

## 2024-2025 Female Standards - Ontario Age Groups

| 11 & U   | 12       | 13       | 14       | 15       | 16       | 17       | 18&O     | EVENT   | 18&O     | 17       | 16       | 15       | 14       | 13 & Under | 12       | 11 & U   |
|----------|----------|----------|----------|----------|----------|----------|----------|---------|----------|----------|----------|----------|----------|------------|----------|----------|
| LCM      | LCM      | LCM      | LCM      | LCM      | LCM      | LCM      | LCM      |         | SCM      | SCM      | SCM      | SCM      | SCM      | SCM        | SCM      | SCM      |
| 32.88    | 31.25    | 30.31    | 29.34    | 28.95    | 28.71    | 28.56    | 27.91    | 50 Fr   | 27.35    | 27.98    | 28.13    | 28.47    | 28.75    | 29.71      | 30.62    | 32.19    |
| 1:12.64  | 1:08.97  | 1:06.33  | 1:04.19  | 1:03.04  | 1:02.00  | 1:01.70  | 1:00.79  | 100 Fr  | 59.57    | 1:00.46  | 1:00.76  | 1:01.77  | 1:02.90  | 1:05.00    | 1:07.59  | 1:11.18  |
| 2:40.51  | 2:31.18  | 2:26.59  | 2:19.88  | 2:18.40  | 2:16.71  | 2:15.66  | 2:13.00  | 200 Fr  | 2:10.34  | 2:12.94  | 2:13.98  | 2:15.63  | 2:17.08  | 2:23.65    | 2:28.15  | 2:37.29  |
| 5:42.19  | 5:21.12  | 5:12.08  | 5:00.27  | 4:55.93  | 4:52.54  | 4:48.09  | 4:42.50  | 400 Fr  | 4:36.85  | 4:42.33  | 4:46.69  | 4:50.01  | 4:54.26  | 5:05.83    | 5:14.69  | 5:35.77  |
| 11:19.83 | 11:13.10 | 10:53.20 | 10:25.23 | 10:18.98 | 10:11.43 | 10:05.10 | 9:59.05  | 800 Fr  | 9:47.06  | 9:52.99  | 9:59.20  | 10:06.60 | 10:12.72 | 10:40.13   | 10:59.63 | 11:06.23 |
|          |          | 20:47.53 | 20:35.18 | 20:22.83 | 20:10.59 | 19:58.48 | 19:46.48 | 1500 Fr | 19:22.75 | 19:34.51 | 19:46.47 | 19:58.37 | 20:10.47 | 20:22.58   |          |          |
| 1:24.99  | 1:20.01  | 1:17.31  | 1:13.35  | 1:11.97  | 1:10.50  | 1:09.68  | 1:07.69  | 100 Bk  | 1:06.33  | 1:08.28  | 1:09.09  | 1:10.53  | 1:11.88  | 1:15.76    | 1:18.40  | 1:23.29  |
| 3:00.99  | 2:51.26  | 2:46.81  | 2:38.91  | 2:36.09  | 2:33.80  | 2:32.66  | 2:28.09  | 200 Bk  | 2:25.12  | 2:29.60  | 2:30.72  | 2:32.96  | 2:35.73  | 2:43.47    | 2:47.83  | 2:57.37  |
| 1:36.99  | 1:31.16  | 1:27.51  | 1:23.74  | 1:21.89  | 1:21.07  | 1:20.25  | 1:19.47  | 100 Br  | 1:17.88  | 1:18.64  | 1:19.45  | 1:20.25  | 1:22.06  | 1:25.75    | 1:29.33  | 1:35.06  |
| 3:26.23  | 3:16.74  | 3:10.56  | 3:02.76  | 3:01.46  | 3:00.03  | 2:58.22  | 2:54.89  | 200 Br  | 2:51.39  | 2:54.65  | 2:56.42  | 2:57.83  | 2:59.10  | 3:06.92    | 3:12.80  | 3:22.10  |
| 1:25.76  | 1:19.61  | 1:14.87  | 1:11.34  | 1:09.57  | 1:08.96  | 1:07.95  | 1:06.72  | 100 Fl  | 1:05.38  | 1:06.59  | 1:07.58  | 1:08.17  | 1:09.91  | 1:13.37    | 1:18.01  | 1:24.04  |
| 3:30.04  | 3:09.36  | 3:08.82  | 2:45.92  | 2:42.36  | 2:41.34  | 2:38.06  | 2:30.18  | 200 Fl  | 2:27.17  | 2:34.89  | 2:38.11  | 2:39.11  | 2:42.60  | 3:05.04    | 3:05.57  | 3:25.83  |
| 3:00.94  | 2:52.14  | 2:45.50  | 2:39.40  | 2:38.58  | 2:34.45  | 2:33.44  | 2:31.88  | 200 IM  | 2:28.84  | 2:30.37  | 2:31.36  | 2:35.40  | 2:36.21  | 2:42.19    | 2:48.69  | 2:57.32  |
| 6:16.83  | 6:13.10  | 6:05.89  | 5:46.55  | 5:43.49  | 5:36.75  | 5:33.29  | 5:29.95  | 400 IM  | 5:23.35  | 5:26.62  | 5:30.01  | 5:36.76  | 5:39.61  | 5:58.57    | 6:05.63  | 6:09.29  |

## 2024-2025 Male Standards - Ontario Age Groups

| 11 & U   | 12       | 13       | 14       | 15       | 16       | 17       | 18&O     | EVENT   | 18&O     | 17       | 16       | 15       | 14       | 13 & Under | 12       | 11 & U   |
|----------|----------|----------|----------|----------|----------|----------|----------|---------|----------|----------|----------|----------|----------|------------|----------|----------|
| LCM      | LCM      | LCM      | LCM      | LCM      | LCM      | LCM      | LCM      |         | SCM      | SCM      | SCM      | SCM      | SCM      | SCM        | SCM      | SCM      |
| 32.87    | 30.79    | 28.9     | 27.04    | 26.33    | 25.79    | 25.58    | 24.42    | 50 Fr   | 23.93    | 25.06    | 25.27    | 25.8     | 26.49    | 28.32      | 30.17    | 32.21    |
| 1:12.75  | 1:08.11  | 1:03.42  | 59.41    | 57.52    | 56.42    | 55.79    | 53.42    | 100 Fr  | 52.35    | 54.67    | 55.2     | 56.36    | 58.22    | 1:02.15    | 1:06.74  | 1:11.29  |
| 2:40.06  | 2:31.39  | 2:20.51  | 2:11.64  | 2:07.44  | 2:04.93  | 2:03.72  | 1:57.99  | 200 Fr  | 1:55.63  | 2:01.24  | 2:02.43  | 2:04.89  | 2:09.00  | 2:17.69    | 2:28.36  | 2:36.85  |
| 5:37.30  | 5:21.22  | 5:02.44  | 4:40.30  | 4:33.52  | 4:30.51  | 4:28.34  | 4:23.18  | 400 Fr  | 4:17.92  | 4:22.97  | 4:25.10  | 4:28.04  | 4:34.70  | 4:56.39    | 5:14.80  | 5:30.55  |
| 10:38.98 | 10:32.66 | 10:26.39 | 9:54.63  | 9:37.00  | 9:30.88  | 9:25.62  | 9:19.96  | 800 Fr  | 9:08.76  | 9:14.30  | 9:19.46  | 9:25.46  | 9:42.76  | 10:13.87   | 10:20.00 | 10:26.20 |
|          |          | 19:55.11 | 19:23.29 | 19:11.37 | 18:44.42 | 18:33.18 | 18:22.03 | 1500 Fr | 17:59.98 | 18:10.91 | 18:21.93 | 18:48.34 | 19:00.02 | 19:31.30   |          |          |
| 1:25.25  | 1:19.52  | 1:13.44  | 1:07.91  | 1:06.99  | 1:04.06  | 1:03.90  | 1:02.74  | 100 Bk  | 1:01.48  | 1:02.63  | 1:02.77  | 1:05.65  | 1:06.55  | 1:11.97    | 1:17.92  | 1:23.45  |
| 3:01.46  | 2:50.64  | 2:40.75  | 2:29.76  | 2:24.89  | 2:22.14  | 2:20.85  | 2:16.39  | 200 Bk  | 2:13.66  | 2:18.03  | 2:19.30  | 2:21.99  | 2:26.76  | 2:37.53    | 2:47.22  | 2:57.83  |
| 1:37.38  | 1:30.23  | 1:23.65  | 1:17.36  | 1:13.73  | 1:12.66  | 1:11.70  | 1:07.76  | 100 Br  | 1:06.40  | 1:10.26  | 1:11.20  | 1:12.25  | 1:15.81  | 1:21.97    | 1:28.42  | 1:35.43  |
| 3:29.65  | 3:14.13  | 3:02.38  | 2:51.95  | 2:42.19  | 2:40.93  | 2:40.19  | 2:28.10  | 200 Br  | 2:25.14  | 2:36.98  | 2:37.71  | 2:39.94  | 2:48.51  | 2:58.73    | 3:10.25  | 3:25.45  |
| 1:27.33  | 1:20.05  | 1:12.04  | 1:06.29  | 1:03.47  | 1:01.64  | 1:00.90  | 58.04    | 100 Fl  | 56.87    | 59.68    | 1:00.40  | 1:02.20  | 1:04.97  | 1:10.59    | 1:18.44  | 1:25.88  |
| 3:13.23  | 3:11.32  | 2:54.69  | 2:33.79  | 2:27.70  | 2:21.28  | 2:20.59  | 2:16.10  | 200 Fl  | 2:13.38  | 2:17.76  | 2:18.46  | 2:24.74  | 2:30.71  | 2:51.19    | 3:07.49  | 3:09.36  |
| 3:02.53  | 2:50.45  | 2:39.27  | 2:28.83  | 2:24.60  | 2:20.94  | 2:18.32  | 2:15.10  | 200 IM  | 2:12.39  | 2:15.55  | 2:18.12  | 2:21.73  | 2:25.85  | 2:36.08    | 2:47.04  | 2:58.87  |
| 6:12.99  | 6:09.30  | 5:47.57  | 5:22.80  | 5:12.70  | 5:06.74  | 5:04.61  | 4:58.42  | 400 IM  | 4:52.45  | 4:58.52  | 5:00.60  | 5:06.44  | 5:16.34  | 5:40.61    | 6:01.91  | 6:05.53  |