

Huronia Region - 2023 / 2024 Regional Championship Time Standards - Proposed (revised Dec 3, 2023)

FEMALE												GENDER	MALE															
15&O						14		13		12		11		10&U		AGE	10&U		11		12		13		14		15&O	
SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	COURSE	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC
33.24	33.90	33.73	34.40	34.33	35.03	37.85	38.60	39.72	40.51	44.86	45.76	50 Fr	44.02	45.52	40.03	40.84	36.98	37.73	32.58	33.23	31.61	32.24	31.03	31.66				
1:11.98	1:13.42	1:12.78	1:14.23	1:14.36	1:15.85	1:21.91	1:23.56	1:26.88	1:28.62	1:39.47	1:41.46	100 Fr	1:41.41	1:43.45	1:28.13	1:29.88	1:21.30	1:22.92	1:11.30	1:12.73	1:08.86	1:10.24	1:07.24	1:08.58				
2:36.56	2:40.68	2:37.99	2:41.15	2:41.53	2:44.76	2:58.72	3:02.29	3:09.90	3:13.69	3:39.12	3:43.50	200 Fr	3:45.72	3:50.23	3:13.61	3:17.48	2:57.48	3:01.02	2:36.17	2:39.29	2:31.43	2:34.45	2:26.51	2:29.44				
5:32.59	5:39.24	5:34.46	5:41.15	5:43.52	5:50.40	6:21.78	6:29.41	6:48.24	6:56.40	7:38.98	7:48.16	400 Fr	7:50.68	8:00.08	6:55.80	7:04.12	6:23.04	6:30.70	5:34.24	5:40.92	5:23.82	5:30.30	5:14.96	5:21.26				
11:31.28	11:46.32	11:39.22	11:53.20	11:49.64	12:03.84	12:55.69	13:11.21	13:56.50	14:13.24			800 Fr			14:34.98	14:52.48	13:05.63	13:21.34	11:37.94	11:51.90	11:19.58	11:33.18	10:59.59	11:12.78				
22:04.97	22:31.46	22:20.11	22:46.96	22:40.12	23:07.32							1500 Fr							22:26.34	22:53.27	21:42.88	22:08.93	21:04.54	21:29.83				
37.40	38.15	37.95	38.70	38.61	39.38	43.11	43.96	45.95	46.87	52.33	53.38	50 Bk	53.83	54.90	46.53	47.45	43.67	44.55	37.40	38.15	36.38	37.10	35.43	36.14				
1:21.30	1:22.93	1:22.49	1:24.14	1:23.93	1:25.61	1:33.71	1:35.57	1:39.90	1:41.90	1:53.77	1:56.04	100 Bk	1:57.02	1:59.35	1:41.15	1:43.16	1:34.94	1:36.84	1:21.30	1:22.93	1:19.08	1:20.66	1:17.02	1:18.56				
2:54.59	2:58.08	2:56.54	3:00.07	3:01.14	3:04.76	3:21.06	3:25.08	3:33.47	3:37.74	4:05.74	4:10.66	200 Bk	4:17.44	4:22.58	3:38.44	3:42.80	3:21.67	3:25.70	2:55.70	2:59.22	2:51.32	2:54.76	2:47.35	2:50.70				
43.37	44.24	43.70	44.58	44.24	45.12	49.96	50.95	53.10	54.16	59.21	1:00.40	50 Br	1:01.61	1:02.84	54.23	55.32	49.68	50.66	42.95	43.81	41.37	42.20	40.91	41.73				
1:34.28	1:36.17	1:35.00	1:36.91	1:36.17	1:38.09	1:48.60	1:50.77	1:55.43	1:57.73	2:08.72	2:11.30	100 Br	2:13.93	2:16.60	1:57.90	2:00.26	1:47.99	1:50.14	1:33.36	1:35.23	1:29.94	1:31.74	1:28.93	1:30.72				
3:23.95	3:28.03	3:24.56	3:28.66	3:27.16	3:31.30	3:52.08	3:56.72	4:06.98	4:11.93			200 Br			4:18.14	4:23.32	3:52.08	3:56.72	3:21.55	3:25.58	3:16.10	3:20.03	3:13.32	3:17.18				
37.32	38.07	37.90	38.66	38.50	39.27	44.25	45.13	47.67	48.62	55.32	56.42	50 FL	58.02	59.18	49.10	50.08	43.96	44.84	37.39	40.90	35.83	36.55	34.72	35.41				
1:21.14	1:22.76	1:22.40	1:24.05	1:23.70	1:25.38	1:36.19	1:38.10	1:43.63	1:45.70	2:00.26	2:02.66	100 FI	2:06.13	2:08.65	1:46.74	1:48.86	1:35.57	1:37.48	1:21.28	1:22.91	1:17.89	1:19.45	1:15.47	1:16.98				
3:05.32	3:09.02	3:06.77	3:10.50	3:10.02	3:13.92	3:38.44	3:42.80	3:58.30	4:03.06			200 FI			4:26.84	4:32.17	3:42.17	3:46.60	3:03.37	3:07.04	2:59.75	3:03.35	2:54.89	2:58.38				
										1:52.94		100 IM	1:55.43															
2:58.22	3:01.79	3:00.07	3:03.68	3:05.21	3:08.92	3:25.38	3:29.48	3:37.98	3:42.34	4:09.48	4:14.47	200 IM	4:13.44	4:18.50	3:40.50	3:44.92	3:25.38	3:29.48	2:58.24	3:01.80	2:51.80	2:55.24	2:47.44	2:50.78				
6:17.22	6:24.77	6:28.02	6:35.78	6:31.63	6:39.18	7:12.08	7:20.82	7:39.20	7:48.40			400 IM			8:10.24	8:20.04	7:21.0	7:29.82	6:19.42	6:27.00	6:09.38	6:16.78	6:03.58	6:10.85				
												EVENT																
*** times are pulled from Swim Ontario Festival "E" standards for 12&U, and OSC/OYJ "E" for 13&O (as voted and agreed upon by most Huronia Region Head Coaches)																												
Stroke 50's (without Swim ON reference) are calculated at approx. 46% of the 100 time / ratio...in sync with the 100/50fs																												