

2021-2022 Female Standards - Ontario Swimming 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	LCM
29.05	28.52	28.32	27.81	27.60	50 Fr	27.05	27.25	27.75	27.95	28.47
1:03.34	1:01.78	1:01.26	59.97	59.32	100 Fr	58.13	58.77	1:00.03	1:00.54	1:02.07
2:17.73	2:14.15	2:12.64	2:09.68	2:08.73	200 Fr	2:06.16	2:07.09	2:09.99	2:11.47	2:14.97
4:51.78	4:44.95	4:42.11	4:35.86	4:33.17	400 Fr	4:27.71	4:30.34	4:36.47	4:39.25	4:45.95
10:03.20	9:52.68	9:44.38	9:30.46	9:27.66	800 Fr	9:16.31	9:19.05	9:32.69	9:40.83	9:51.37
19:16.10	18:59.10	18:46.22	18:24.94	18:13.89	1500 Fr	17:52.01	18:02.84	18:23.70	18:36.32	18:53.43
1:12.07	1:09.91	1:08.95	1:07.52	1:07.52	100 Bk	1:06.17	1:06.17	1:07.57	1:08.51	1:10.62
2:35.26	2:31.09	2:28.92	2:25.70	2:25.28	200 Bk	2:22.37	2:22.79	2:25.94	2:28.07	2:32.16
1:21.57	1:19.59	1:19.05	1:17.04	1:16.11	100 Br	1:14.59	1:15.50	1:17.47	1:18.00	1:19.93
2:56.64	2:51.80	2:50.56	2:45.58	2:44.49	200 Br	2:41.20	2:42.27	2:47.15	2:48.36	2:53.11
1:09.95	1:08.06	1:07.17	1:05.66	1:04.81	100 Fl	1:03.51	1:04.35	1:05.83	1:06.70	1:08.55
2:39.40	2:34.16	2:32.19	2:27.00	2:24.14	200 Fl	2:21.26	2:24.06	2:29.15	2:31.08	2:36.21
2:36.02	2:32.23	2:31.02	2:27.41	2:26.57	200 IM	2:23.64	2:24.46	2:28.00	2:29.19	2:32.90
5:32.15	5:25.04	5:20.51	5:13.74	5:11.38	400 IM	5:05.15	5:07.47	5:14.10	5:18.54	5:25.51

2021-2022 Male Standards - Ontario Swimming Championships

14&U	15	16	17	18&O	EVENT	18&O	17	16	15	14&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
26.68	26.04	25.66	24.93	24.60	50 Fr	24.11	24.43	25.15	25.52	26.15
58.12	56.57	55.72	54.20	53.65	100 Fr	52.58	53.12	54.61	55.44	56.96
2:07.46	2:04.02	2:01.85	1:58.22	1:57.27	200 Fr	1:54.92	1:55.86	1:59.41	2:01.54	2:04.91
4:32.76	4:25.55	4:20.53	4:13.93	4:11.10	400 Fr	4:06.08	4:08.85	4:15.32	4:20.24	4:27.30
9:29.28	9:17.16	9:08.54	9:02.36	8:53.63	800 Fr	8:42.96	8:51.51	8:57.57	9:06.02	9:17.89
18:16.96	17:47.10	17:25.79	17:04.00	16:55.57	1500 Fr	16:35.26	16:43.52	17:04.87	17:25.76	17:55.02
1:06.16	1:04.38	1:03.26	1:01.19	1:00.82	100 Bk	59.61	59.97	1:01.99	1:03.09	1:04.84
2:24.03	2:20.20	2:17.72	2:13.67	2:12.51	200 Bk	2:09.86	2:11.00	2:14.97	2:17.40	2:21.15
1:14.86	1:12.64	1:11.30	1:09.40	1:07.62	100 Br	1:06.26	1:08.01	1:09.87	1:11.19	1:13.36
2:43.86	2:38.86	2:36.08	2:31.30	2:27.51	200 Br	2:24.56	2:28.27	2:32.96	2:35.68	2:40.58
1:03.75	1:01.76	1:00.71	58.90	58.10	100 Fl	56.94	57.72	59.50	1:00.52	1:02.48
2:25.68	2:20.71	2:17.72	2:12.85	2:10.63	200 Fl	2:08.02	2:10.19	2:14.97	2:17.90	2:22.77
2:24.45	2:20.81	2:18.34	2:14.19	2:13.37	200 IM	2:10.70	2:11.51	2:15.57	2:17.99	2:21.56
5:10.41	5:01.84	4:57.05	4:48.90	4:47.46	400 IM	4:41.70	4:43.12	4:51.11	4:55.80	5:04.20

2021-2022 Female Standards - Ontario Youth-Junior 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
30.13	29.60	29.17	28.98	28.62	50 Fr	28.06	28.41	28.60	29.02	29.54
1:05.26	1:03.87	1:03.17	1:02.79	1:01.85	100 Fr	1:00.64	1:01.56	1:01.93	1:02.62	1:03.98
2:21.76	2:18.65	2:18.25	2:15.62	2:13.87	200 Fr	2:11.25	2:12.96	2:14.71	2:15.94	2:18.98
5:01.49	4:53.53	4:51.89	4:48.01	4:44.67	400 Fr	4:39.08	4:42.36	4:46.17	4:47.78	4:55.57
10:22.80	10:13.65	10:07.73	9:55.24	9:49.29	800 Fr	9:37.74	9:43.57	9:54.79	10:01.62	10:10.59
19:53.67	19:36.12	19:22.82	19:00.85	18:49.44	1500 Fr	18:27.29	18:38.48	19:00.02	19:13.05	19:30.27
1:13.66	1:12.40	1:11.36	1:10.27	1:09.13	100 Bk	1:07.77	1:08.90	1:09.95	1:10.97	1:12.21
2:38.97	2:34.94	2:33.22	2:31.94	2:29.35	200 Bk	2:26.42	2:28.96	2:30.22	2:31.90	2:35.86
1:24.40	1:23.38	1:22.74	1:22.29	1:21.46	100 Br	1:19.86	1:20.68	1:21.12	1:21.74	1:22.74
3:01.80	2:59.53	2:58.99	2:57.61	2:56.72	200 Br	2:53.25	2:54.13	2:55.48	2:56.01	2:58.24
1:13.46	1:12.32	1:11.21	1:10.28	1:09.57	100 FI	1:08.21	1:08.91	1:09.82	1:10.90	1:12.02
2:46.85	2:43.91	2:42.64	2:37.47	2:35.12	200 FI	2:32.08	2:34.38	2:39.45	2:40.70	2:43.58
2:42.55	2:38.04	2:36.41	2:34.11	2:32.68	200 IM	2:29.68	2:31.09	2:33.35	2:34.94	2:39.36
5:43.46	5:40.54	5:31.06	5:28.93	5:24.99	400 IM	5:18.62	5:22.48	5:24.57	5:33.86	5:36.73

2021-2022 Male Standards - Ontario Youth-Junior 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
28.59	27.74	27.24	26.23	25.90	50 Fr	25.39	25.71	26.70	27.20	28.03
1:02.58	1:00.43	59.01	57.14	56.28	100 Fr	55.18	56.01	57.85	59.24	1:01.35
2:17.05	2:12.89	2:08.58	2:04.87	2:03.35	200 Fr	2:00.94	2:02.42	2:06.06	2:10.29	2:14.37
4:53.33	4:44.20	4:36.42	4:29.91	4:26.12	400 Fr	4:20.89	4:24.61	4:31.00	4:38.62	4:47.58
10:12.53	9:56.42	9:38.87	9:23.22	9:17.59	800 Fr	9:06.65	9:12.17	9:27.52	9:44.73	10:00.52
19:41.58	19:03.43	18:29.79	17:59.78	17:48.98	1500 Fr	17:28.02	17:38.60	18:08.03	18:41.02	19:18.41
1:11.36	1:09.40	1:07.60	1:04.68	1:03.95	100 Bk	1:02.69	1:03.41	1:06.27	1:08.04	1:09.95
2:34.20	2:30.36	2:26.87	2:20.62	2:19.12	200 Bk	2:16.38	2:17.86	2:23.99	2:27.41	2:31.18
1:21.94	1:18.93	1:18.06	1:14.59	1:13.83	100 Br	1:12.39	1:13.12	1:16.52	1:17.39	1:20.33
2:56.89	2:52.11	2:49.66	2:42.52	2:40.87	200 Br	2:37.71	2:39.33	2:46.34	2:48.73	2:53.42
1:11.34	1:08.36	1:06.23	1:04.03	1:03.37	100 FI	1:02.13	1:02.77	1:04.93	1:07.02	1:09.93
2:40.94	2:37.76	2:33.48	2:23.99	2:22.55	200 FI	2:19.75	2:21.17	2:30.48	2:34.66	2:37.78
2:36.42	2:30.78	2:26.95	2:22.50	2:19.95	200 IM	2:17.20	2:19.70	2:24.06	2:27.82	2:33.36
5:32.98	5:24.18	5:19.08	5:11.44	5:08.34	400 IM	5:02.29	5:05.34	5:12.83	5:17.82	5:26.46

2021-2022 Female Standards - Ontario Festival Championships

10&U	11	12	13	EVENT	13	12	11	10&U
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
34.66	32.15	30.64	30.13	50 Fr	29.54	30.04	31.52	33.98
1:16.86	1:10.33	1:06.31	1:05.56	100 Fr	1:04.27	1:05.01	1:08.95	1:15.35
2:49.32	2:33.72	2:24.68	2:22.17	200 Fr	2:19.38	2:21.84	2:30.71	2:46.00
5:54.66	5:30.48	5:09.06	5:06.00	400 Fr	5:00.00	5:03.00	5:24.00	5:47.71
	11:17.17	10:27.94	10:22.91	800 Fr	10:10.70	10:15.63	11:03.89	
1:27.91	1:20.88	1:15.85	1:14.85	100 Bk	1:13.38	1:14.37	1:19.29	1:26.19
3:09.89	2:52.81	2:42.76	2:41.76	200 Bk	2:38.59	2:39.57	2:49.42	3:06.16
1:39.47	1:33.44	1:27.91	1:25.40	100 Br	1:23.73	1:26.19	1:31.61	1:37.52
	3:19.94	3:07.88	3:04.86	200 Br	3:01.24	3:04.19	3:16.02	
1:32.93	1:23.89	1:17.86	1:15.85	100 FI	1:14.37	1:16.34	1:22.25	1:31.11
	3:12.90	2:56.83	2:52.81	200 FI	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	200 IM	2:40.00	2:43.00	2:53.00	3:09.00
	6:11.74	5:49.86	5:47.82	400 IM	5:41.00	5:43.00	6:04.45	

2021-2022 Male Standards - Ontario Festival Championships

10&U	11	12	13	EVENT	13	12	11	10&U
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
35.16	32.41	29.94	28.63	50 Fr	28.07	29.35	31.77	34.48
1:18.37	1:11.33	1:05.81	1:02.79	100 Fr	1:01.56	1:04.52	1:09.94	1:16.83
2:54.42	2:36.73	2:23.67	2:18.15	200 Fr	2:15.44	2:20.86	2:33.66	2:51.00
6:03.70	5:36.60	5:10.08	5:00.90	400 Fr	4:55.00	5:04.00	5:30.00	5:56.57
	11:48.31	10:35.98	10:15.88	800 Fr	10:03.80	10:23.51	11:34.43	
1:30.42	1:21.88	1:16.86	1:12.34	100 Bk	1:10.92	1:15.35	1:20.28	1:28.65
3:18.93	2:56.83	2:43.26	2:37.74	200 Bk	2:34.65	2:40.06	2:53.36	3:15.03
1:43.48	1:35.45	1:27.41	1:23.89	100 Br	1:22.25	1:25.70	1:33.58	1:41.46
	3:28.98	3:07.88	3:00.85	200 Br	2:57.30	3:04.19	3:24.88	
1:37.46	1:26.40	1:17.36	1:12.84	100 FI	1:11.41	1:15.85	1:24.71	1:35.55
	3:36.01	2:59.84	2:50.80	200 FI	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	200 IM	2:35.50	2:43.00	2:55.00	3:12.00
	6:36.86	5:57.00	5:40.68	400 IM	5:34.00	5:50.00	6:29.08	

2021-2022 Female Standards - 10&Under

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
41.59	39.86	38.13	36.39	34.66	50 Fr	33.98	35.68	37.38	39.08	40.78
1:32.23	1:28.39	1:24.55	1:20.70	1:16.86	100 Fr	1:15.35	1:19.12	1:22.89	1:26.65	1:30.42
3:23.18	3:14.72	3:06.25	2:57.79	2:49.32	200 Fr	2:46.00	2:54.30	3:02.60	3:10.90	3:19.20
7:05.59	6:47.86	6:30.13	6:12.39	5:54.66	400 Fr	5:47.71	6:05.10	6:22.48	6:39.87	6:57.25
					800 Fr					
1:45.49	1:41.10	1:36.70	1:32.31	1:27.91	100 Bk	1:26.19	1:30.50	1:34.81	1:39.12	1:43.43
3:47.87	3:38.37	3:28.88	3:19.38	3:09.89	200 Bk	3:06.16	3:15.47	3:24.78	3:34.08	3:43.39
1:59.36	1:54.39	1:49.42	1:44.44	1:39.47	100 Br	1:37.52	1:42.40	1:47.27	1:52.15	1:57.02
					200 Br					
1:51.52	1:46.87	1:42.22	1:37.58	1:32.93	100 Fl	1:31.11	1:35.67	1:40.22	1:44.78	1:49.33
					200 Fl					
					100 IM	1:29.64	1:34.12	1:38.60	1:43.09	1:47.57
3:51.34	3:41.70	3:32.06	3:22.42	3:12.78	200 IM	3:09.00	3:18.45	3:27.90	3:37.35	3:46.80
					400 IM					

2021-2022 Male Standards - 10&Under

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
42.19	40.43	38.68	36.92	35.16	50 Fr	34.48	36.20	37.93	39.65	41.38
1:34.04	1:30.13	1:26.21	1:22.29	1:18.37	100 Fr	1:16.83	1:20.67	1:24.51	1:28.35	1:32.20
3:29.30	3:20.58	3:11.86	3:03.14	2:54.42	200 Fr	2:51.00	2:59.55	3:08.10	3:16.65	3:25.20
7:16.44	6:58.26	6:40.07	6:21.89	6:03.70	400 Fr	5:56.57	6:14.40	6:32.23	6:50.06	7:07.88
					800 Fr					
1:48.50	1:43.98	1:39.46	1:34.94	1:30.42	100 Bk	1:28.65	1:33.08	1:37.52	1:41.95	1:46.38
3:58.72	3:48.77	3:38.82	3:28.88	3:18.93	200 Bk	3:15.03	3:24.78	3:34.53	3:44.28	3:54.04
2:04.18	1:59.00	1:53.83	1:48.65	1:43.48	100 Br	1:41.46	1:46.53	1:51.61	1:56.68	2:01.75
					200 Br					
1:56.95	1:52.08	1:47.21	1:42.33	1:37.46	100 Fl	1:35.55	1:40.33	1:45.11	1:49.88	1:54.66
					200 Fl					
					100 IM	1:31.61	1:36.19	1:40.77	1:45.35	1:49.93
3:55.01	3:45.22	3:35.42	3:25.63	3:15.84	200 IM	3:12.00	3:21.60	3:31.20	3:40.80	3:50.40
					400 IM					

2021-2022 Female Standards - 11 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
38.58	36.97	35.37	33.76	32.15	50 Fr	31.52	33.10	34.67	36.25	37.82
1:24.40	1:20.88	1:17.36	1:13.85	1:10.33	100 Fr	1:08.95	1:12.40	1:15.85	1:19.89	1:22.74
3:04.46	2:56.78	2:49.09	2:41.41	2:33.72	200 Fr	2:30.71	2:38.25	2:45.78	2:53.32	3:00.85
6:36.58	6:20.05	6:03.53	5:47.00	5:30.48	400 Fr	5:24.00	5:40.20	5:56.40	6:12.60	6:28.80
13:32.60	12:58.75	12:24.89	11:51.03	11:17.17	800 Fr	11:03.89	11:37.08	12:10.28	12:43.47	13:16.67
1:37.06	1:33.00	1:28.97	1:24.92	1:20.88	100 Bk	1:19.29	1:23.25	1:27.22	1:31.18	1:35.15
3:27.37	3:18.73	3:10.09	3:01.45	2:52.81	200 Bk	2:49.42	2:57.89	3:06.36	3:14.83	3:23.30
1:52.13	1:47.46	1:42.78	1:38.11	1:33.44	100 Br	1:31.61	1:36.19	1:40.77	1:45.35	1:49.93
3:59.93	3:49.93	3:39.93	3:29.94	3:19.94	200 Br	3:16.02	3:25.82	3:35.62	3:45.42	3:55.22
1:40.67	1:36.47	1:32.28	1:28.08	1:23.89	100 FI	1:22.25	1:26.36	1:30.48	1:34.59	1:38.70
3:51.48	3:41.84	3:32.19	3:22.55	3:12.90	200 FI	3:09.12	3:18.58	3:28.03	3:37.49	3:46.94
3:31.75	3:22.93	3:14.11	3:05.28	2:56.46	200 IM	2:53.00	3:01.65	3:10.30	3:18.95	3:27.60
7:26.09	7:07.50	6:48.91	6:30.33	6:11.74	400 IM	6:04.45	6:22.67	6:40.90	6:59.12	7:17.34

2021-2022 Male Standards - 11 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
38.89	37.27	35.65	34.03	32.41	50 Fr	31.77	33.36	34.95	36.54	38.12
1:25.60	1:22.03	1:18.46	1:14.90	1:11.33	100 Fr	1:09.94	1:13.44	1:16.93	1:20.43	1:23.93
3:08.08	3:00.24	2:52.40	2:44.57	2:36.73	200 Fr	2:33.66	2:41.34	2:49.03	2:56.71	3:04.39
6:43.92	6:27.09	6:10.26	5:53.43	5:36.60	400 Fr	5:30.00	5:46.50	6:03.00	6:19.50	6:36.00
14:09.97	13:34.56	12:59.14	12:23.73	11:48.31	800 Fr	11:34.43	12:09.15	12:43.87	13:18.59	13:53.32
1:38.25	1:34.16	1:30.07	1:25.97	1:21.88	100 Bk	1:20.28	1:24.29	1:28.31	1:32.32	1:36.34
3:32.20	3:23.35	3:14.51	3:05.67	2:56.83	200 Bk	2:53.36	3:02.03	3:10.70	3:19.36	3:28.03
1:54.54	1:49.77	1:45.00	1:40.22	1:35.45	100 Br	1:33.58	1:38.25	1:42.94	1:47.62	1:52.30
4:10.78	4:00.33	3:49.88	3:39.43	3:28.98	200 Br	3:24.88	3:35.12	3:45.37	3:55.61	4:05.86
1:43.68	1:39.36	1:35.04	1:30.72	1:26.40	100 FI	1:24.71	1:28.95	1:33.18	1:37.42	1:41.65
4:19.21	4:08.41	3:57.61	3:46.81	3:36.01	200 FI	3:31.78	3:42.37	3:52.96	4:03.55	4:14.14
3:34.20	3:25.28	3:16.35	3:07.43	2:58.50	200 IM	2:55.00	3:03.75	3:12.50	3:21.25	3:30.00
7:56.23	7:36.39	7:16.55	6:56.70	6:36.86	400 IM	6:29.08	6:48.53	7:07.99	7:27.44	7:46.90

2021-2022 Female Standards - 12 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
36.77	35.24	33.70	32.17	30.64	50 Fr	30.04	31.54	33.04	34.55	36.05
1:19.57	1:16.26	1:12.94	1:09.63	1:06.31	100 Fr	1:05.01	1:08.26	1:11.51	1:14.76	1:18.01
2:53.62	2:46.38	2:39.15	2:31.91	2:24.68	200 Fr	2:21.84	2:28.93	2:36.02	2:43.12	2:50.21
6:10.87	5:55.42	5:39.97	5:24.51	5:09.06	400 Fr	5:03.00	5:18.15	5:33.30	5:48.45	6:03.60
12:33.53	12:02.13	11:30.73	10:59.34	10:27.94	800 Fr	10:15.63	10:46.41	11:17.19	11:47.97	12:18.76
1:31.02	1:27.23	1:23.44	1:19.64	1:15.85	100 Bk	1:14.37	1:18.09	1:21.81	1:25.53	1:29.24
3:15.31	3:07.17	2:59.04	2:50.90	2:42.76	200 Bk	2:39.57	2:47.55	2:55.53	3:03.51	3:11.48
1:45.49	1:41.10	1:36.70	1:32.31	1:27.91	100 Br	1:26.19	1:30.50	1:34.81	1:39.12	1:43.43
3:45.46	3:36.06	3:26.67	3:17.27	3:07.88	200 Br	3:04.19	3:13.40	3:22.61	3:31.82	3:41.03
1:33.43	1:29.54	1:25.65	1:21.75	1:17.86	100 Fl	1:16.34	1:20.16	1:23.97	1:27.79	1:31.61
3:32.20	3:23.35	3:14.51	3:05.67	2:56.83	200 Fl	2:53.36	3:02.03	3:10.70	3:19.36	3:28.03
3:19.51	3:11.20	3:02.89	2:54.57	2:46.26	200 IM	2:43.00	2:51.15	2:59.30	3:07.45	3:15.60
6:59.83	6:42.34	6:24.85	6:07.35	5:49.86	400 IM	5:43.00	6:00.15	6:17.30	6:34.45	6:51.60

2021-2022 Male Standards - 12 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
35.93	34.43	32.93	31.44	29.94	50 Fr	29.35	30.82	32.29	33.75	35.22
1:18.97	1:15.68	1:12.39	1:09.10	1:05.81	100 Fr	1:04.52	1:07.75	1:10.97	1:14.20	1:17.42
2:52.40	2:45.22	2:38.04	2:30.85	2:23.67	200 Fr	2:20.86	2:27.90	2:34.95	2:41.99	2:49.03
6:12.10	5:56.59	5:41.09	5:25.58	5:10.08	400 Fr	5:04.00	5:19.20	5:34.40	5:49.60	6:04.80
12:43.18	12:11.38	11:39.58	11:07.78	10:35.98	800 Fr	10:23.51	10:54.69	11:25.86	11:57.04	12:28.21
1:32.23	1:28.39	1:24.55	1:20.70	1:16.86	100 Bk	1:15.35	1:19.12	1:22.89	1:26.65	1:30.42
3:15.91	3:07.75	2:59.59	2:51.42	2:43.26	200 Bk	2:40.06	2:48.06	2:56.07	3:04.07	3:12.07
1:44.89	1:40.52	1:36.15	1:31.78	1:27.41	100 Br	1:25.70	1:29.99	1:34.27	1:38.56	1:42.84
3:45.46	3:36.06	3:26.67	3:17.27	3:07.88	200 Br	3:04.19	3:13.40	3:22.61	3:31.82	3:41.03
1:32.83	1:28.96	1:25.10	1:21.23	1:17.36	100 Fl	1:15.85	1:19.64	1:23.44	1:27.23	1:31.02
3:35.81	3:26.82	3:17.82	3:08.83	2:59.84	200 Fl	2:56.32	3:05.14	3:13.95	3:22.77	3:31.58
3:19.51	3:11.20	3:02.89	2:54.57	2:46.26	200 IM	2:43.00	2:51.15	2:59.30	3:07.45	3:15.60
7:08.40	6:50.55	6:32.70	6:14.85	5:57.00	400 IM	5:50.00	6:07.50	6:25.00	6:42.50	7:00.00

2021-2022 Female Standards - 13 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
36.16	34.65	33.14	31.64	30.13	50 Fr	29.54	31.02	32.49	33.97	35.45
1:18.67	1:15.39	1:12.12	1:08.84	1:05.56	100 Fr	1:04.27	1:07.48	1:10.70	1:13.91	1:17.12
2:50.60	2:43.50	2:36.39	2:29.28	2:22.17	200 Fr	2:19.38	2:26.35	2:33.32	2:40.29	2:47.26
6:07.20	5:51.90	5:36.60	5:21.30	5:06.00	400 Fr	5:00.00	5:15.00	5:30.00	5:45.00	6:00.00
12:27.49	11:56.35	11:25.20	10:54.06	10:22.91	800 Fr	10:10.70	10:41.24	11:11.77	11:42.31	12:12.84
1:29.82	1:26.08	1:22.34	1:18.59	1:14.85	100 Bk	1:13.38	1:17.05	1:20.72	1:24.39	1:28.06
3:14.11	3:06.02	2:57.94	2:49.85	2:41.76	200 Bk	2:38.59	2:46.52	2:54.45	3:02.38	3:10.31
1:42.48	1:38.21	1:33.94	1:29.67	1:25.40	100 Br	1:23.73	1:27.92	1:32.10	1:36.29	1:40.48
3:41.83	3:32.59	3:23.35	3:14.10	3:04.86	200 Br	3:01.24	3:10.30	3:19.36	3:28.43	3:37.49
1:31.02	1:27.23	1:23.44	1:19.64	1:15.85	100 Fl	1:14.37	1:18.09	1:21.81	1:25.53	1:29.24
3:27.37	3:18.73	3:10.09	3:01.45	2:52.81	200 Fl	2:49.42	2:57.89	3:06.36	3:14.83	3:23.30
3:15.84	3:07.68	2:59.52	2:51.36	2:43.20	200 IM	2:40.00	2:48.00	2:56.00	3:04.00	3:12.00
6:57.38	6:39.99	6:22.60	6:05.21	5:47.82	400 IM	5:41.00	5:58.05	6:15.10	6:32.15	6:49.20

2021-2022 Male Standards - 13 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
34.36	32.92	31.49	30.06	28.63	50 Fr	28.07	29.47	30.88	32.28	33.68
1:15.35	1:12.21	1:09.07	1:05.93	1:02.79	100 Fr	1:01.56	1:04.64	1:07.72	1:10.79	1:13.87
2:45.78	2:38.87	2:31.97	2:25.06	2:18.15	200 Fr	2:15.44	2:22.21	2:28.98	2:35.76	2:42.53
6:01.08	5:46.04	5:30.99	5:15.95	5:00.90	400 Fr	4:55.00	5:09.75	5:24.50	5:39.25	5:54.00
12:19.06	11:48.26	11:17.47	10:46.67	10:15.88	800 Fr	10:03.80	10:33.99	11:04.18	11:34.37	12:04.56
1:26.81	1:23.19	1:19.57	1:15.96	1:12.34	100 Bk	1:10.92	1:14.47	1:18.01	1:21.56	1:25.10
3:09.29	3:01.40	2:53.51	2:45.63	2:37.74	200 Bk	2:34.65	2:42.38	2:50.12	2:57.85	3:05.58
1:40.67	1:36.47	1:32.28	1:28.08	1:23.89	100 Br	1:22.25	1:26.36	1:30.48	1:34.59	1:38.70
3:37.02	3:27.98	3:18.94	3:09.89	3:00.85	200 Br	2:57.30	3:06.17	3:15.03	3:23.90	3:32.76
1:27.41	1:23.77	1:20.12	1:16.48	1:12.84	100 Fl	1:11.41	1:14.98	1:18.55	1:22.12	1:25.69
3:24.96	3:16.42	3:07.88	2:59.34	2:50.80	200 Fl	2:47.45	2:55.82	3:04.19	3:12.57	3:20.94
3:10.33	3:02.40	2:54.47	2:46.54	2:38.61	200 IM	2:35.50	2:40.83	2:48.49	2:56.15	3:06.60
6:48.82	6:31.78	6:14.75	5:57.71	5:40.68	400 IM	5:34.00	5:50.70	6:07.40	6:24.10	6:40.80

Also see 13&Under & 14&Under Standards

2021-2022 Female Standards - 13&Under

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
35.03	33.57	32.11	30.65	30.13	29.05	50 Fr	28.47	29.54	30.04	31.47	32.90	34.33
1:15.85	1:12.69	1:09.53	1:06.37	1:05.26	1:03.34	100 Fr	1:02.07	1:03.98	1:05.07	1:08.17	1:11.27	1:14.36
2:44.76	2:37.90	2:31.03	2:24.17	2:21.76	2:17.73	200 Fr	2:14.97	2:18.98	2:21.34	2:28.07	2:34.80	2:41.53
5:50.40	5:35.80	5:21.20	5:06.60	5:01.49	4:51.78	400 Fr	4:45.95	4:55.57	5:00.58	5:14.90	5:29.21	5:43.52
12:03.84	11:33.68	11:03.52	10:33.36	10:22.80	10:03.20	800 Fr	9:51.37	10:10.59	10:20.94	10:50.51	11:20.08	11:49.64
23:07.32	22:09.51	21:11.71	20:13.91	19:53.67	19:16.10	1500 Fr	18:53.43	19:30.27	19:50.10	20:46.77	21:43.44	22:40.12
1:25.61	1:22.04	1:18.47	1:14.91	1:13.66	1:12.07	100 Bk	1:10.62	1:12.21	1:13.44	1:16.93	1:20.43	1:23.93
3:04.76	2:57.07	2:49.37	2:41.67	2:38.97	2:35.26	200 Bk	2:32.16	2:35.86	2:38.50	2:46.05	2:53.59	3:01.14
1:38.09	1:34.00	1:29.91	1:25.83	1:24.40	1:21.57	100 Br	1:19.93	1:22.74	1:24.15	1:28.15	1:32.16	1:36.17
3:31.30	3:22.49	3:13.69	3:04.88	3:01.80	2:56.64	200 Br	2:53.11	2:58.24	3:01.26	3:09.89	3:18.52	3:27.16
1:25.38	1:21.82	1:18.27	1:14.71	1:13.46	1:09.95	100 FI	1:08.55	1:12.02	1:13.24	1:16.73	1:20.21	1:23.70
3:13.92	3:05.84	2:57.76	2:49.68	2:46.85	2:39.40	200 FI	2:36.21	2:43.58	2:46.35	2:54.27	3:02.19	3:10.12
3:08.92	3:01.03	2:53.17	2:45.30	2:42.55	2:36.02	200 IM	2:32.90	2:39.36	2:42.06	2:49.77	2:57.49	3:05.21
6:39.18	6:22.55	6:05.92	5:49.28	5:43.46	5:32.15	400 IM	5:25.51	5:36.73	5:42.44	5:58.74	6:15.05	6:31.36

2021-2022 Male Standards - 13&Under and 14&Under

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
13&U	13&U	13&U	13&U	13&U	14&U		14&U	13&U	13&U	13&U	13&U	13&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
33.23	31.84	30.46	29.07	28.59	26.68	50 Fr	26.15	28.03	28.51	29.87	31.22	32.58
1:12.73	1:09.70	1:06.67	1:03.64	1:02.58	58.12	100 Fr	56.96	1:01.35	1:02.39	1:05.36	1:08.33	1:11.30
2:39.29	2:32.65	2:26.01	2:19.38	2:17.05	2:07.46	200 Fr	2:04.91	2:14.37	2:16.65	2:23.15	2:29.66	2:36.17
5:40.92	5:26.72	5:12.51	4:58.31	4:53.33	4:32.76	400 Fr	4:27.30	4:47.58	4:52.46	5:06.38	5:20.31	5:34.24
11:51.90	11:22.24	10:52.58	10:22.91	10:12.53	9:29.28	800 Fr	9:17.89	10:00.52	10:10.70	10:39.78	11:08.86	11:37.94
22:53.27	21:56.05	20:58.83	20:01.61	19:41.58	18:16.96	1500 Fr	17:55.02	19:18.41	19:38.05	20:34.15	21:30.24	22:26.34
1:22.93	1:19.48	1:16.02	1:12.57	1:11.36	1:06.16	100 Bk	1:04.84	1:09.95	1:11.14	1:14.53	1:17.91	1:21.30
2:59.22	2:51.75	2:44.29	2:36.82	2:34.20	2:24.03	200 Bk	2:21.15	2:31.18	2:33.74	2:41.06	2:48.38	2:55.70
1:35.23	1:31.26	1:27.30	1:23.33	1:21.94	1:14.86	100 Br	1:13.36	1:20.33	1:21.69	1:25.58	1:29.47	1:33.36
3:25.58	3:17.02	3:08.45	2:59.89	2:56.89	2:43.86	200 Br	2:40.58	2:53.42	2:56.36	3:04.76	3:13.15	3:21.55
1:22.91	1:19.45	1:16.00	1:12.54	1:11.34	1:03.75	100 FI	1:02.48	1:09.93	1:11.12	1:14.50	1:17.89	1:21.28
3:07.04	2:59.25	2:51.46	2:43.66	2:40.94	2:25.68	200 FI	2:22.77	2:37.78	2:40.45	2:48.09	2:55.73	3:03.37
3:01.80	2:54.23	2:46.65	2:39.08	2:36.42	2:24.45	200 IM	2:21.56	2:33.36	2:43.28	2:51.05	2:58.82	2:58.24
6:27.00	6:10.87	5:54.75	5:38.63	5:32.98	5:10.41	400 IM	5:04.20	5:26.46	5:31.99	5:47.80	6:03.61	6:19.42

2021-2022 Female Standards - 14 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
34.40	32.97	31.54	30.10	29.60	28.52	50 Fr	27.95	29.02	29.52	30.92	32.33	33.73
1:14.23	1:11.14	1:08.05	1:04.95	1:03.87	1:01.78	100 Fr	1:00.54	1:02.62	1:03.68	1:06.72	1:09.75	1:12.78
2:41.15	2:34.43	2:27.72	2:21.00	2:18.65	2:14.15	200 Fr	2:11.47	2:15.94	2:18.24	2:24.83	2:31.41	2:37.99
5:41.15	5:26.93	5:12.72	4:58.50	4:53.53	4:44.95	400 Fr	4:39.25	4:47.78	4:52.66	5:06.59	5:20.53	5:34.46
11:53.20	11:23.48	10:53.76	10:24.05	10:13.65	9:52.68	800 Fr	9:40.83	10:01.62	10:11.81	10:40.95	11:10.08	11:39.22
22:46.96	21:49.96	20:53.01	19:56.06	19:36.12	18:59.10	1500 Fr	18:36.32	19:13.05	19:32.60	20:28.44	21:24.27	22:20.11
1:24.14	1:20.64	1:17.13	1:13.63	1:12.40	1:09.91	100 Bk	1:08.51	1:10.97	1:12.18	1:15.61	1:19.05	1:22.49
3:00.07	2:52.57	2:45.07	2:37.56	2:34.94	2:31.09	200 Bk	2:28.07	2:31.90	2:34.48	2:41.83	2:49.19	2:56.54
1:36.91	1:32.87	1:28.84	1:24.80	1:23.38	1:19.59	100 Br	1:18.00	1:21.74	1:23.13	1:27.09	1:31.05	1:35.00
3:28.66	3:19.96	3:11.27	3:02.57	2:59.53	2:51.80	200 Br	2:48.36	2:56.01	2:58.99	3:07.52	3:16.04	3:24.56
1:24.05	1:20.55	1:17.04	1:13.54	1:12.32	1:08.06	100 FI	1:06.70	1:10.90	1:12.10	1:15.54	1:18.97	1:22.40
3:10.50	3:02.56	2:54.63	2:46.69	2:43.91	2:34.16	200 FI	2:31.08	2:40.70	2:43.42	2:51.20	2:58.99	3:06.77
3:03.68	2:56.03	2:48.38	2:40.72	2:38.04	2:32.23	200 IM	2:29.19	2:34.94	2:37.56	2:45.07	2:52.57	3:00.07
6:35.78	6:19.29	6:02.80	5:46.31	5:40.54	5:25.04	400 IM	5:18.54	5:33.86	5:39.52	5:55.69	6:11.85	6:28.02

2021-2022 Male Standards - 14 years old

E	D	C	B	OYJ	OSC (14&U)	EVENT	OSC (14&U)	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
32.24	30.90	29.56	28.21	27.74	26.68	50 Fr	26.15	27.20	27.66	28.97	30.29	31.61
1:10.24	1:07.31	1:04.38	1:01.46	1:00.43	58.12	100 Fr	56.96	59.24	1:00.25	1:03.12	1:05.99	1:08.86
2:34.45	2:28.02	2:21.58	2:15.15	2:12.89	2:07.46	200 Fr	2:04.91	2:10.29	2:12.50	2:18.81	2:25.12	2:31.43
5:30.30	5:16.54	5:02.78	4:49.01	4:44.20	4:32.76	400 Fr	4:27.30	4:38.62	4:43.34	4:56.84	5:10.33	5:23.82
11:33.18	11:04.30	10:35.42	10:06.53	9:56.42	9:29.28	800 Fr	9:17.89	9:44.73	9:54.64	10:22.95	10:51.27	11:19.58
22:08.93	21:13.56	20:18.18	19:22.81	19:03.43	18:16.96	1500 Fr	17:55.02	18:41.02	19:00.02	19:54.30	20:48.59	21:42.88
1:20.66	1:17.30	1:13.94	1:10.58	1:09.40	1:06.16	100 Bk	1:04.84	1:08.04	1:09.20	1:12.49	1:15.79	1:19.08
2:54.76	2:47.47	2:40.19	2:32.91	2:30.36	2:24.03	200 Bk	2:21.15	2:27.41	2:29.91	2:37.05	2:44.19	2:51.32
1:31.74	1:27.92	1:24.10	1:20.27	1:18.93	1:14.86	100 Br	1:13.36	1:17.39	1:18.70	1:22.45	1:26.19	1:29.94
3:20.03	3:11.69	3:03.36	2:55.02	2:52.11	2:43.86	200 Br	2:40.58	2:48.73	2:51.59	2:59.76	3:07.93	3:16.10
1:19.45	1:16.14	1:12.83	1:09.52	1:08.36	1:03.75	100 FI	1:02.48	1:07.02	1:08.16	1:11.40	1:14.65	1:17.89
3:03.35	2:55.71	2:48.07	2:40.43	2:37.76	2:25.68	200 FI	2:22.77	2:34.66	2:37.28	2:44.77	2:52.26	2:59.75
2:55.24	2:47.93	2:40.63	2:33.33	2:30.78	2:24.45	200 IM	2:21.56	2:27.82	2:30.33	2:37.49	2:44.65	2:51.80
6:16.78	6:01.08	5:45.38	5:29.68	5:24.18	5:10.41	400 IM	5:04.20	5:17.82	5:23.21	5:38.60	5:53.99	6:09.38

2021-2022 Female Standards - 15 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
33.90	32.49	31.08	29.66	29.17	28.32	50 Fr	27.75	28.60	29.09	30.47	31.86	33.24
1:13.42	1:10.36	1:07.30	1:04.24	1:03.17	1:01.26	100 Fr	1:00.03	1:01.93	1:02.98	1:05.98	1:08.98	1:11.98
2:40.68	2:33.99	2:27.29	2:20.60	2:18.25	2:12.64	200 Fr	2:09.99	2:14.71	2:16.99	2:23.52	2:30.04	2:36.56
5:39.24	5:25.11	5:10.97	4:56.84	4:51.89	4:42.11	400 Fr	4:36.47	4:46.17	4:51.02	5:04.88	5:18.73	5:32.59
11:46.32	11:16.89	10:47.46	10:18.03	10:07.73	9:44.38	800 Fr	9:32.69	9:54.79	10:04.87	10:33.68	11:02.48	11:31.28
22:31.46	21:35.15	20:38.84	19:42.53	19:22.82	18:46.22	1500 Fr	18:23.70	19:00.02	19:19.35	20:14.55	21:09.76	22:04.97
1:22.93	1:19.48	1:16.02	1:12.57	1:11.36	1:08.95	100 Bk	1:07.57	1:09.95	1:11.14	1:14.53	1:17.91	1:21.30
2:58.08	2:50.66	2:43.24	2:35.82	2:33.22	2:28.92	200 Bk	2:25.94	2:30.22	2:32.76	2:40.04	2:47.31	2:54.59
1:36.17	1:32.16	1:28.15	1:24.15	1:22.74	1:19.05	100 Br	1:17.47	1:21.12	1:22.50	1:26.43	1:30.36	1:34.28
3:28.03	3:19.36	3:10.70	3:02.03	2:58.99	2:50.56	200 Br	2:47.15	2:55.48	2:58.46	3:06.96	3:15.45	3:23.95
1:22.76	1:19.32	1:15.87	1:12.42	1:11.21	1:07.17	100 Fl	1:05.83	1:09.82	1:11.00	1:14.38	1:17.16	1:21.14
3:09.02	3:01.15	2:53.27	2:45.40	2:42.64	2:32.19	200 Fl	2:29.15	2:39.45	2:42.15	2:49.87	2:57.59	3:05.32
3:01.79	2:54.21	2:46.64	2:39.06	2:36.41	2:31.02	200 IM	2:28.00	2:33.35	2:35.95	2:43.37	2:50.80	2:58.22
6:24.77	6:08.74	5:52.70	5:36.67	5:31.06	5:20.51	400 IM	5:14.10	5:24.57	5:30.07	5:45.79	6:01.50	6:17.22

2021-2022 Male Standards - 15 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
31.66	30.34	29.02	27.70	27.24	26.04	50 Fr	25.52	26.70	27.15	28.45	29.74	31.03
1:08.58	1:05.72	1:02.87	1:00.01	59.01	56.57	100 Fr	55.44	57.85	58.83	1:01.63	1:04.43	1:07.24
2:29.44	2:23.21	2:16.98	2:10.76	2:08.58	2:04.02	200 Fr	2:01.54	2:06.06	2:08.19	2:14.30	2:20.40	2:26.51
5:21.26	5:07.88	4:54.49	4:41.11	4:36.42	4:25.55	400 Fr	4:20.24	4:31.00	4:35.59	4:48.72	5:01.84	5:14.96
11:12.78	10:44.75	10:16.72	9:48.68	9:38.87	9:17.16	800 Fr	9:06.02	9:27.52	9:37.14	10:04.63	10:32.11	10:59.59
21:29.83	20:36.09	19:42.35	18:48.60	18:29.79	17:47.10	1500 Fr	17:25.76	18:08.03	18:26.47	19:19.16	20:11.85	21:04.54
1:18.56	1:15.29	1:12.02	1:08.74	1:07.60	1:04.38	100 Bk	1:03.09	1:06.27	1:07.39	1:10.60	1:13.81	1:17.02
2:50.70	2:43.59	2:36.48	2:29.36	2:26.87	2:20.20	200 Bk	2:17.40	2:23.99	2:26.43	2:33.41	2:40.38	2:47.35
1:30.72	1:26.94	1:23.16	1:19.38	1:18.06	1:12.64	100 Br	1:11.19	1:16.52	1:17.82	1:21.52	1:25.23	1:28.93
3:17.18	3:08.97	3:00.75	2:52.54	2:49.66	2:38.86	200 Br	2:35.68	2:46.34	2:49.16	2:57.21	3:05.26	3:13.32
1:16.98	1:13.77	1:10.57	1:07.36	1:06.23	1:01.76	100 Fl	1:00.52	1:04.93	1:06.03	1:09.18	1:12.32	1:15.47
2:58.38	2:50.95	2:43.52	2:36.08	2:33.48	2:20.71	200 Fl	2:17.90	2:30.48	2:33.03	2:40.31	2:47.60	2:54.89
2:50.78	2:43.67	2:36.55	2:29.44	2:26.95	2:20.81	200 IM	2:17.99	2:24.06	2:26.51	2:33.48	2:40.46	2:47.44
6:10.85	5:55.40	5:39.94	5:24.49	5:19.08	5:01.84	400 IM	4:55.80	5:12.83	5:18.13	5:33.28	5:48.43	6:03.58

2021-2022 Female Standards - 16 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
33.68	32.28	30.88	29.47	28.98	27.81	50 Fr	27.25	28.41	28.90	30.27	31.65	33.02
1:12.97	1:09.93	1:06.89	1:03.85	1:02.79	59.97	100 Fr	58.77	1:01.56	1:02.60	1:05.58	1:08.56	1:11.54
2:37.62	2:31.05	2:24.49	2:17.92	2:15.62	2:09.68	200 Fr	2:07.09	2:12.96	2:15.21	2:21.65	2:28.09	2:34.52
5:34.73	5:20.78	5:06.83	4:52.89	4:48.01	4:35.86	400 Fr	4:30.34	4:42.36	4:47.14	5:00.82	5:14.49	5:28.16
11:31.80	11:02.97	10:34.15	10:05.33	9:55.24	9:30.46	800 Fr	9:19.05	9:43.57	9:53.46	10:21.72	10:49.98	11:18.24
22:05.93	21:10.68	20:15.43	19:20.19	19:00.85	18:24.94	1500 Fr	18:02.84	18:38.48	18:57.43	19:51.60	20:45.76	21:39.92
1:21.67	1:18.27	1:14.87	1:11.46	1:10.27	1:07.52	100 Bk	1:06.17	1:08.90	1:10.07	1:13.40	1:16.74	1:20.08
2:56.59	2:49.23	2:41.88	2:34.52	2:31.94	2:25.70	200 Bk	2:22.79	2:28.96	2:31.48	2:38.70	2:45.91	2:53.12
1:35.64	1:31.66	1:27.67	1:23.69	1:22.29	1:17.04	100 Br	1:15.50	1:20.68	1:22.05	1:25.95	1:29.86	1:33.77
3:26.42	3:17.82	3:09.22	3:00.62	2:57.61	2:45.58	200 Br	2:42.27	2:54.13	2:57.08	3:05.52	3:13.95	3:22.38
1:21.68	1:18.28	1:14.88	1:11.47	1:10.28	1:05.66	100 Fl	1:04.35	1:08.91	1:10.08	1:13.41	1:16.75	1:20.09
3:03.01	2:55.39	2:47.76	2:40.14	2:37.47	2:27.00	200 Fl	2:24.06	2:34.38	2:37.00	2:44.47	2:51.95	2:59.42
2:59.11	2:51.65	2:44.19	2:36.72	2:34.11	2:27.41	200 IM	2:24.46	2:31.09	2:33.65	2:40.96	2:48.28	2:55.60
6:22.30	6:06.37	5:50.44	5:34.51	5:28.93	5:13.74	400 IM	5:07.47	5:22.48	5:27.95	5:43.56	5:59.18	6:14.80

2021-2022 Male Standards - 16 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
30.48	29.21	27.94	26.67	26.23	25.66	50 Fr	25.15	25.71	26.15	27.39	28.64	29.88
1:06.41	1:03.64	1:00.87	58.11	57.14	55.72	100 Fr	54.61	56.01	56.96	59.68	1:02.39	1:05.10
2:25.13	2:19.08	2:13.03	2:06.99	2:04.87	2:01.85	200 Fr	1:59.41	2:02.42	2:04.50	2:10.43	2:16.36	2:22.28
5:13.69	5:00.62	4:47.55	4:34.48	4:29.91	4:20.53	400 Fr	4:15.32	4:24.61	4:29.09	4:41.91	4:54.72	5:07.54
10:54.59	10:27.31	10:00.04	9:32.76	9:23.22	9:08.54	800 Fr	8:57.57	9:12.17	9:21.53	9:48.27	10:15.01	10:41.75
20:54.95	20:02.66	19:10.37	18:18.08	17:59.78	17:25.79	1500 Fr	17:04.87	17:38.60	17:56.54	18:47.81	19:39.07	20:30.34
1:15.17	1:12.04	1:08.90	1:05.77	1:04.68	1:03.26	100 Bk	1:01.99	1:03.41	1:04.48	1:07.55	1:10.62	1:13.69
2:43.43	2:36.62	2:29.81	2:23.00	2:20.62	2:17.72	200 Bk	2:14.97	2:17.86	2:20.20	2:26.87	2:33.55	2:40.22
1:26.89	1:23.08	1:19.46	1:15.85	1:14.59	1:11.30	100 Br	1:09.87	1:13.12	1:14.36	1:17.90	1:21.44	1:24.98
3:08.88	3:01.01	2:53.14	2:45.27	2:42.52	2:36.08	200 Br	2:32.96	2:39.33	2:42.03	2:49.74	2:57.46	3:05.17
1:14.41	1:11.31	1:08.21	1:05.11	1:04.03	1:00.71	100 Fl	59.50	1:02.77	1:03.83	1:06.87	1:09.91	1:12.95
2:47.35	2:40.38	2:33.41	2:26.43	2:23.99	2:17.72	200 Fl	2:14.97	2:21.17	2:23.57	2:30.40	2:37.24	2:44.08
2:45.61	2:38.71	2:31.81	2:24.91	2:22.50	2:18.34	200 IM	2:15.57	2:19.70	2:22.07	2:28.83	2:35.60	2:42.36
6:01.97	5:46.89	5:31.80	5:16.72	5:11.44	4:57.05	400 IM	4:51.11	5:05.34	5:10.52	5:25.30	5:40.09	5:54.88

2021-2022 Female Standards - 17&Over

E	D	C	B	OYJ	OSC		EVENT		OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM				SCM	SCM	SCM	SCM	SCM	SCM
33.26	31.88	30.49	29.11	28.62	27.60		50 Fr		27.05	28.06	28.54	29.90	31.26	32.62
1:11.88	1:08.88	1:05.89	1:02.90	1:01.85	59.32		100 Fr		58.13	1:00.64	1:01.67	1:04.60	1:07.54	1:10.48
2:35.59	2:29.11	2:22.63	2:16.14	2:13.87	2:08.73		200 Fr		2:06.16	2:11.25	2:13.48	2:19.83	2:26.19	2:32.54
5:30.85	5:17.07	5:03.28	4:49.50	4:44.67	4:33.17		400 Fr		4:27.71	4:39.08	4:43.82	4:57.33	5:10.85	5:24.36
11:24.89	10:56.35	10:27.81	9:59.28	9:49.29	9:27.66		800 Fr		9:16.31	9:37.74	9:47.53	10:15.51	10:43.48	11:11.46
21:52.67	20:57.97	20:03.28	19:08.58	18:49.44	18:13.89		1500 Fr		17:52.01	18:27.29	18:46.06	19:39.68	20:33.31	21:26.93
1:20.34	1:16.99	1:13.65	1:10.30	1:09.13	1:07.52		100 Bk		1:06.17	1:07.77	1:08.92	1:12.20	1:15.49	1:18.77
2:53.58	2:46.35	2:39.12	2:31.88	2:29.35	2:25.28		200 Bk		2:22.37	2:26.42	2:28.90	2:35.99	2:43.08	2:50.17
1:34.68	1:30.74	1:26.79	1:22.85	1:21.46	1:16.11		100 Br		1:14.59	1:19.86	1:21.22	1:25.09	1:28.95	1:32.82
3:25.39	3:16.83	3:08.28	2:59.72	2:56.72	2:44.49		200 Br		2:41.20	2:53.25	2:56.19	3:04.58	3:12.97	3:21.36
1:20.86	1:17.49	1:14.12	1:10.75	1:09.57	1:04.81		100 FI		1:03.51	1:08.21	1:09.36	1:12.67	1:15.97	1:19.27
3:00.29	2:52.78	2:45.26	2:37.75	2:35.12	2:24.14		200 FI		2:21.26	2:32.08	2:34.65	2:42.02	2:49.38	2:56.75
2:57.44	2:50.05	2:42.66	2:35.26	2:32.68	2:26.57		200 IM		2:23.64	2:29.68	2:32.22	2:39.47	2:46.72	2:53.96
6:17.71	6:01.97	5:46.24	5:30.50	5:24.99	5:11.38		400 IM		5:05.15	5:18.62	5:24.02	5:39.45	5:54.88	6:10.31

2021-2022 Male Standards - 17 years old, 17&Over and 18&Over

E	D	C	B	OYJ	OSC	OSC	EVENT	OSC	OSC	OYJ	B	C	D	E
17&O	17&O	17&O	17&O	17&O	17	18&O		18&O	17	17&O	17&O	17&O	17&O	17&O
LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM
30.10	28.84	27.59	26.33	25.90	24.93	24.60	50 Fr	24.11	24.43	25.39	25.82	27.05	28.28	29.51
1:05.41	1:02.69	59.96	57.24	56.28	54.20	53.65	100 Fr	52.58	53.12	55.18	56.11	58.78	1:01.46	1:04.13
2:23.36	2:17.39	2:11.42	2:05.44	2:03.35	1:58.22	1:57.27	200 Fr	1:54.92	1:55.86	2:00.94	2:02.99	2:08.84	2:14.70	2:20.56
5:09.29	4:56.40	4:43.51	4:30.63	4:26.12	4:13.93	4:11.10	400 Fr	4:06.08	4:08.85	4:20.89	4:25.31	4:37.95	4:50.58	5:03.22
10:48.05	10:21.05	9:54.04	9:27.04	9:17.59	9:02.36	8:53.63	800 Fr	8:42.96	8:51.51	9:06.65	9:15.91	9:42.38	10:08.86	10:35.33
20:42.40	19:50.63	18:58.86	18:07.10	17:48.98	17:04.00	16:55.57	1500 Fr	16:35.26	16:43.52	17:28.02	17:45.78	18:36.53	19:27.28	20:18.04
1:14.33	1:11.23	1:08.13	1:05.04	1:03.95	1:01.19	1:00.82	100 Bk	59.61	59.97	1:02.69	1:03.76	1:06.79	1:09.83	1:12.86
2:41.69	2:34.95	2:28.21	2:21.48	2:19.12	2:13.67	2:12.51	200 Bk	2:09.86	2:11.00	2:16.38	2:18.69	2:25.30	2:31.90	2:38.51
1:25.81	1:22.24	1:18.66	1:15.09	1:13.83	1:09.40	1:07.62	100 Br	1:06.26	1:08.01	1:12.39	1:13.62	1:17.12	1:20.63	1:24.13
3:06.97	2:59.18	2:51.39	2:43.60	2:40.87	2:31.30	2:27.51	200 Br	2:24.56	2:28.27	2:37.71	2:40.39	2:48.03	2:55.66	3:03.30
1:13.66	1:10.59	1:07.52	1:04.45	1:03.37	58.90	58.10	100 FI	56.94	57.72	1:02.13	1:03.18	1:06.19	1:09.20	1:12.20
2:45.67	2:38.77	2:31.87	2:24.96	2:22.55	2:12.85	2:10.63	200 FI	2:08.02	2:10.19	2:19.75	2:22.12	2:28.89	2:35.65	2:42.42
2:42.65	2:35.87	2:29.09	2:22.32	2:19.95	2:14.19	2:13.37	200 IM	2:10.70	2:11.51	2:17.20	2:19.52	2:26.17	2:32.81	2:39.46
5:58.36	5:42.42	5:28.49	5:13.56	5:08.34	4:48.90	4:47.46	400 IM	4:41.70	4:43.12	5:02.29	5:07.41	5:22.05	5:36.69	5:51.32