

2025-2026 Swim Ontario Time Standards

				F	EMALE -	LONG CO	OURSE MI	ETRES						
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	0:28.3
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	1:01.3
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	2:15.2
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	4:42.7
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	9:50.3
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	19:05.1
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	0:32.2
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	1:09.6
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	2:32.2
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	0:36.0
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	1:19.6
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	2:54.4
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	0:29.9
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	1:07.9
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	2:37.3
200 INDIVIDUAL MEDI EV												0.04.40		
400m INDIVIDUAL MEDLEY 400m INDIVIDUAL MEDLEY	2:53.60 6:07.64	2:57.94 6:16.83	2:47.34 5:53.99	2:51.52 6:02.84	2:36.69 5:30.89	2:40.61 5:39.16	2:34.61 5:27.58	2:38.48 5:35.77	2:33.06 5:24.30	2:36.89 5:32.41	2:30.69 5:21.06	2:34.46 5:29.09	2:29.18 5:17.85	2:32.9 5:25.8
400III INDIVIDUAL MEDLET	0:07.04	0:10.03	0:03.99	0:02.84	5:30.69	5:39.16	5:27.56	5:35.77	5:24.30	5:32.41	5:21.06	5:29.09	5:17.85	0:20.6
				EE	MALE - S	HODT C	OUDSE M	ETDEC						
				Г	INIALE - 3	SHUKIU	OURSE IN	IE IKES						
AGE CATEGORY	11 & U	JNDER	1	12		UNDER		IE IRES	1	15		16	17 ANI	D OVER
AGE CATEGORY COMPETITION	11 & U	INDER OAG	osc						OSC 1	5 OAG	OSC	16 OAG	17 ANI	T
				12	13 AND	UNDER	1	14				~		OAG
COMPETITION	OSC	OAG	OSC	OAG	13 AND OSC	UNDER	OSC	OAG	OSC	OAG	OSC	OAG	OSC	OAG 0:27.8
COMPETITION 50m FREESTYLE	OSC 0:31.38	OAG 0:32.16	OSC 0:29.86	0.30.61	13 AND OSC 0:28.35	OAG 0:29.08	OSC 0:28.07	0AG 0:28.77	OSC 0:27.70	OAG 0:28.39	OSC 0:27.42	OAG 0:28.11	OSC 0:27.15	0:27.8 1:00.1
COMPETITION 50m FREESTYLE 100m FREESTYLE	OSC 0:31.38 1:09.09	0:32.16 1:10.82	OSC 0:29.86 1:05.58	030.61 1:07.22	13 AND OSC 0:28.35 1:01.88	UNDER OAG 0:29.06 1:03.43	OSC 0:28.07 1:01.09	OAG 0:28.77 1:02.62	OSC 0:27.70 1:00.30	OAG 0:28.39 1:01.81	OSC 0:27.42 0:59.30	0AG 0:28.11 1:00.78	OSC 0:27.15 0:58.72	0:27.8 1:00.1 2:12.5
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE	OSC 0:31.38 1:09.09 2:29.56	OAG 0:32.18 1:10.82 2:33.30	OSC 0:29.86 1:05.58 2:24.14	OAG 0:30.61 1:07.22 2:27.74	13 AND OSC 0:28.35 1:01.88 2:14.92	OAG 0:29.06 1:03.43 2:18.29	OSC 0:28.07 1:01.09 2:13.57	OAG 0:28.77 1:02.62 2:16.91	0\$C 0:27.70 1:00.30 2:12.24	0AG 0:28.39 1:01.81 2:15.55	0:5C 0:27.42 0:59.30 2:10.67	0.28.11 1:00.78 2:13.94	0:27.15 0:58.72 2:09.36	0.27.8 1:00.11 2:12.5 4:37.1 9:38.8
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE	OSC 0:31.38 1:09.09 2:29.56 5:14.38	OAG 0:32.18 1:10.82 2:33.30 5:22.24	OSC 0:29.86 1:05.58 2:24.14 5:02.94	OAG 0:30.61 1:07.22 2:27.74 5:10.51	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50	UNDER OAG 0:29.08 1:03.43 2:18.29 4:48.54	OSC 0:28.07 1:01.09 2:13.57 4:38.69	OAG 0:28.77 1:02.62 2:16.91 4:45.66	0SC 0:27.70 1:00.30 2:12.24 4:35.90	OAG 0:28.39 1:01.81 2:15.55 4:42.80	OSC 0:27.42 0:59.30 2:10.67 4:33.15	0AG 0:28.11 1:00.78 2:13.94 4:39.98	0\$C 0:27.15 0:58.72 2:09.36 4:30.41	0:27.8 1:00.1 2:12.5 4:37.1
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE	OSC 0:31.38 1:09.09 2:29.56 5:14.38	OAG 0:32.18 1:10.82 2:33.30 5:22.24	OSC 0:29.86 1:05.58 2:24.14 5:02.94	OAG 0:30.61 1:07.22 2:27.74 5:10.51	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87	UNDER OAG 0:29.06 1:03.43 2:18.29 4:48.54 10:02.57	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99	OAG 0:28.77 1:02.62 2:16.91 4:45.66 9:56.54	0\$C 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66	0\$C 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70	OAG 0:27.8 1:00.1 2:12.5 4:37.1 9:38.8
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE	OSC 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25	OAG 0:32.16 1:10.82 2:33.30 5:22.24 11:06.51	0\$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17	OAG 0:30.61 1:07.22 2:27.74 5:10.51 10:41.00	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19	UNDER OAG 0:29.06 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78	OAG 0:28.77 1:02.62 2:16.91 4:45.66 9:56.54 19:17.00	0SC 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26	OAG 0:27.8 1:00.1 2:12.5 4:37.1 9:38.8 18:42.6
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE	OSC 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25	OAG 0:32.16 1:10.82 2:33.30 5:22.24 11:08.51	0 \$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17	OAG 0:30.61 1:07.22 2:27.74 5:10.51 10:41.00	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19 0:32.75	UNDER OAG 0:29.06 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69 0:33.57	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78	OAG 0:28.77 1:02.62 2:16.91 4:45.66 9:56.54 19:17.00	OSC 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50 0:31.51	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44 0:32.30	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26	0.27.8 1:00.1 2:12.5 4:37.1 9:38.8 18:42.0
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE 50m BACKSTROKE	OSC 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25 0:37.16 1:19.09	0AG 0:32.16 1:10.82 2:33.30 5:22.24 11:08.51 0:38.09 1:21.07	0 \$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17 0:35.23 1:16.02	0.30.61 1:07.22 2:27.74 5:10.51 10:41.00 0:36.11 1:17.92	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19 0:32.75 1:10.57	UNDER OAG 0:29.08 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69 0:33.57 1:12.33	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78 0:32.12	0AG 0:28.77 1:02.62 2:16.91 4:45.66 9:56.54 19:17.00 0:32.92 1:11.81	OSC 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50 0:31.51 1:08.84	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44 0:32.30 1:10.56	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32 0:31.16 1:07.44	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98 0:31.94 1:09.13	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26 0:30.84 1:06.66	0A0 0:27.8 1:00.1 2:12.5 4:37.1 9:38.6 18:42. 0:31.6 1:08.3 2:29.2
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE 50m BACKSTROKE 100m BACKSTROKE 200m BACKSTROKE	OSC 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25 0:37.16 1:19.09 2:49.41	OAG 0:32.16 1:10.82 2:33.30 5:22.24 11:06.51 0:38.09 1:21.07 2:53.65	0 \$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17 0:35.23 1:16.02 2:43.81	0AG 0:30.61 1:07.22 2:27.74 5:10.51 10:41.00 0:36.11 1:17.92 2:47.91	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19 0:32.75 1:10.57 2:33.48	UNDER OAG 0:29.08 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69 0:33.57 1:12.33 2:37.32	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78 0:32.12 1:09.86 2:31.40	0AG 0:28.77 1:02.62 2:16.91 4:45.66 9:56.54 19:17.00 0:32.92 1:11.61 2:35.19	0SC 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50 0:31.51 1:08.84 2:29.30	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44 0:32.30 1:10.56 2:33.03	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32 0:31.16 1:07.44 2:27.11	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98 0:31.94 1:09.13 2:30.79	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26 0:30.84 1:06.66 2:25.64	0.27.8 1:00.1 2:12.5 4:37.1 9:38.8 18:42.0 0:31.6
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE 50m BACKSTROKE 100m BACKSTROKE 200m BACKSTROKE	OSC 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25 0:37.16 1:19.09 2:49.41	0AG 0:32.16 1:10.82 2:33.30 5:22.24 11:08.51 0:38.09 1:21.07 2:53.65	0 \$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17 0:35.23 1:16.02 2:43.81	0.30.61 1:07.22 2:27.74 5:10.51 10:41.00 0:36.11 1:17.92 2:47.91	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19 0:32.75 1:10.57 2:33.48 0:35.86	UNDER OAG 0:29.06 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69 0:33.57 1:12.33 2:37.32 0:36.76	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78 0:32.12 1:09.86 2:31.40	0AG 0:28.77 1:02.62 2:16.91 4:45.66 9:56.54 19:17.00 0:32.92 1:11.61 2:35.19	OSC 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50 0:31.51 1:08.84 2:29.30	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44 0:32.30 1:10.56 2:33.03	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32 0:31.16 1:07.44 2:27.11	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98 0:31.94 1:09.13 2:30.79 0:35.66	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26 0:30.84 1:06.66 2:25.64	OAG 0:27.8 1:00.1 2:12.5 4:37.1 9:38.8 18:42.1 0:31.6 1:08.3 2:29.2
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE 1500m BACKSTROKE 100m BACKSTROKE 200m BACKSTROKE 50m BREASTSTROKE	OSC 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25 0:37.16 1:19.09 2:49.41 0:42.00 1:30.87	0AG 0:32.16 1:10.82 2:33.30 5:22.24 11:06.51 0:38.09 1:21.07 2:53.65 0:43.05 1:33.14	0 \$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17 0:35.23 1:16.02 2:43.81 0:39.47 1:26.42	0.30.61 1:07.22 2:27.74 5:10.51 10:41.00 0:36.11 1:17.92 2:47.91 0:40.46 1:28.58	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19 0:32.75 1:10.57 2:33.48 0:35.86 1:19.29	UNDER OAG 0:29.06 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69 0:33.57 1:12.33 2:37.32 0:36.76 1:21.27	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78 0:32.12 1:09.86 2:31.40 0:35.50 1:18.50	0AG 0:28.77 1:02.62 2:16.91 4:45.66 9:56.54 19:17.00 0:32.92 1:11.61 2:35.19 0:36.39 1:20.46	OSC 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50 0:31.51 1:08.84 2:29.30 0:35.15 1:17.72	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44 0:32.30 1:10.56 2:33.03 0:36.03 1:19.66	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32 0:31.16 1:07.44 2:27.11 0:34.79 1:16.94	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98 0:31.94 1:09.13 2:30.79 0:35.66 1:18.86	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26 0:30.84 1:06.66 2:25.64 0:34.45	0.27.8 1:00.1 2:12.8 4:37.7 9:38.8 18:42.1 0:31.8 2:29.2 0:35.3 1:18.0 2:51.0
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE 1500m BACKSTROKE 100m BACKSTROKE 200m BACKSTROKE 50m BREASTSTROKE 100m BREASTSTROKE	0\$C 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25 0:37.16 1:19.09 2:49.41 0:42.00 1:30.87 3:14.11	0AG 0:32.16 1:10.82 2:33.30 5:22.24 11:08.51 0:38.09 1:21.07 2:53.65 0:43.05 1:33.14 3:18.96	0 \$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17 0:35.23 1:16.02 2:43.81 0:39.47 1:26.42 3:05.26	0.30.61 1:07.22 2:27.74 5:10.51 10:41.00 0.36.11 1:17.92 2:47.91 0:40.46 1:28.58 3:09.89	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19 0:32.75 1:10.57 2:33.48 0:35.86 1:19.29 2:53.68	UNDER OAG 0:29.08 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69 0:33.57 1:12.33 2:37.32 0:36.76 1:21.27 2:58.02	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78 0:32.12 1:09.86 2:31.40 0:35.50 1:18.50 2:51.94	0AG 0:28.77 1:02.62 2:16.91 4:45.86 9:56.54 19:17.00 0:32.92 1:11.61 2:35.19 0:36.39 1:20.46 2:56.24	0SC 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50 0:31.51 1:08.84 2:29.30 0:35.15 1:17.72 2:50.23	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44 0:32.30 1:10.56 2:33.03 0:36.03 1:19.66 2:54.49	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32 0:31.16 1:07.44 2:27.11 0:34.79 1:16.94 2:48.52	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98 0:31.94 1:09.13 2:30.79 0:35.66 1:18.86 2:52.73	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26 0:30.84 1:06.66 2:25.64 0:34.45 1:16.18 2:46.83	0.27.8 1:00.1 2:12.8 4:37.1 9:38.8 18:42. 0:31.6 1:08.3 2:29.2 0:35.3 1:18.0 2:51.0
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE 1500m FREESTYLE 1500m BACKSTROKE 100m BACKSTROKE 200m BACKSTROKE 200m BACKSTROKE 50m BREASTSTROKE 100m BREASTSTROKE 200m BREASTSTROKE 50m BREASTSTROKE	OSC 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25 0:37.16 1:19.09 2:49.41 0:42.00 1:30.87 3:14.11	0AG 0:32.16 1:10.82 2:33.30 5:22.24 11:06.51 0:38.09 1:21.07 2:53.65 0:43.05 1:33.14 3:18.96 0:35.73	0 \$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17 0:35.23 1:16.02 2:43.81 0:39.47 1:26.42 3:05.26	0.30.61 1:07.22 2:27.74 5:10.51 10:41.00 0:36.11 1:17.92 2:47.91 0:40.46 1:28.58 3:09.89	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19 0:32.75 1:10.57 2:33.48 0:35.86 1:19.29 2:53.68 0:30.19	UNDER OAG 0:29.08 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69 0:33.57 1:12.33 2:37.32 0:36.76 1:21.27 2:58.02	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78 0:32.12 1:09.86 2:31.40 0:35.50 1:18.50 2:51.94	0AG 0:28,77 1:02.62 2:16.91 4:45.66 9:56.54 19:17.00 0:32.92 1:11.61 2:35.19 0:36.39 1:20.46 2:56.24	0\$C 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50 0:31.51 1:08.84 2:29.30 0:35.15 1:17.72 2:50.23	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44 0:32.30 1:10.56 2:33.03 0:36.03 1:19.66 2:54.49 0:30.00	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32 0:31.16 1:07.44 2:27.11 0:34.79 1:16.94 2:48.52 0:28.98	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98 0:31.94 1:09.13 2:30.79 0:35.66 1:18.86 2:52.73 0:29.70	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26 0:30.84 1:06.66 2:25.64 0:34.45 1:16.18 2:46.83	0.27.8 1:00.1 2:12.8 4:37.1 9:38.8 18:42.1 0.31.6 1:08.3 2:29.2 0:35.3 1:18.0 0:29.3 1:08.6
COMPETITION 50m FREESTYLE 100m FREESTYLE 200m FREESTYLE 400m FREESTYLE 800m FREESTYLE 1500m FREESTYLE 1500m FREESTYLE 50m BACKSTROKE 100m BACKSTROKE 200m BACKSTROKE 100m BREASTSTROKE 100m BREASTSTROKE 200m BREASTSTROKE 200m BREASTSTROKE 100m BREASTSTROKE 100m BREASTSTROKE	OSC 0:31.38 1:09.09 2:29.56 5:14.38 10:50.25 0:37.16 1:19.09 2:49.41 0:42.00 1:30.87 3:14.11 0:34.86 1:19.62	0AG 0:32.16 1:10.82 2:33.30 5:22.24 11:06.51 0:38.09 1:21.07 2:53.65 0:43.05 1:33.14 3:18.96 0:35.73 1:21.61	0 \$C 0:29.86 1:05.58 2:24.14 5:02.94 10:25.17 0:35.23 1:16.02 2:43.81 0:39.47 1:26.42 3:05.26 0:32.64 1:14.99	0.30.61 1:07.22 2:27.74 5:10.51 10:41.00 0:36.11 1:17.92 2:47.91 0:40.46 1:28.58 3:09.89	13 AND OSC 0:28.35 1:01.88 2:14.92 4:41.50 9:47.87 19:00.19 0:32.75 1:10.57 2:33.48 0:35.86 1:19.29 2:53.68 0:30.19 1:08.37	UNDER OAG 0:29.08 1:03.43 2:18.29 4:48.54 10:02.57 19:28.69 0:33.57 1:12.33 2:37.32 0:36.76 1:21.27 2:58.02 0:30.94 1:10.08	OSC 0:28.07 1:01.09 2:13.57 4:38.69 9:41.99 18:48.78 0:32.12 1:09.86 2:31.40 0:35.50 1:18.50 2:51.94	0AG 0:28,77 1:02,62 2:16,91 4:45,66 9:56,54 19:17.00 0:32,92 1:11,61 2:35,19 0:36,39 1:20,46 2:56,24	0\$C 0:27.70 1:00.30 2:12.24 4:35.90 9:36.17 18:37.50 0:31.51 1:08.84 2:29.30 0:35.15 1:17.72 2:50.23 0:29.27 1:06.55	OAG 0:28.39 1:01.81 2:15.55 4:42.80 9:50.57 19:05.44 0:32.30 1:10.56 2:33.03 0:36.03 1:19.66 2:54.49 0:30.00 1:08.21	0\$C 0:27.42 0:59.30 2:10.67 4:33.15 9:30.40 18:26.32 0:31.16 1:07.44 2:27.11 0:34.79 1:16.94 2:48.52 0:28.98 1:05.74	OAG 0:28.11 1:00.78 2:13.94 4:39.98 9:44.66 18:53.98 0:31.94 1:09.13 2:30.79 0:35.66 1:18.66 2:52.73 0:29.70 1:07.38	OSC 0:27.15 0:58.72 2:09.36 4:30.41 9:24.70 18:15.26 0:30.84 1:06.66 2:25.64 0:34.45 1:16.18 2:46.83	0.27.8 1:00.1 2:12.5 4:37.1 9:38.8 18:42.6 0:31.6 1:08.3 2:29.2