	3:04.07	3:19.36	3:44.28
51.32	48.16	44.76	43.80	43.61	41.79	41.79	50 breast	40.87	40.87	43.31	45.54	47.61	51.55	54.67
1:52.15	1:45.35	1:39.12	1:32.15	1:31.05	1:30.36	1:29.86	100 breast	1:21.44	1:25.23	1:26.19	1:29.47	1:38.56	1:47.62	1:56.68
	3:45.42	3:31.82	3:16.54	3:16.04	3:15.45	3:13.95	200 breast	2:57.46	3:05.26	3:07.93	3:11.72	3:31.82	3:55.61	
44.76	42.25	39.28	36.07	35.32	33.57	33.57	50 fly	32.76	32.76	36.27	39.24	41.67	45.01	48.00
1:44.78	1:34.59	1:27.79	1:20.21	1:18.97	1:17.76	1:16.75	100 fly	1:09.91	1:12.32	1:14.65	1:17.89	1:27.23	1:37.42	1:49.88
	3:37.49	3:19.36	2:59.35	2:58.99	2:57.59	2:51.12	200 fly	2:37.24	2:47.60	2:52.26	2:55.35	3:22.77	4:03.55	
1:43.09							100 IM							1:45.35
3:37.35	3:18.95	3:07.45	2:57.49	2:52.57	2:50.80	2:47.46	200 IM	2:34.36	2:40.46	2:43.36	2:50.81	3:07.45	3:21.25	3:40.80
	6:59.12	6:34.45	6:15.05	6:11.85	6:01.50	5:58.47	400 IM	5:40.09	5:48.43	5:53.99	6:03.61	6:42.50	7:27.44	

10 & U	11	12	13	14	15	16 & O	LC	16 & O	15	14	13	12	11	10 & U
39.86	36.97	35.24	33.57	32.97	32.45	32.10	50 free	29.13	30.33	30.89	31.82	34.43	37.27	40.43
1:28.39	1:20.88	1:16.26	1:12.69	1:11.14	1:10.33	1:09.41	100 free	1:03.32	1:05.72	1:07.07	1:09.38	1:15.68	1:22.03	1:30.13
3:11.80	2:56.78	2:46.38	2:37.44	2:34.43	2:33.99	2:29.68	200 free	2:18.79	2:23.05	2:27.18	2:32.65	2:45.22	3:00.24	3:17.57
6:47.86	6:20.05	5:55.42	5:31.41	5:26.93	5:25.11	5:20.07	400 free	4:59.43	5:07.37	5:13.11	5:21.70	5:56.59	6:27.09	6:58.26
	12:58.75	12:02.13	11:33.68	11:23.48	11:16.89	11:02.98	800 free	10:27.31	10:44.75	11:04.30	11:22.24	12:11.38	13:34.56	
			22:09.51	21:49.96	21:35.15	21:10.68	1500 free	20:02.66	20:36.09	21:13.56	21:56.05			
45.58	43.20	41.32	39.11	38.40	37.55	37.55	50 back	37.39	37.39	41.32	42.61	45.64	47.66	48.09
1:41.10	1:33.01	1:27.23	1:22.02	1:20.64	1:18.86	1:17.79	100 back	1:11.96	1:15.29	1:17.30	1:19.48	1:28.39	1:34.16	1:43.98
3:38.37	3:18.73	3:07.17	2:55.93	2:52.48	2:50.66	2:46.80	200 back	2:36.54	2:43.59	2:47.46	2:50.32	3:07.75	3:23.35	3:48.77
53.14	49.77	47.42	47.40	44.72	43.00	43.00	50 breast	42.77	42.77	46.03	46.29	52.73	54.21	56.14
1:54.39	1:47.46	1:41.10	1:34.00	1:32.87	1:32.16	1:31.66	100 breast	1:23.08	1:26.94	1:27.92	1:31.25	1:40.52	1:49.77	1:59.00
	3:49.93	3:36.06	3:20.47	3:19.96	3:19.36	3:17.81	200 breast	3:01.01	3:08.97	3:11.69	3:15.56	3:36.06	4:00.33	
47.68	42.86	41.02	38.80	36.29	34.48	34.48	50 fly	34.60	34.60	37.04	41.26	45.23	48.47	53.41
1:46.87	1:36.47	1:29.54	1:21.82	1:20.55	1:19.32	1:18.28	100 fly	1:11.30	1:13.77	1:16.14	1:19.45	1:28.96	1:39.36	1:52.08
	3:41.84	3:23.35	3:02.95	3:02.56	3:01.15	2:54.55	200 fly	2:40.38	2:50.95	2:55.70	2:58.86	3:26.82	4:08.41	
3:41.70	3:22.93	3:11.20	3:01.04	2:56.03	2:54.21	2:50.81	200 IM	2:37.46	2:43.67	2:46.61	2:54.23	3:11.20	3:25.28	3:45.22
	7:07.50	6:42.34	6:22.55	6:19.29	6:08.74	6:05.63	400 IM	5:46.89	5:55.40	6:01.08	6:10.88	6:50.55	7:36.39	