



2024-2025 Ontario Provincial Standards

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 FI	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 FI	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	24.49	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
5:30.38	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	5:23.77
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 FI	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 FI	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	2:48.83	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	2:45.43	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