

2023-2024 Eastern Ontario Regional Time Standards

Updated as of September 10, 2023

FEMALE												
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.08	36.25	34.55	32.49	30.92	30.47	39.86	36.97	35.24	33.14	31.54	31.08
100 Free	1:26.65	1:19.89	1:14.76	1:10.70	1:06.72	1:05.98	1:28.39	1:20.88	1:16.26	1:12.12	1:08.05	1:07.30
200 Free	3:10.90	2:53.32	2:43.12	2:33.32	2:24.83	2:23.52	3:14.72	2:56.78	2:46.38	2:36.39	2:27.72	2:27.29
400 Free	6:39.87	6:12.60	5:48.45	5:30.00	5:06.59	5:04.88	6:47.86	6:20.05	5:55.42	5:36.60	5:12.72	5:10.97
800 Free		12:43.47	11:47.97	11:11.77	10:40.95	10:33.68		12:58.75	12:02.13	11:25.20	10:53.76	10:47.46
1500 Free					20:28.44	20:14.55					20:53.01	20:38.84
50 BK				34.93	34.93	34.93				35.83	35.83	35.83
100 Back	1:39.12	1:31.18	1:25.53	1:20.72	1:15.61	1:14.53	1:41.10	1:33.00	1:27.23	1:22.34	1:17.13	1:16.02
200 Back	3:34.08	3:14.83	3:03.51	2:54.45	2:41.83	2:40.04	3:38.37	3:18.73	3:07.17	2:57.94	2:45.07	2:43.24
50 BR				39.41	39.41	39.41				40.42	40.42	40.42
100 Breast	1:52.15	1:45.35	1:39.12	1:32.10	1:27.09	1:26.43	1:54.39	1:47.46	1:41.10	1:33.94	1:28.84	1:28.15
200 Breast		3:45.42	3:31.82	3:19.36	3:07.52	3:06.96		3:49.93	3:36.06	3:23.35	3:11.27	3:10.70
50 FLY				33.49	33.49	33.49				34.34	34.34	34.34
100 Fly	1:44.78	1:34.59	1:27.79	1:21.81	1:15.54	1:14.38	1:46.87	1:36.47	1:29.54	1:23.44	1:17.04	1:15.87
200 Fly		3:37.49	3:19.36	3:06.36	2:51.20	2:49.87		3:41.84	3:23.35	3:10.09	2:54.63	2:53.27
100 IM	1:43.09											
200 IM	3:37.35	3:18.95	3:07.45	2:56.00	2:45.07	2:43.37	3:41.70	3:22.93	3:11.20	2:59.52	2:48.38	2:46.64
400 IM		6:59.12	6:34.45	6:15.10	5:55.69	5:45.79		7:07.50	6:42.34	6:22.60	6:02.80	5:52.70

MALE												
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.65	36.54	33.75	30.88	28.97	28.45	40.43	37.27	34.43	31.49	29.56	29.02
100 Free	1:28.35	1:20.43	1:14.20	1:07.72	1:03.12	1:01.63	1:30.13	1:22.03	1:15.68	1:09.07	1:04.38	1:02.87
200 Free	3:16.65	2:56.71	2:41.99	2:28.98	2:18.81	2:14.30	3:20.58	3:00.24	2:45.22	2:31.97	2:21.58	2:16.98
400 Free	6:50.06	6:19.50	5:49.60	5:24.50	4:56.84	4:48.72	6:58.26	6:27.09	5:56.59	5:30.99	5:02.78	4:54.49
800 Free		13:18.59	11:57.04	11:04.18	10:22.95	10:04.63		13:34.56	12:11.38	11:17.47	10:35.42	10:16.72
1500 Free					19:54.30	19:19.16					20:18.18	19:42.35
50 BK				32.48	32.48	32.48				33.31	33.31	33.31
100 Back	1:41.95	1:32.32	1:26.65	1:18.01	1:12.49	1:10.60	1:43.98	1:34.16	1:28.39	1:19.57	1:13.94	1:12.02
200 Back	3:44.28	3:19.36	3:04.07	2:50.12	2:37.05	2:33.41	3:48.77	3:23.35	3:07.75	2:53.51	2:40.19	2:36.48
50 BR				36.55	36.55	36.55				37.49	37.49	37.49
100 Breast	1:56.68	1:47.62	1:38.56	1:30.48	1:22.45	1:21.52	1:59.00	1:49.77	1:40.52	1:32.28	1:24.10	1:23.16
200 Breast		3:55.61	3:31.82	3:15.03	2:59.76	2:57.21		4:00.33	3:36.06	3:18.94	3:03.36	3:00.75
50 FLY				30.97	30.97	30.97				31.77	31.77	31.77
100 Fly	1:49.88	1:37.42	1:27.23	1:18.55	1:11.40	1:09.18	1:52.08	1:39.36	1:28.96	1:20.12	1:12.83	1:10.57
200 Fly		4:03.55	3:22.77	3:04.19	2:44.77	2:40.31		4:08.41	3:26.82	3:07.88	2:48.07	2:43.52
100 IM	1:45.35											
200 IM	3:40.80	3:21.25	3:07.45	2:48.49	2:37.49	2:33.48	3:45.22	3:25.28	3:11.20	2:54.47	2:40.63	2:36.55
400 IM		7:27.44	6:42.50	6:07.40	5:38.60	5:33.28		7:36.39	6:50.55	6:14.75	5:45.38	5:39.94