

**LONG COURSE**  
**WOSA REGIONAL CHAMPIONSHIP TIME STANDARDS 2011-2012**

	9/U G	10/U B	10 G	11 B	11G	12B	12G	13B	13G	14B	14 G	15 B	15/O G	16/O B
50 FR	44.92	39.93	39.51	37.74	37.46	34.91	35.45	33.28	34.61	31.53	33.88	31.08	33.22	30.12
100 FR	1:40.44	1:31.77	1:28.35	1:23.30	1:21.65	1:16.74	1:17.83	1:13.09	1:15.49	1:09.26	1:13.02	1:08.03	1:11.50	1:05.76
200 FR	3:33.63	3:30.39	3:13.52	2:59.98	2:59.32	2:47.30	2:47.97	2:37.95	2:41.91	2:31.59	2:38.27	2:27.74	2:33.81	2:23.15
400 FR	7:16.56	7:15.36	6:47.57	6:22.82	6:17.90	5:54.08	5:54.71	5:36.11	5:39.03	5:22.71	5:31.96	5:17.64	5:25.29	5:07.44
800 FR					13:02.24	12:12.96	12:20.60	11:35.75	11:41.79	11:08.00	11:27.15	10:57.51	11:15.51	10:42.36
1500 FR									22:36.13	21:30.83	22:07.84	21:10.55	21:52.09	20:41.27
50 BK	53.68	48.86												
100 BK	1:50.85	1:46.28	1:41.51	1:35.24	1:33.16	1:28.11	1:27.62	1:23.42	1:24.14	1:18.73	1:22.81	1:17.92	1:20.12	1:14.51
200 BK			3:39.15	3:21.81	3:20.05	3:07.65	3:07.44	2:58.39	3:00.40	2:48.71	2:57.26	2:47.67	2:51.14	2:41.01
50 BR	1:00.20	57.00												
100 BR	2:10.48	2:04.23	1:53.18	1:51.22	1:46.97	1:39.25	1:39.36	1:34.82	1:37.16	1:29.87	1:33.16	1:29.01	1:31.26	1:25.33
200 BR			4:04.40	4:05.93	3:48.03	3:32.95	3:32.86	3:22.57	3:26.75	3:15.47	3:21.20	3:13.37	3:16.04	3:07.59
50 FL	55.14	48.75												
100 FL	2:11.44	2:07.52	1:51.04	1:40.54	1:36.28	1:29.54	1:30.46	1:22.94	1:24.54	1:17.80	1:23.61	1:16.79	1:19.84	1:12.92
200 FL			3:44.40	3:42.36	3:42.54	3:26.49	3:25.88	3:06.84	3:08.79	2:59.41	3:07.06	2:53.04	2:58.79	2:45.85
100 IM														
200 IM	4:06.40	3:51.24	3:36.38	3:26.51	3:22.36	3:09.34	3:10.14	2:59.36	3:04.33	2:52.16	2:58.66	2:49.04	2:55.00	2:41.72
400 IM					7:18.60	6:50.49	6:46.17	6:18.12	6:29.95	6:08.46	6:21.15	5:58.59	6:10.54	5:39.30

Swim Ontario "C" standards are used to qualify for WOSA Regional Championships, except for the girls 9/under and boys 10/under age groups where there are also no dequalifying times.

The dequalifying standards for girls age 14/under and boys 15/under are equal to the current Ontario Junior Provincial standards; the dequalifying times for girls ages 15/over and boys 16/over are equal to the current Eastern Canadian Championships open category time standards.