

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

	9/U G	10/U B	10 G	11 B	11 G	12 B	12 G	13 B	13 G	14 B	14 G	15 B	15/O G	16/O B
50 FR	44.04	39.15	38.55	36.82	36.55	34.06	34.58	32.46	33.76	30.76	33.05	30.33	32.42	29.38
100 FR	1:38.48	1:29.98	1:26.19	1:21.27	1:19.66	1:14.86	1:15.93	1:11.31	1:13.65	1:07.57	1:11.24	1:06.37	1:09.76	1:04.16
200 FR	3:29.45	3:26.40	3:08.80	2:55.59	2:54.95	2:43.22	2:43.87	2:34.10	2:37.96	2:27.89	2:34.41	2:24.14	2:30.06	2:19.66
400 FR	7:08.00	7:06.83	6:37.64	6:13.49	6:08.68	5:45.45	5:46.06	5:27.91	5:30.76	5:14.84	5:23.86	5:09.89	5:17.35	4:59.94
800 FR					12:43.16	11:55.08	12:02.53	11:18.78	11:24.68	10:51.70	11:10.39	10:41.47	10:59.03	10:26.69
1500 FR									22:03.05	20:59.34	21:35.45	20:39.56	21:20.09	20:11.00
50 BK	52.63	47.91												
100 BK	1:48.68	1:44.20	1:39.04	1:32.92	1:30.88	1:25.96	1:25.48	1:21.39	1:22.09	1:16.81	1:20.79	1:16.01	1:18.17	1:12.69
200 BK			3:33.81	3:16.89	3:15.17	3:03.07	3:02.87	2:54.04	2:56.00	2:44.60	2:52.94	2:43.58	2:46.97	2:37.08
50 BR	59.02	55.89												
100 BR	2:07.93	2:01.18	1:50.42	1:48.50	1:44.36	1:36.83	1:36.93	1:32.51	1:34.79	1:27.68	1:30.88	1:26.84	1:29.04	1:23.25
200 BR			3:59.95	4:01.11	3:42.47	3:27.76	3:27.67	3:17.63	3:21.71	3:10.70	3:16.29	3:08.66	3:11.26	3:03.01
50 FL	54.06	47.80												
100 FL	2:08.87	2:05.02	1:48.33	1:38.08	1:33.93	1:27.35	1:28.25	1:20.91	1:22.48	1:15.90	1:21.57	1:14.91	1:17.90	1:11.14
200 FL			3:40.00	3:38.00	3:37.11	3:21.46	3:20.86	3:02.29	3:04.18	2:55.03	3:02.49	2:48.82	2:54.43	2:41.82
100 IM	1:51.84	1:44.96												
200 IM			3:31.11	3:21.47	3:17.42	3:04.72	3:05.51	2:54.98	2:59.84	2:47.96	2:54.31	2:44.92	2:50.73	2:37.78
400 IM					7:07.90	6:40.48	6:36.27	6:08.90	6:20.44	5:59.50	6:11.85	5:49.84	6:01.50	5:31.03

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.