



Ontario Junior International Standards

Women			Event	Men		
Standard				Standard		
SCM		LCM		LCM		SCM
26.78		27.68	50 Freestyle	24.84		24.06
57.79		58.96	100 Freestyle	53.71		52.36
2:04.66		2:08.23	200 Freestyle	1:58.27		1:54.56
4:24.04		4:31.20	400 Freestyle	4:13.64		4:04.99
9:12.70		9:26.01	800 Freestyle	8:50.40		8:40.00
17:50.00		18:11.40	1500 Freestyle	17:06.21		16:26.65
30.07		31.43	50 Backstroke	28.74		27.16
1:04.22		1:06.78	100 Backstroke	1:01.18		58.30
2:17.75		2:24.60	200 Backstroke	2:13.01		2:06.21
33.75		34.66	50 Breaststroke	31.15		30.27
1:13.02		1:15.06	100 Breaststroke	1:08.20		1:05.83
2:37.68		2:42.60	200 Breaststroke	2:28.97		2:22.99
28.76		29.27	50 Butterfly	26.76		25.99
1:04.02		1:04.73	100 Butterfly	58.50		57.61
2:21.02		2:25.11	200 Butterfly	2:12.49		2:08.47
2:21.22		2:26.03	200 Individual Medley	2:14.55		2:09.29
4:58.81		5:11.29	400 Individual Medley	4:47.54		4:37.44

updated June 2019