



## 2016 - 2017 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	28.22	27.91	27.63	50 Fr	27.09	27.36	27.67	28.11	28.61
1:03.21	1:01.86	1:01.16	1:00.36	59.75	100 Fr	58.57	59.17	59.96	1:00.65	1:01.97
2:16.90	2:14.29	2:13.90	2:10.16	2:08.84	200 Fr	2:06.31	2:07.60	2:10.47	2:11.66	2:14.21
4:48.18	4:44.29	4:42.70	4:38.32	4:35.51	400 Fr	4:30.11	4:32.86	4:37.16	4:38.72	4:42.53
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
1:11.32	1:10.12	1:08.57	1:07.64	1:06.95	100 Bk	1:05.64	1:06.31	1:07.22	1:08.74	1:09.93
2:32.98	2:29.98	2:28.40	2:25.04	2:23.58	200 Bk	2:20.77	2:22.20	2:25.49	2:27.03	2:29.98
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	1:20.13
2:54.32	2:53.88	2:53.36	2:52.01	2:51.15	200 Br	2:47.80	2:48.65	2:49.96	2:50.47	2:50.90
1:11.15	1:10.04	1:08.97	1:08.07	1:07.38	100 FI	1:06.06	1:06.74	1:07.62	1:08.67	1:09.75
2:39.09	2:38.75	2:37.52	2:31.78	2:30.24	200 FI	2:27.29	2:28.80	2:34.43	2:35.64	2:35.96
2:37.43	2:33.07	2:31.49	2:28.53	2:27.03	200 IM	2:24.15	2:25.62	2:28.52	2:30.06	2:34.34
5:32.65	5:29.82	5:20.64	5:17.94	5:14.76	400 IM	5:08.59	5:11.71	5:14.35	5:23.35	5:26.13

## 2016 - 2017 Swim Ontario Male 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
27.67	26.86	26.37	25.33	25.08	50 Fr	24.59	24.84	25.86	26.34	27.13
1:00.33	58.32	57.15	55.06	54.51	100 Fr	53.44	53.98	56.03	57.18	59.15
2:12.74	2:07.98	2:04.39	2:00.69	1:59.47	200 Fr	1:57.13	1:58.32	2:01.96	2:05.47	2:10.14
4:39.74	4:32.27	4:27.28	4:20.37	4:17.74	400 Fr	4:12.68	4:15.26	4:22.04	4:26.94	4:34.24
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	1:02.57	1:01.94	100 Bk	1:00.72	1:01.34	1:04.18	1:05.90	1:07.75
2:28.10	2:25.62	2:22.25	2:16.12	2:14.74	200 Bk	2:12.09	2:13.44	2:19.46	2:22.77	2:25.20
1:19.35	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
2:50.05	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	2:46.71
1:09.09	1:06.21	1:04.15	1:02.00	1:01.38	100 FI	1:00.17	1:00.79	1:02.89	1:04.91	1:07.73
2:35.53	2:32.78	2:28.65	2:19.46	2:18.05	200 FI	2:15.35	2:16.73	2:25.74	2:29.79	2:32.48
2:31.50	2:24.88	2:22.32	2:16.92	2:15.53	200 IM	2:12.88	2:14.23	2:19.53	2:22.05	2:28.53
5:22.50	5:13.98	5:09.04	5:01.64	4:58.62	400 IM	4:52.77	4:55.73	5:02.98	5:07.82	5:16.18