



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

October 31, 2025