



2025-2026 Swim Ontario Time Standards

FEMALE - LONG COURSE METRES

AGE CATEGORY	11 & UNDER		12		13 AND UNDER		14		15		16		17 AND OVER	
COMPETITION	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG
50m FREESTYLE	0:32.01	0:32.81	0:30.46	0:31.22	0:28.92	0:29.64	0:28.63	0:29.35	0:28.25	0:28.96	0:27.97	0:28.67	0:27.69	0:28.38
100m FREESTYLE	1:10.47	1:12.23	1:06.89	1:08.56	1:03.12	1:04.70	1:02.31	1:03.87	1:01.51	1:03.05	1:00.49	1:02.00	0:59.89	1:01.39
200m FREESTYLE	2:32.55	2:36.36	2:27.02	2:30.70	2:17.62	2:21.06	2:16.24	2:19.65	2:14.88	2:18.25	2:13.28	2:16.61	2:11.95	2:15.25
400m FREESTYLE	5:20.67	5:28.69	5:09.00	5:16.73	4:47.13	4:54.31	4:44.26	4:51.37	4:41.42	4:48.46	4:38.61	4:45.58	4:35.82	4:42.72
800m FREESTYLE	11:03.25	11:19.83	10:37.67	10:53.61	9:59.63	10:14.62	9:53.63	10:08.47	9:47.69	10:02.38	9:41.81	9:56.36	9:35.99	9:50.39
1500m FREESTYLE					19:22.99	19:52.06	19:11.36	19:40.14	18:59.85	19:28.35	18:48.45	19:16.66	18:37.17	19:05.10
50m BACKSTROKE	0:37.90	0:38.85	0:35.93	0:36.83	0:33.40	0:34.24	0:32.76	0:33.58	0:32.14	0:32.94	0:31.78	0:32.57	0:31.46	0:32.25
100m BACKSTROKE	1:20.67	1:22.69	1:17.54	1:19.48	1:11.98	1:13.78	1:11.26	1:13.04	1:10.22	1:11.98	1:08.79	1:10.51	1:07.99	1:09.69
200m BACKSTROKE	2:52.80	2:57.12	2:47.09	2:51.27	2:36.55	2:40.46	2:34.43	2:38.29	2:32.29	2:36.10	2:30.05	2:33.80	2:28.55	2:32.26
50m BREASTSTROKE	0:42.84	0:43.91	0:40.26	0:41.27	0:36.58	0:37.49	0:36.21	0:37.12	0:35.85	0:36.75	0:35.49	0:36.38	0:35.14	0:36.02
100m BREASTSTROKE	1:32.69	1:35.01	1:28.15	1:30.35	1:20.88	1:22.90	1:20.07	1:22.07	1:19.27	1:21.25	1:18.48	1:20.44	1:17.70	1:19.64
200m BREASTSTROKE	3:17.99	3:22.94	3:08.97	3:13.69	2:57.15	3:01.58	2:55.38	2:59.76	2:53.63	2:57.97	2:51.89	2:56.19	2:50.17	2:54.42
50m BUTTERFLY	0:35.56	0:36.45	0:33.29	0:34.12	0:30.79	0:31.56	0:30.48	0:31.24	0:29.86	0:30.61	0:29.56	0:30.30	0:29.20	0:29.93
100m BUTTERFLY	1:21.21	1:23.24	1:16.49	1:18.40	1:09.74	1:11.48	1:09.04	1:10.77	1:07.88	1:09.58	1:07.05	1:08.73	1:06.30	1:07.96
200m BUTTERFLY	3:17.65	3:22.59	3:00.18	3:04.68	2:40.22	2:44.23	2:38.62	2:42.59	2:37.03	2:40.96	2:35.08	2:38.96	2:33.53	2:37.37
200m INDIVIDUAL MEDLEY	2:53.60	2:57.94	2:47.34	2:51.52	2:36.69	2:40.61	2:34.61	2:38.48	2:33.06	2:36.89	2:30.69	2:34.46	2:29.18	2:32.91
400m INDIVIDUAL MEDLEY	6:07.64	6:16.83	5:53.99	6:02.84	5:30.89	5:39.16	5:27.58	5:35.77	5:24.30	5:32.41	5:21.06	5:29.09	5:17.85	5:25.80

FEMALE - SHORT COURSE METRES

AGE CATEGORY	11 & UNDER		12		13 AND UNDER		14		15		16		17 AND OVER	
COMPETITION	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG
50m FREESTYLE	0:31.38	0:32.16	0:29.86	0:30.61	0:28.35	0:29.06	0:28.07	0:28.77	0:27.70	0:28.39	0:27.42	0:28.11	0:27.15	0:27.83
100m FREESTYLE	1:09.09	1:10.82	1:05.58	1:07.22	1:01.88	1:03.43	1:01.09	1:02.62	1:00.30	1:01.81	0:59.30	1:00.78	0:58.72	1:00.19
200m FREESTYLE	2:29.56	2:33.30	2:24.14	2:27.74	2:14.92	2:18.29	2:13.57	2:16.91	2:12.24	2:15.55	2:10.67	2:13.94	2:09.36	2:12.59
400m FREESTYLE	5:14.38	5:22.24	5:02.94	5:10.51	4:41.50	4:48.54	4:38.69	4:45.66	4:35.90	4:42.80	4:33.15	4:39.98	4:30.41	4:37.17
800m FREESTYLE	10:50.25	11:06.51	10:25.17	10:41.00	9:47.87	10:02.57	9:41.99	9:56.54	9:36.17	9:50.57	9:30.40	9:44.66	9:24.70	9:38.82
1500m FREESTYLE					19:00.19	19:28.69	18:48.78	19:17.00	18:37.50	19:05.44	18:26.32	18:53.98	18:15.26	18:42.64
50m BACKSTROKE	0:37.16	0:38.09	0:35.23	0:36.11	0:32.75	0:33.57	0:32.12	0:32.92	0:31.51	0:32.30	0:31.16	0:31.94	0:30.84	0:31.61
100m BACKSTROKE	1:19.09	1:21.07	1:16.02	1:17.92	1:10.57	1:12.33	1:09.86	1:11.61	1:08.84	1:10.56	1:07.44	1:09.13	1:06.66	1:08.33
200m BACKSTROKE	2:49.41	2:53.65	2:43.81	2:47.91	2:33.48	2:37.32	2:31.40	2:35.19	2:29.30	2:33.03	2:27.11	2:30.79	2:25.64	2:29.28
50m BREASTSTROKE	0:42.00	0:43.05	0:39.47	0:40.46	0:35.86	0:36.76	0:35.50	0:36.39	0:35.15	0:36.03	0:34.79	0:35.66	0:34.45	0:35.31
100m BREASTSTROKE	1:30.87	1:33.14	1:26.42	1:28.58	1:19.29	1:21.27	1:18.50	1:20.46	1:17.72	1:19.66	1:16.94	1:18.86	1:16.18	1:18.08
200m BREASTSTROKE	3:14.11	3:18.96	3:05.26	3:09.89	2:53.68	2:58.02	2:51.94	2:56.24	2:50.23	2:54.49	2:48.52	2:52.73	2:46.83	2:51.00
50m BUTTERFLY	0:34.86	0:35.73	0:32.64	0:33.46	0:30.19	0:30.94	0:29.88	0:30.63	0:29.27	0:30.00	0:28.98	0:29.70	0:28.63	0:29.35
100m BUTTERFLY	1:19.62	1:21.61	1:14.99	1:16.86	1:08.37	1:10.08	1:07.69	1:09.38	1:06.55	1:08.21	1:05.74	1:07.38	1:05.00	1:06.63
200m BUTTERFLY	3:13.77	3:18.61	2:56.65	3:01.07	2:37.08	2:41.01	2:35.51	2:39.40	2:33.95	2:37.80	2:32.04	2:35.84	2:30.52	2:34.28
200m INDIVIDUAL MEDLEY	2:50.20	2:54.46	2:44.06	2:48.16	2:33.62	2:37.46	2:31.58	2:35.37	2:30.06	2:33.81	2:27.74	2:31.43	2:26.25	2:29.91
400m INDIVIDUAL MEDLEY	6:00.43	6:09.44	5:47.05	5:55.73	5:24.40	5:32.51	5:21.16	5:29.19	5:17.94	5:25.89	5:14.76	5:22.63	5:11.62	5:19.41



2025-2026 Swim Ontario Time Standards

MALES - LONG COURSE METRES

AGE CATEGORY	11 & UNDER		12		13 AND UNDER		14		15		16		17 AND OVER	
COMPETITION	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG
50m FREESTYLE	0:32.07	0:32.87	0:29.37	0:30.10	0:27.50	0:28.19	0:26.39	0:27.05	0:25.69	0:26.33	0:25.17	0:25.80	0:24.92	0:25.54
100m FREESTYLE	1:10.76	1:12.53	1:04.25	1:05.86	1:00.49	1:02.00	0:57.97	0:59.42	0:56.12	0:57.52	0:55.05	0:56.43	0:54.38	0:55.74
200m FREESTYLE	2:36.16	2:40.06	2:21.60	2:25.14	2:12.95	2:16.27	2:08.43	2:11.64	2:04.34	2:07.45	2:01.89	2:04.94	2:00.24	2:03.25
400m FREESTYLE	5:24.83	5:32.95	4:57.66	5:05.10	4:41.55	4:48.59	4:33.15	4:39.98	4:25.42	4:32.06	4:20.69	4:27.21	4:15.66	4:22.05
800m FREESTYLE	11:11.68	11:28.47	10:17.17	10:32.60	9:44.74	9:59.36	9:24.06	9:38.16	9:11.29	9:25.07	9:05.68	9:19.32	9:00.22	9:13.73
1500m FREESTYLE					18:46.76	19:14.93	18:15.29	18:42.67	17:53.51	18:20.35	17:27.68	17:53.87	17:17.20	17:43.13
50m BACKSTROKE	0:38.50	0:39.46	0:34.90	0:35.77	0:32.15	0:32.95	0:30.61	0:31.38	0:29.50	0:30.24	0:28.90	0:29.62	0:28.36	0:29.07
100m BACKSTROKE	1:22.25	1:24.31	1:15.43	1:17.32	1:09.33	1:11.06	1:06.26	1:07.92	1:04.15	1:05.75	1:02.50	1:04.06	1:01.87	1:03.42
200m BACKSTROKE	2:54.17	2:58.52	2:43.64	2:47.73	2:29.69	2:33.43	2:26.11	2:29.76	2:20.95	2:24.47	2:18.68	2:22.15	2:17.29	2:20.72
50m BREASTSTROKE	0:42.53	0:43.59	0:39.55	0:40.54	0:35.17	0:36.05	0:33.95	0:34.80	0:32.79	0:33.61	0:31.76	0:32.55	0:31.17	0:31.95
100m BREASTSTROKE	1:33.16	1:35.49	1:25.33	1:27.46	1:18.25	1:20.21	1:15.18	1:17.06	1:11.94	1:13.74	1:10.83	1:12.60	1:09.96	1:11.71
200m BREASTSTROKE	3:20.39	3:25.40	3:04.69	3:09.31	2:49.09	2:53.32	2:45.58	2:49.72	2:38.24	2:42.20	2:36.45	2:40.36	2:34.89	2:38.76
50m BUTTERFLY	0:35.90	0:36.80	0:32.21	0:33.02	0:29.71	0:30.45	0:28.71	0:29.43	0:27.38	0:28.06	0:27.02	0:27.70	0:26.57	0:27.23
100m BUTTERFLY	1:22.69	1:24.76	1:13.41	1:15.25	1:06.62	1:08.29	1:04.68	1:06.30	1:01.93	1:03.48	1:00.14	1:01.64	0:59.42	1:00.91
200m BUTTERFLY	3:08.52	3:13.23	2:54.44	2:58.80	2:33.62	2:37.46	2:30.04	2:33.79	2:24.10	2:27.70	2:17.84	2:21.29	2:15.93	2:19.33
200m INDIVIDUAL MEDLEY	2:56.51	3:00.92	2:40.31	2:44.32	2:29.19	2:32.92	2:25.05	2:28.68	2:21.10	2:24.63	2:18.00	2:20.95	2:14.95	2:18.32
400m INDIVIDUAL MEDLEY	6:03.90	6:13.00	5:42.17	5:50.72	5:16.96	5:24.88	5:08.70	5:16.42	5:00.14	5:07.64	4:55.87	5:03.27	4:51.65	4:58.94

MALES - SHORT COURSE METRES

AGE CATEGORY	11 & UNDER		12		13 AND UNDER		14		15		16		17 AND OVER	
COMPETITION	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG
50m FREESTYLE	0:31.44	0:32.23	0:28.79	0:29.51	0:26.96	0:27.63	0:25.87	0:26.52	0:25.19	0:25.82	0:24.68	0:25.30	0:24.43	0:25.04
100m FREESTYLE	1:09.37	1:11.10	1:02.99	1:04.56	0:59.30	1:00.78	0:56.83	0:58.25	0:55.02	0:56.40	0:53.97	0:55.32	0:53.31	0:54.64
200m FREESTYLE	2:33.10	2:36.93	2:18.82	2:22.29	2:10.34	2:13.60	2:05.91	2:09.06	2:01.90	2:04.95	1:59.50	2:02.49	1:57.88	2:00.83
400m FREESTYLE	5:18.46	5:26.42	4:51.82	4:59.12	4:36.00	4:42.93	4:27.79	4:34.48	4:20.22	4:26.73	4:15.58	4:21.97	4:10.65	4:16.92
800m FREESTYLE	10:58.05	11:14.97	10:05.07	10:20.20	9:33.27	9:47.60	9:13.00	9:26.83	9:00.48	9:13.99	8:54.98	9:08.35	8:49.63	9:02.87
1500m FREESTYLE					18:24.67	18:52.29	17:53.81	18:20.66	17:32.46	17:58.77	17:07.14	17:32.82	16:56.86	17:22.28
50m BACKSTROKE	0:37.75	0:38.69	0:34.22	0:35.08	0:31.52	0:32.31	0:30.01	0:30.76	0:28.92	0:29.64	0:28.33	0:29.04	0:27.80	0:28.50
100m BACKSTROKE	1:20.64	1:22.66	1:13.95	1:15.80	1:07.97	1:09.67	1:04.96	1:06.58	1:02.89	1:04.46	1:01.27	1:02.80	1:00.66	1:02.18
200m BACKSTROKE	2:50.75	2:55.02	2:40.43	2:44.44	2:26.75	2:30.42	2:23.25	2:26.83	2:18.19	2:21.64	2:15.96	2:19.36	2:14.60	2:17.97
50m BREASTSTROKE	0:41.70	0:42.74	0:38.77	0:39.74	0:34.48	0:35.34	0:33.28	0:34.11	0:32.15	0:32.95	0:31.14	0:31.92	0:30.56	0:31.32
100m BREASTSTROKE	1:31.33	1:33.61	1:23.66	1:25.75	1:16.72	1:18.64	1:13.71	1:15.55	1:10.53	1:12.29	1:09.44	1:11.18	1:08.59	1:10.30
200m BREASTSTROKE	3:16.46	3:21.37	3:01.07	3:05.60	2:45.77	2:49.91	2:42.33	2:46.39	2:35.14	2:39.02	2:33.38	2:37.21	2:31.85	2:35.65
50m BUTTERFLY	0:35.20	0:36.08	0:31.58	0:32.37	0:29.13	0:29.86	0:28.15	0:28.85	0:26.84	0:27.51	0:26.49	0:27.15	0:26.05	0:26.70
100m BUTTERFLY	1:21.07	1:23.10	1:11.97	1:13.77	1:05.31	1:06.94	1:03.41	1:05.00	1:00.72	1:02.24	0:58.96	1:00.43	0:58.25	0:59.71
200m BUTTERFLY	3:04.82	3:09.44	2:51.02	2:55.30	2:30.61	2:34.38	2:27.10	2:30.78	2:21.27	2:24.80	2:15.14	2:18.52	2:13.26	2:16.59
200m INDIVIDUAL MEDLEY	2:53.05	2:57.38	2:37.17	2:41.10	2:26.26	2:29.92	2:22.21	2:25.77	2:18.33	2:21.79	2:14.81	2:18.18	2:12.30	2:15.61
400m INDIVIDUAL MEDLEY	5:56.76	6:05.68	5:35.46	5:43.85	5:10.75	5:18.52	5:02.65	5:10.22	4:54.25	5:01.61	4:50.07	4:57.32	4:45.93	4:53.08