

### 2022-2023 Female Standards - Ontario Youth-Junior Championships

13&U	14	15	16	17-18	EVENT	17-18	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

### 2022-2023 Male Standards - Ontario Youth-Junior Championships

13&U	14	15	16	17-18	EVENT	17-18	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