



## 2016 - 2017 Swim Ontario Female Standards - Festivals

10&U	11	12	13	14	EVENT	14	13	12	11	10&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
34.66	32.15	30.64	30.13	29.57	50 Fr	28.99	29.54	30.04	31.52	33.98
1:16.86	1:10.33	1:06.31	1:05.56	1:04.08	100 Fr	1:02.82	1:04.27	1:05.01	1:08.95	1:15.35
2:46.78	2:33.72	2:24.68	2:22.17	2:19.26	200 Fr	2:16.54	2:19.38	2:21.84	2:30.71	2:46.00
5:54.66	5:30.48	5:09.06	5:06.00	5:01.29	400 Fr	4:55.38	5:00.00	5:03.00	5:24.00	5:47.71
	11:17.17	10:27.94	10:22.91	10:12.45	800 Fr	10:00.44	10:10.70	10:15.63	11:03.89	
1:27.91	1:20.88	1:15.85	1:14.85	1:13.43	100 Bk	1:11.98	1:13.38	1:14.37	1:19.29	1:26.19
3:09.89	2:52.81	2:42.76	2:41.76	2:38.11	200 Bk	2:35.01	2:38.59	2:39.57	2:49.42	3:06.16
1:39.47	1:33.44	1:27.91	1:25.40	1:24.23	100 Br	1:22.57	1:23.73	1:26.19	1:31.61	1:37.52
	3:19.94	3:07.88	3:04.86	3:03.80	200 Br	3:00.20	3:01.24	3:04.19	3:16.02	
1:32.93	1:23.89	1:17.86	1:15.85	1:14.39	100 FI	1:12.94	1:14.37	1:16.34	1:22.25	1:31.11
	3:12.90	2:56.83	2:52.81	2:51.36	200 FI	2:48.00	2:49.42	2:53.36	3:09.12	
					100 IM					1:29.64
3:12.78	2:56.46	2:46.26	2:43.20	2:40.89	200 IM	2:37.74	2:40.00	2:43.00	2:53.00	3:09.00
	6:11.74	5:49.86	5:47.82	5:44.20	400 IM	5:37.45	5:41.00	5:43.00	6:04.45	

## 2016 - 2017 Swim Ontario Male Standards - Festivals

10&U	11	12	13	14	EVENT	14	13	12	11	10&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
35.16	32.41	29.94	28.63	27.77	50 Fr	27.23	28.07	29.35	31.77	34.48
1:18.37	1:11.33	1:05.81	1:02.79	1:00.61	100 Fr	59.42	1:01.56	1:04.52	1:09.94	1:16.83
2:51.80	2:36.73	2:23.67	2:18.15	2:12.99	200 Fr	2:10.38	2:15.44	2:20.86	2:33.66	2:51.00
6:03.70	5:36.60	5:10.08	5:00.90	4:51.95	400 Fr	4:46.22	4:55.00	5:04.00	5:30.00	5:56.57
	11:48.31	10:35.98	10:15.88	9:58.11	800 Fr	9:46.38	10:03.80	10:23.51	11:34.43	
1:30.42	1:21.88	1:16.86	1:12.34	1:10.22	100 Bk	1:08.84	1:10.92	1:15.35	1:20.28	1:28.65
3:18.93	2:56.83	2:43.26	2:37.74	2:34.52	200 Bk	2:31.49	2:34.65	2:40.06	2:53.36	3:15.03
1:43.48	1:35.45	1:27.41	1:23.89	1:20.58	100 Br	1:19.01	1:22.25	1:25.70	1:33.58	1:41.46
	3:28.98	3:07.88	3:00.85	2:56.64	200 Br	2:53.18	2:57.30	3:04.19	3:24.88	
1:37.46	1:26.40	1:17.36	1:12.84	1:09.62	100 FI	1:08.26	1:11.41	1:15.85	1:24.71	1:35.55
	3:36.01	2:59.84	2:50.80	2:46.44	200 FI	2:43.18	2:47.45	2:56.32	3:31.78	
					100 IM					1:31.61
3:15.84	2:58.50	2:46.26	2:38.61	2:33.68	200 IM	2:30.67	2:35.50	2:43.00	2:55.00	3:12.00
	6:36.86	5:57.00	5:40.68	5:30.74	400 IM	5:24.24	5:34.00	5:50.00	6:29.08	