

Championships Qualification Guide 2016-2017

This document explains how to qualify for winter/spring and summer championships for the 2016-2017 season.

Swimmers should attend a maximum of two championships during winter/spring and two championships in the summer. Swimmer will enter in the highest level they reach (according to following list) and one other championship decided by the coach.

Winter (highest to lowest level)

1. Canadian trials
2. Eastern championships
3. Provincial championships
4. ~~Centrals 'A'~~
5. AA (provincial meet)
6. Festivals
7. Centrals 'B'
8. Centrals 'C'

Summer (highest to lowest level)

1. Canadian championships (Seniors)
2. Canadian Junior championships
3. Provincial championships
4. ~~Centrals 'A'~~
5. AA (provincial meet)
6. Festivals
7. Centrals 'B'
8. Centrals 'C'

Considering that the *Centrals 'A'* are held the same weekend as the provincial championships both in spring and summer; and that the swimmers qualifying for *Centrals 'A'* also qualify for the new *AA meet*, WD will only participate in the *Provincials* and *AA meet*, both held at the same place in the same weekend.

Winter Championships

Regional	Centrals 'C'	February 24-26, 2017 SC Etobicoke, ON	Age: 10&U, 11, 12, 13, 14, 15, 16&O Standard: 1 or more (SC/LC) Bonus: none Qualification window: none
	Centrals 'B'	February 2-5, 2017 SC / LC (finals) Etobicoke, ON	Age: 10&U, 11, 12, 13, 14, 15, 16&O Standard: 1 or more (SC/LC) Bonus: none Qualification window: none
	Centrals 'A'	March 2-5, 2017 SC / LC (finals) Etobicoke, ON	Age: 10&U, 11, 12, 13, 14, 15, 16&O Standard: 1 or more (SC/LC) Bonus: none Qualification window: none
Provincial	Festivals	February 18-19, 2017 SC Etobicoke, ON	Age: 10&U, 11, 12, 13, 14 Standard: 1 or more (SC/LC) Bonus: 1 Qualification window: none
	AA	March 2-5, 2017 LC Brantford, ON	Age: 13&U, 14, 15, 16, 17&O Standard: 1 or more (SC/LC) Bonus: up to 4 (minimum of 5 events) Qualification window: none
	Provincials	March 2-5, 2017 LC Brantford, ON	Age: 13&U, 14, 15, 16, 17&O Standard: 1 or more (SC/LC) Bonus: 1 in PROV + up to 3 in AA Qualification window: none
National	Easterns	April 20-23, 2017 LC Etobicoke, ON	Age: Open Standard: 1 or more (LC only) Bonus: none Qualification window: 2017-2018: none 2019+: March/April and July/August
	Canadian Trials	April 6-9, 2017 LC Victoria, BC	Age: Open Standard: 1 or more (LC only) Bonus: none Qualification window: 2017-2018: none 2019+: March/April and July/August

Summer championships

Regional	Centrals 'C'	June 16-18, 2017 SC Markham, ON	Age: 10&U, 11, 12, 13, 14, 15, 16&O Standard: 1 or more (SC/LC) Bonus: none Qualification window: none
	Centrals 'B'	June 8-11, 2017 LC Markham, ON	Age: 10&U, 11, 12, 13, 14, 15, 16&O Standard: 1 or more (SC/LC) Bonus: none Qualification window: none
	<i>Centrals 'A'</i> TBC	<i>June 29 - July 2, 2017</i> LC Markham, ON TBC	<i>Age: 10&U, 11, 12, 13, 14, 15, 16&O</i> <i>Standard: 1 or more (SC/LC)</i> <i>Bonus: none</i> <i>Qualification window: none</i>
Provincial	Festivals	June 24-25, 2017 SC Markham, ON	Age: 10&U, 11, 12, 13, 14 Standard: 1 or more (SC/LC) Bonus: 1 Qualification window: none
	AA	June 29 - July 2, 2017 LC Scarborough, ON	Age: 13&U, 14, 15, 16, 17&O Standard: 1 or more (SC/LC) Bonus: up to 4 (minimum of 5 events) Qualification window: none
	Provincials	June 29 - July 2, 2017 LC Scarborough, ON	Age: 13&U, 14, 15, 16, 17&O Standard: 1 or more (SC/LC) Bonus: 1 in PROV + up to 3 in AA Qualification window: none
National	Juniors	July 26-31, 2017 LC Scarborough, ON	Age: Girls: 13/14 & 15/16/17 Boys: 14/15/16 & 17/18 Standard: 1 or more (LC only) Bonus: none Qualification window: 2017-2018: none 2019+: March/April and July/August
	Seniors	August 4-7, 2017 LC Montreal, QC	Age: Open Standard: 1 or more (LC only) Bonus: none Qualification window: 2017-2018: none 2019+: March/April and July/August

Centrals 'C' - Winter and Summer

Dates & Location	Winter Summer	February 24-26, 2017 June 16-18, 2017	Etobicoke, ON Markham, ON
Course	SC		
Format	3 full days Timed Finals Morning 11-12 / Early PM 10&U / Late PM 13&O		
Age Groups	10&U / 11-12 / 13-14 Age at the first day of meet		
Qualifying Standards	See chart on next pages De-qualifying standard = Central 'B' Qualification in SC or LC Maximum of 8 individual events		
Bonus	None		
Qualifying Window	From September 1st 2015 to February 14, 2017		

Centrals 'B' - Winter and Summer

Dates & Location	Winter Summer	February 2-5, 2017 June 8-11, 2017	Etobicoke, ON Markham, ON
Course	Winter Summer	Prelims in SC / Finals in LC LC	
Format	2 full days (Sat/Sun) + 2 partial days (Thu/Fri PM) Timed Finals for 12&U / Prelims & Finals for 13&O		
Age Groups	10&U / 11 / 12 / 13 / 14 / 15 / 16&O Age at the first day of meet		
Qualifying Standards	See chart on next pages De-qualifying standard = Festivals for 12&U and Provincials for 13&O Qualification in SC or LC Maximum of 6 individual events + 1 distance event		
Bonus	None		
Qualifying Window	From September 1st 2015 to January 23, 2017		

Centrals 'A' - Spring and Summer (WD probably not attending)

Dates & Location	Spring Summer	March 2-5, 2017 June 29 - July 2, 2017	Etobicoke, ON Markham, ON
Course	Winter Summer	Prelims in SC / Finals in LC LC	
Format	2 full days (Sat/Sun) + 2 partial days (Thu/Fri PM) Timed Finals for 12&U / Prelims & Finals for 13&O		
Age Groups	10&U / 11 / 12 / 13 / 14 / 15 / 16&O Age at the first day of meet		
Qualifying Standards	See chart on next pages Qualification in SC or LC Maximum of 6 individual events + 1 distance event		
Bonus	None		
Qualifying Window	From September 1st 2015 to February 23, 2017		

**Central Region Championship Standards
2016-17**

SCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Female 10&U	50	Free	n/a	35.68	33.98	37.38	37.38	40.78
	100	Free	n/a	1:19.12	1:15.35	1:22.89	1:22.89	1:30.42
	200	Free	n/a	2:54.30	2:46.00	3:02.60	3:02.60	3:19.20
	400	Free	n/a	6:05.10	5:47.71	6:22.48	6:22.48	6:57.25
	100	Back	n/a	1:30.50	1:26.19	1:34.81	1:34.81	1:43.43
	200	Back	n/a	3:15.47	3:06.16	3:24.78	3:24.78	3:43.39
	100	Breast	n/a	1:42.40	1:37.52	1:47.27	1:47.27	1:57.02
	100	Fly	n/a	1:35.67	1:31.11	1:40.22	1:40.22	1:49.33
	100	IM	n/a	1:34.12	1:29.64	1:38.60	1:38.60	1:47.57
200	IM	n/a	3:18.45	3:09.00	3:27.90	3:27.90	3:46.80	
Female 11	50	Free	n/a	33.10	31.52	34.67	34.67	37.82
	100	Free	n/a	1:12.40	1:08.95	1:15.85	1:15.85	1:22.74
	200	Free	n/a	2:38.25	2:30.71	2:45.78	2:45.78	3:00.85
	400	Free	n/a	5:40.20	5:24.00	5:56.40	5:56.40	6:28.80
	800	Free	n/a	11:37.08	11:03.89	12:10.28	12:10.28	13:16.67
	100	Back	n/a	1:23.25	1:19.29	1:27.22	1:27.22	1:35.15
	200	Back	n/a	2:57.89	2:49.42	3:06.36	3:06.36	3:23.30
	100	Breast	n/a	1:36.19	1:31.61	1:40.77	1:40.77	1:49.93
	200	Breast	n/a	3:25.82	3:16.02	3:35.62	3:35.62	3:55.22
	100	Fly	n/a	1:26.36	1:22.25	1:30.48	1:30.48	1:38.70
	200	Fly	n/a	3:18.58	3:09.12	3:28.03	3:28.03	3:46.94
	200	IM	n/a	3:01.65	2:53.00	3:10.30	3:10.30	3:27.60
	400	IM	n/a	6:22.67	6:04.45	6:40.90	6:40.90	7:17.34
Female 12	50	Free	n/a	31.54	30.04	33.04	33.04	36.05
	100	Free	n/a	1:08.26	1:05.01	1:11.51	1:11.51	1:18.01
	200	Free	n/a	2:28.93	2:21.84	2:36.02	2:36.02	2:50.21
	400	Free	n/a	5:18.15	5:03.00	5:33.30	5:33.30	6:03.60
	800	Free	n/a	10:46.41	10:15.63	11:17.19	11:17.19	12:18.76
	100	Back	n/a	1:18.09	1:14.37	1:21.81	1:21.81	1:29.24
	200	Back	n/a	2:47.55	2:39.57	2:55.53	2:55.53	3:11.48
	100	Breast	n/a	1:30.50	1:26.19	1:34.81	1:34.81	1:43.43
	200	Breast	n/a	3:13.40	3:04.19	3:22.61	3:22.61	3:41.03
	100	Fly	n/a	1:20.16	1:16.34	1:23.97	1:23.97	1:31.61
	200	Fly	n/a	3:02.03	2:53.36	3:10.70	3:10.70	3:28.03
	200	IM	n/a	2:51.15	2:43.00	2:59.30	2:59.30	3:15.60
	400	IM	n/a	6:00.15	5:43.00	6:17.30	6:17.30	6:51.60
Female 13	50	Free	n/a	31.02	28.61	32.49	32.49	35.45
	100	Free	n/a	1:07.48	1:01.97	1:10.70	1:10.70	1:17.12
	200	Free	n/a	2:26.35	2:14.21	2:33.32	2:33.32	2:47.26
	400	Free	n/a	5:15.00	4:42.53	5:30.00	5:30.00	6:00.00
	800	Free	n/a	10:41.24	9:51.37	11:11.77	11:11.77	12:12.84
	1500	Free	n/a	19:50.10	18:53.43	20:46.77	20:46.77	22:40.12
	100	Back	n/a	1:17.05	1:09.93	1:20.72	1:20.72	1:28.06
	200	Back	n/a	2:46.52	2:29.98	2:54.45	2:54.45	3:10.31
	100	Breast	n/a	1:27.92	1:20.13	1:32.10	1:32.10	1:40.48
	200	Breast	n/a	3:10.30	2:50.90	3:19.36	3:19.36	3:37.49
	100	Fly	n/a	1:18.09	1:09.75	1:21.81	1:21.81	1:29.24
	200	Fly	n/a	2:57.89	2:35.96	3:06.36	3:06.36	3:23.30
	200	IM	n/a	2:48.00	2:34.34	2:56.00	2:56.00	3:12.00
	400	IM	n/a	5:58.05	5:26.13	6:15.10	6:15.10	6:49.20

**Central Region Championship Standards
2016-17**

SCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Female 14	50	Free	n/a	30.44	28.11	31.89	31.89	34.79
	100	Free	n/a	1:05.96	1:00.65	1:09.10	1:09.10	1:15.38
	200	Free	n/a	2:23.37	2:11.66	2:30.19	2:30.19	2:43.85
	400	Free	n/a	5:10.15	4:38.72	5:24.92	5:24.92	5:54.46
	800	Free	n/a	10:30.46	9:42.68	11:00.48	11:00.48	12:00.53
	1500	Free	n/a	19:32.60	18:36.76	20:28.44	20:28.44	22:20.11
	100	Back	n/a	1:15.58	1:08.74	1:19.18	1:19.18	1:26.38
	200	Back	n/a	2:42.76	2:27.03	2:50.51	2:50.51	3:06.01
	100	Breast	n/a	1:26.70	1:19.17	1:30.83	1:30.83	1:39.08
	200	Breast	n/a	3:09.21	2:50.47	3:18.22	3:18.22	3:36.24
	100	Fly	n/a	1:16.59	1:08.67	1:20.23	1:20.23	1:27.53
	200	Fly	n/a	2:56.40	2:35.64	3:04.80	3:04.80	3:21.60
	200	IM	n/a	2:45.63	2:30.06	2:53.51	2:53.51	3:09.29
400	IM	n/a	5:54.32	5:23.35	6:11.20	6:11.20	6:44.94	
Female 15	50	Free	n/a	29.05	27.67	30.44	30.44	33.20
	100	Free	n/a	1:02.96	59.96	1:05.96	1:05.96	1:11.95
	200	Free	n/a	2:16.99	2:10.47	2:23.52	2:23.52	2:36.56
	400	Free	n/a	4:51.02	4:37.16	5:04.88	5:04.88	5:32.59
	800	Free	n/a	10:04.87	9:36.07	10:33.68	10:33.68	11:31.28
	1500	Free	n/a	19:19.35	18:24.14	20:14.55	20:14.55	22:04.97
	100	Back	n/a	1:10.58	1:07.22	1:13.94	1:13.94	1:20.66
	200	Back	n/a	2:32.76	2:25.49	2:40.04	2:40.04	2:54.59
	100	Breast	n/a	1:22.50	1:18.57	1:26.43	1:26.43	1:34.28
	200	Breast	n/a	2:58.46	2:49.96	3:06.96	3:06.96	3:23.95
	100	Fly	n/a	1:11.00	1:07.62	1:14.38	1:14.38	1:21.14
	200	Fly	n/a	2:42.15	2:34.43	2:49.87	2:49.87	3:05.32
	200	IM	n/a	2:35.95	2:28.52	2:43.37	2:43.37	2:58.22
400	IM	n/a	5:30.07	5:14.35	5:45.79	5:45.79	6:17.22	
Female 16&O	50	Free	n/a	28.73	27.09	30.10	30.10	32.83
	100	Free	n/a	1:02.13	58.57	1:05.09	1:05.09	1:11.00
	200	Free	n/a	2:13.98	2:06.31	2:20.36	2:20.36	2:33.12
	400	Free	n/a	4:46.50	4:30.11	5:00.15	5:00.15	5:27.43
	800	Free	n/a	9:53.46	9:19.55	10:21.72	10:21.72	11:18.24
	1500	Free	n/a	18:57.43	17:52.44	19:51.60	19:51.60	21:39.92
	100	Back	n/a	1:09.63	1:05.64	1:12.94	1:12.94	1:19.57
	200	Back	n/a	2:29.31	2:20.77	2:36.42	2:36.42	2:50.64
	100	Breast	n/a	1:22.05	1:17.35	1:25.95	1:25.95	1:33.77
	200	Breast	n/a	2:57.08	2:47.80	3:05.52	3:05.52	3:22.38
	100	Fly	n/a	1:10.08	1:06.06	1:13.41	1:13.41	1:20.09
	200	Fly	n/a	2:36.24	2:27.29	2:43.68	2:43.68	2:58.56
	200	IM	n/a	2:32.90	2:24.15	2:40.18	2:40.18	2:54.74
400	IM	n/a	5:27.30	5:08.59	5:42.88	5:42.88	6:14.05	

**Central Region Championship Standards
2016-17**

LCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Female 10&U	50	Free	n/a	36.39	34.66	38.13	38.13	41.59
	100	Free	n/a	1:20.70	1:16.86	1:24.55	1:24.55	1:32.23
	200	Free	n/a	2:55.12	2:46.78	3:03.46	3:03.46	3:20.14
	400	Free	n/a	6:12.39	5:54.66	6:30.13	6:30.13	7:05.59
	100	Back	n/a	1:32.31	1:27.91	1:36.70	1:36.70	1:45.49
	200	Back	n/a	3:19.38	3:09.89	3:28.88	3:28.88	3:47.87
	100	Breast	n/a	1:44.44	1:39.47	1:49.42	1:49.42	1:59.36
	100	Fly	n/a	1:37.58	1:32.93	1:42.22	1:42.22	1:51.52
200	IM	n/a	3:22.42	3:12.78	3:32.06	3:32.06	3:51.34	
Female 11	50	Free	n/a	33.76	32.15	35.37	35.37	38.58
	100	Free	n/a	1:13.85	1:10.33	1:17.36	1:17.36	1:24.40
	200	Free	n/a	2:41.41	2:33.72	2:49.09	2:49.09	3:04.46
	400	Free	n/a	5:47.00	5:30.48	6:03.53	6:03.53	6:36.58
	800	Free	n/a	11:51.03	11:17.17	12:24.89	12:24.89	13:32.60
	100	Back	n/a	1:24.92	1:20.88	1:28.97	1:28.97	1:37.06
	200	Back	n/a	3:01.45	2:52.81	3:10.09	3:10.09	3:27.37
	100	Breast	n/a	1:38.11	1:33.44	1:42.78	1:42.78	1:52.13
	200	Breast	n/a	3:29.94	3:19.94	3:39.93	3:39.93	3:59.93
	100	Fly	n/a	1:28.08	1:23.89	1:32.28	1:32.28	1:40.67
	200	Fly	n/a	3:22.55	3:12.90	3:32.19	3:32.19	3:51.48
	200	IM	n/a	3:05.28	2:56.46	3:14.11	3:14.11	3:31.75
400	IM	n/a	6:30.33	6:11.74	6:48.91	6:48.91	7:26.09	
Female 12	50	Free	n/a	32.17	30.64	33.70	33.70	36.77
	100	Free	n/a	1:09.63	1:06.31	1:12.94	1:12.94	1:19.57
	200	Free	n/a	2:31.91	2:24.68	2:39.15	2:39.15	2:53.62
	400	Free	n/a	5:24.51	5:09.06	5:39.97	5:39.97	6:10.87
	800	Free	n/a	10:59.34	10:27.94	11:30.73	11:30.73	12:33.53
	100	Back	n/a	1:19.64	1:15.85	1:23.44	1:23.44	1:31.02
	200	Back	n/a	2:50.90	2:42.76	2:59.04	2:59.04	3:15.31
	100	Breast	n/a	1:32.31	1:27.91	1:36.70	1:36.70	1:45.49
	200	Breast	n/a	3:17.27	3:07.88	3:26.67	3:26.67	3:45.46
	100	Fly	n/a	1:21.75	1:17.86	1:25.65	1:25.65	1:33.43
	200	Fly	n/a	3:05.67	2:56.83	3:14.51	3:14.51	3:32.20
	200	IM	n/a	2:54.57	2:46.26	3:02.89	3:02.89	3:19.51
400	IM	n/a	6:07.35	5:49.86	6:24.85	6:24.85	6:59.83	
Female 13	50	Free	n/a	31.64	29.19	33.14	33.14	36.16
	100	Free	n/a	1:08.84	1:03.21	1:12.12	1:12.12	1:18.67
	200	Free	n/a	2:29.28	2:16.90	2:36.39	2:36.39	2:50.60
	400	Free	n/a	5:21.30	4:48.18	5:36.60	5:36.60	6:07.20
	800	Free	n/a	10:54.06	10:03.20	11:25.20	11:25.20	12:27.49
	1500	Free	n/a	20:13.91	19:16.10	21:11.71	21:11.71	23:07.32
	100	Back	n/a	1:18.59	1:11.32	1:22.34	1:22.34	1:29.82
	200	Back	n/a	2:49.85	2:32.98	2:57.94	2:57.94	3:14.11
	100	Breast	n/a	1:29.67	1:21.74	1:33.94	1:33.94	1:42.48
	200	Breast	n/a	3:14.10	2:54.32	3:23.35	3:23.35	3:41.83
	100	Fly	n/a	1:19.64	1:11.15	1:23.44	1:23.44	1:31.02
	200	Fly	n/a	3:01.45	2:39.09	3:10.09	3:10.09	3:27.37
	200	IM	n/a	2:51.36	2:37.43	2:59.52	2:59.52	3:15.84
	400	IM	n/a	6:05.21	5:32.65	6:22.60	6:22.60	6:57.38

**Central Region Championship Standards
2016-17**

LCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Female 14	50	Free	n/a	31.05	28.67	32.53	32.53	35.48
	100	Free	n/a	1:07.28	1:01.86	1:10.49	1:10.49	1:16.90
	200	Free	n/a	2:26.22	2:14.29	2:33.19	2:33.19	2:47.11
	400	Free	n/a	5:16.35	4:44.29	5:31.42	5:31.42	6:01.55
	800	Free	n/a	10:43.07	9:54.33	11:13.70	11:13.70	12:14.94
	1500	Free	n/a	19:56.05	18:59.10	20:53.01	20:53.01	22:46.92
	100	Back	n/a	1:17.10	1:10.12	1:20.77	1:20.77	1:28.12
	200	Back	n/a	2:46.02	2:29.98	2:53.92	2:53.92	3:09.73
	100	Breast	n/a	1:28.44	1:20.76	1:32.65	1:32.65	1:41.08
	200	Breast	n/a	3:12.99	2:53.88	3:22.18	3:22.18	3:40.56
	100	Fly	n/a	1:18.11	1:10.04	1:21.83	1:21.83	1:29.27
	200	Fly	n/a	2:59.93	2:38.75	3:08.50	3:08.50	3:25.63
	200	IM	n/a	2:48.93	2:33.07	2:56.98	2:56.98	3:13.07
	400	IM	n/a	6:01.41	5:29.82	6:18.62	6:18.62	6:53.04
Female 15	50	Free	n/a	29.63	28.22	31.04	31.04	33.86
	100	Free	n/a	1:04.22	1:01.16	1:07.28	1:07.28	1:13.39
	200	Free	n/a	2:20.60	2:13.90	2:27.29	2:27.29	2:40.68
	400	Free	n/a	4:56.84	4:42.70	5:10.97	5:10.97	5:39.24
	800	Free	n/a	10:18.03	9:48.60	10:47.46	10:47.46	11:46.32
	1500	Free	n/a	19:42.53	18:46.22	20:38.84	20:38.84	22:31.46
	100	Back	n/a	1:12.00	1:08.57	1:15.43	1:15.43	1:22.28
	200	Back	n/a	2:35.82	2:28.40	2:43.24	2:43.24	2:58.08
	100	Breast	n/a	1:24.15	1:20.14	1:28.15	1:28.15	1:36.17
	200	Breast	n/a	3:02.03	2:53.36	3:10.70	3:10.70	3:28.03
	100	Fly	n/a	1:12.42	1:08.97	1:15.87	1:15.87	1:22.76
	200	Fly	n/a	2:45.40	2:37.52	2:53.27	2:53.27	3:09.02
	200	IM	n/a	2:39.06	2:31.49	2:46.64	2:46.64	3:01.79
	400	IM	n/a	5:36.67	5:20.64	5:52.70	5:52.70	6:24.77
Female 16&O	50	Free	n/a	29.31	27.63	30.70	30.70	33.49
	100	Free	n/a	1:03.38	59.75	1:06.40	1:06.40	1:12.43
	200	Free	n/a	2:16.67	2:08.84	2:23.18	2:23.18	2:36.19
	400	Free	n/a	4:52.24	4:35.51	5:06.15	5:06.15	5:33.98
	800	Free	n/a	10:05.33	9:30.74	10:34.15	10:34.15	11:31.80
	1500	Free	n/a	19:20.19	18:13.89	20:15.43	20:15.43	22:05.93
	100	Back	n/a	1:11.02	1:06.95	1:14.40	1:14.40	1:21.17
	200	Back	n/a	2:32.29	2:23.58	2:39.54	2:39.54	2:54.05
	100	Breast	n/a	1:23.69	1:18.90	1:27.67	1:27.67	1:35.64
	200	Breast	n/a	3:00.61	2:51.15	3:09.21	3:09.21	3:26.41
	100	Fly	n/a	1:11.47	1:07.38	1:14.88	1:14.88	1:21.68
	200	Fly	n/a	2:39.37	2:30.24	2:46.96	2:46.96	3:02.14
	200	IM	n/a	2:35.96	2:27.03	2:43.38	2:43.38	2:58.24
	400	IM	n/a	5:33.84	5:14.76	5:49.73	5:49.73	6:21.53

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SCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Male 10&U	50	Free	n/a	36.20	34.48	37.93	37.93	41.38
	100	Free	n/a	1:20.67	1:16.83	1:24.51	1:24.51	1:32.20
	200	Free	n/a	2:59.55	2:51.00	3:08.10	3:08.10	3:25.20
	400	Free	n/a	6:14.40	5:56.57	6:32.23	6:32.23	7:07.88
	100	Back	n/a	1:33.08	1:28.65	1:37.52	1:37.52	1:46.38
	200	Back	n/a	3:24.78	3:15.03	3:34.53	3:34.53	3:54.04
	100	Breast	n/a	1:46.53	1:41.46	1:51.61	1:51.61	2:01.75
	100	Fly	n/a	1:40.33	1:35.55	1:45.11	1:45.11	1:54.66
	100	IM	n/a	1:36.19	1:31.61	1:40.77	1:40.77	1:49.93
200	IM	n/a	3:21.60	3:12.00	3:31.20	3:31.20	3:50.40	
Male 11	50	Free	n/a	33.36	31.77	34.95	34.95	38.12
	100	Free	n/a	1:13.44	1:09.94	1:16.93	1:16.93	1:23.93
	200	Free	n/a	2:41.34	2:33.66	2:49.03	2:49.03	3:04.39
	400	Free	n/a	5:46.50	5:30.00	6:03.00	6:03.00	6:36.00
	800	Free	n/a	12:09.15	11:34.43	12:43.87	12:43.87	13:53.32
	100	Back	n/a	1:24.29	1:20.28	1:28.31	1:28.31	1:36.34
	200	Back	n/a	3:02.03	2:53.36	3:10.70	3:10.70	3:28.03
	100	Breast	n/a	1:38.25	1:33.58	1:42.94	1:42.94	1:52.30
	200	Breast	n/a	3:35.12	3:24.88	3:45.37	3:45.37	4:05.86
	100	Fly	n/a	1:28.95	1:24.71	1:33.18	1:33.18	1:41.65
	200	Fly	n/a	3:42.37	3:31.78	3:52.96	3:52.96	4:14.14
	200	IM	n/a	3:03.75	2:55.00	3:12.50	3:12.50	3:30.00
	400	IM	n/a	6:48.53	6:29.08	7:07.99	7:07.99	7:46.90
Male 12	50	Free	n/a	30.82	29.35	32.29	32.29	35.22
	100	Free	n/a	1:07.75	1:04.52	1:10.97	1:10.97	1:17.42
	200	Free	n/a	2:27.90	2:20.86	2:34.95	2:34.95	2:49.03
	400	Free	n/a	5:19.20	5:04.00	5:34.40	5:34.40	6:04.80
	800	Free	n/a	10:54.69	10:23.51	11:25.86	11:25.86	12:28.21
	100	Back	n/a	1:19.12	1:15.35	1:22.89	1:22.89	1:30.42
	200	Back	n/a	2:48.06	2:40.06	2:56.07	2:56.07	3:12.07
	100	Breast	n/a	1:29.99	1:25.70	1:34.27	1:34.27	1:42.84
	200	Breast	n/a	3:13.40	3:04.19	3:22.61	3:22.61	3:41.03
	100	Fly	n/a	1:19.64	1:15.85	1:23.44	1:23.44	1:31.02
	200	Fly	n/a	3:05.14	2:56.32	3:13.95	3:13.95	3:31.58
	200	IM	n/a	2:51.15	2:43.00	2:59.30	2:59.30	3:15.60
	400	IM	n/a	6:07.50	5:50.00	6:25.00	6:25.00	7:00.00
Male 13	50	Free	n/a	29.47	27.13	30.88	30.88	33.68
	100	Free	n/a	1:04.64	59.15	1:07.72	1:07.72	1:13.87
	200	Free	n/a	2:22.21	2:10.14	2:28.98	2:28.98	2:42.53
	400	Free	n/a	5:09.75	4:34.24	5:24.50	5:24.50	5:54.00
	800	Free	n/a	10:33.99	9:41.62	11:04.18	11:04.18	12:04.56
	1500	Free	n/a	19:38.05	18:41.95	20:34.15	20:34.15	22:26.34
	100	Back	n/a	1:14.47	1:07.75	1:18.01	1:18.01	1:25.10
	200	Back	n/a	2:42.38	2:25.20	2:50.12	2:50.12	3:05.58
	100	Breast	n/a	1:26.36	1:17.80	1:30.48	1:30.48	1:38.70
	200	Breast	n/a	3:06.17	2:46.71	3:15.03	3:15.03	3:32.76
	100	Fly	n/a	1:14.98	1:07.73	1:18.55	1:18.55	1:25.69
	200	Fly	n/a	2:55.82	2:32.48	3:04.19	3:04.19	3:20.94
	200	IM	n/a	2:40.83	2:28.53	2:48.49	2:48.49	3:03.80
	400	IM	n/a	5:50.70	5:16.18	6:07.40	6:07.40	6:40.80

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SCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Male 14	50	Free	n/a	27.23	26.34	29.95	29.95	32.68
	100	Free	n/a	59.42	57.18	1:05.36	1:05.36	1:11.30
	200	Free	n/a	2:10.38	2:05.47	2:23.42	2:23.42	2:36.46
	400	Free	n/a	4:46.22	4:26.94	5:14.84	5:14.84	5:43.46
	800	Free	n/a	9:46.38	9:26.32	10:45.02	10:45.02	11:43.66
	1500	Free	n/a	19:00.02	18:05.73	19:54.30	19:54.30	21:42.88
	100	Back	n/a	1:08.84	1:05.90	1:15.72	1:15.72	1:22.61
	200	Back	n/a	2:31.49	2:22.77	2:46.64	2:46.64	3:01.79
	100	Breast	n/a	1:19.01	1:14.95	1:26.91	1:26.91	1:34.81
	200	Breast	n/a	2:53.18	2:43.42	3:10.50	3:10.50	3:27.82
	100	Fly	n/a	1:08.26	1:04.91	1:15.09	1:15.09	1:21.91
	200	Fly	n/a	2:43.18	2:29.79	2:59.50	2:59.50	3:15.82
	200	IM	n/a	2:30.67	2:22.05	2:45.74	2:45.74	3:00.80
400	IM	n/a	5:24.24	5:07.82	5:56.66	5:56.66	6:29.09	
Male 15	50	Free	n/a	27.15	25.86	28.45	28.45	31.03
	100	Free	n/a	58.83	56.03	1:01.63	1:01.63	1:07.24
	200	Free	n/a	2:08.06	2:01.96	2:14.16	2:14.16	2:26.35
	400	Free	n/a	4:35.14	4:22.04	4:48.24	4:48.24	5:14.45
	800	Free	n/a	9:37.14	9:09.66	10:04.63	10:04.63	10:59.59
	1500	Free	n/a	18:26.47	17:33.78	19:19.16	19:19.16	21:04.54
	100	Back	n/a	1:07.39	1:04.18	1:10.60	1:10.60	1:17.02
	200	Back	n/a	2:26.43	2:19.46	2:33.41	2:33.41	2:47.35
	100	Breast	n/a	1:17.82	1:14.11	1:21.52	1:21.52	1:28.93
	200	Breast	n/a	2:49.16	2:41.10	2:57.21	2:57.21	3:13.32
	100	Fly	n/a	1:06.03	1:02.89	1:09.18	1:09.18	1:15.47
	200	Fly	n/a	2:33.03	2:25.74	2:40.31	2:40.31	2:54.89
	200	IM	n/a	2:26.51	2:19.53	2:33.48	2:33.48	2:47.44
400	IM	n/a	5:18.13	5:02.98	5:33.28	5:33.28	6:03.58	
Male 16&O	50	Free	n/a	26.08	24.59	27.32	27.32	29.81
	100	Free	n/a	56.68	53.44	59.38	59.38	1:04.78
	200	Free	n/a	2:04.24	1:57.13	2:10.15	2:10.15	2:21.98
	400	Free	n/a	4:28.02	4:12.68	4:40.79	4:40.79	5:06.31
	800	Free	n/a	9:21.53	8:49.44	9:48.27	9:48.27	10:41.75
	1500	Free	n/a	17:56.54	16:55.03	18:47.81	18:47.81	20:30.34
	100	Back	n/a	1:04.41	1:00.72	1:07.47	1:07.47	1:13.61
	200	Back	n/a	2:20.11	2:12.09	2:26.78	2:26.78	2:40.13
	100	Breast	n/a	1:14.36	1:10.11	1:17.90	1:17.90	1:24.98
	200	Breast	n/a	2:42.03	2:32.75	2:49.74	2:49.74	3:05.17
	100	Fly	n/a	1:03.83	1:00.17	1:06.87	1:06.87	1:12.95
	200	Fly	n/a	2:23.57	2:15.35	2:30.40	2:30.40	2:44.08
	200	IM	n/a	2:20.94	2:12.88	2:27.65	2:27.65	2:41.08
400	IM	n/a	5:10.52	4:52.77	5:25.30	5:25.30	5:54.88	

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LCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Male 10&U	50	Free	n/a	36.92	35.16	38.68	38.68	42.19
	100	Free	n/a	1:22.29	1:18.37	1:26.21	1:26.21	1:34.04
	200	Free	n/a	3:00.39	2:51.80	3:08.98	3:08.98	3:26.16
	400	Free	n/a	6:21.89	6:03.70	6:40.07	6:40.07	7:16.44
	100	Back	n/a	1:34.94	1:30.42	1:39.46	1:39.46	1:48.50
	200	Back	n/a	3:28.88	3:18.93	3:38.82	3:38.82	3:58.72
	100	Breast	n/a	1:48.65	1:43.48	1:53.83	1:53.83	2:04.18
	100	Fly	n/a	1:42.33	1:37.46	1:47.21	1:47.21	1:56.95
	200	IM	n/a	3:25.63	3:15.84	3:35.42	3:35.42	3:55.01
Male 11	50	Free	n/a	34.03	32.41	35.65	35.65	38.89
	100	Free	n/a	1:14.90	1:11.33	1:18.46	1:18.46	1:25.60
	200	Free	n/a	2:44.57	2:36.73	2:52.40	2:52.40	3:08.08
	400	Free	n/a	5:53.43	5:36.60	6:10.26	6:10.26	6:43.92
	800	Free	n/a	12:23.73	11:48.31	12:59.14	12:59.14	14:09.97
	100	Back	n/a	1:25.97	1:21.88	1:30.07	1:30.07	1:38.25
	200	Back	n/a	3:05.67	2:56.83	3:14.51	3:14.51	3:32.20
	100	Breast	n/a	1:40.22	1:35.45	1:45.00	1:45.00	1:54.54
	200	Breast	n/a	3:39.43	3:28.98	3:49.88	3:49.88	4:10.78
	100	Fly	n/a	1:30.72	1:26.40	1:35.04	1:35.04	1:43.68
	200	Fly	n/a	3:46.81	3:36.01	3:57.61	3:57.61	4:19.21
	200	IM	n/a	3:07.43	2:58.50	3:16.35	3:16.35	3:34.20
	400	IM	n/a	6:56.70	6:36.86	7:16.55	7:16.55	7:56.23
Male 12	50	Free	n/a	31.44	29.94	32.93	32.93	35.93
	100	Free	n/a	1:09.10	1:05.81	1:12.39	1:12.39	1:18.97
	200	Free	n/a	2:30.85	2:23.67	2:38.04	2:38.04	2:52.40
	400	Free	n/a	5:25.58	5:10.08	5:41.09	5:41.09	6:12.10
	800	Free	n/a	11:07.78	10:35.98	11:39.58	11:39.58	12:43.18
	100	Back	n/a	1:20.70	1:16.86	1:24.55	1:24.55	1:32.23
	200	Back	n/a	2:51.42	2:43.26	2:59.59	2:59.59	3:15.91
	100	Breast	n/a	1:31.78	1:27.41	1:36.15	1:36.15	1:44.89
	200	Breast	n/a	3:17.27	3:07.88	3:26.67	3:26.67	3:45.46
	100	Fly	n/a	1:21.23	1:17.36	1:25.10	1:25.10	1:32.83
	200	Fly	n/a	3:08.83	2:59.84	3:17.82	3:17.82	3:35.81
	200	IM	n/a	2:54.57	2:46.26	3:02.89	3:02.89	3:19.51
	400	IM	n/a	6:14.85	5:57.00	6:32.70	6:32.70	7:08.40
Male 13	50	Free	n/a	30.06	27.67	31.49	31.49	34.36
	100	Free	n/a	1:05.93	1:00.33	1:09.07	1:09.07	1:15.35
	200	Free	n/a	2:25.06	2:12.74	2:31.97	2:31.97	2:45.78
	400	Free	n/a	5:15.95	4:39.74	5:30.99	5:30.99	6:01.08
	800	Free	n/a	10:46.67	9:53.25	11:17.47	11:17.47	12:19.06
	1500	Free	n/a	20:01.61	19:04.39	20:58.83	20:58.83	22:53.27
	100	Back	n/a	1:15.96	1:09.11	1:19.57	1:19.57	1:26.81
	200	Back	n/a	2:45.63	2:28.10	2:53.51	2:53.51	3:09.29
	100	Breast	n/a	1:28.08	1:19.35	1:32.28	1:32.28	1:40.67
	200	Breast	n/a	3:09.89	2:50.05	3:18.94	3:18.94	3:37.02
	100	Fly	n/a	1:16.48	1:09.09	1:20.12	1:20.12	1:27.41
	200	Fly	n/a	2:59.34	2:35.53	3:07.88	3:07.88	3:24.96
	200	IM	n/a	2:46.54	2:31.50	2:54.47	2:54.47	3:10.33
	400	IM	n/a	5:57.71	5:22.50	6:14.75	6:14.75	6:48.82

**Central Region Championship Standards
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LCM			CR 'A' Champs		CR 'B' Champs		CR 'C' Champs	
			A DeQual	A Qual	B DeQual	B Qual	C DeQual	C Qual
Male 14	50	Free	n/a	29.16	26.86	30.55	30.55	33.32
	100	Free	n/a	1:03.64	58.32	1:06.67	1:06.67	1:12.73
	200	Free	n/a	2:19.64	2:07.98	2:26.29	2:26.29	2:39.59
	400	Free	n/a	5:06.55	4:32.27	5:21.15	5:21.15	5:50.34
	800	Free	n/a	10:28.02	9:37.65	10:57.92	10:57.92	11:57.73
	1500	Free	n/a	19:22.81	18:27.44	20:18.18	20:18.18	22:08.93
	100	Back	n/a	1:13.73	1:07.22	1:17.24	1:17.24	1:24.26
	200	Back	n/a	2:42.25	2:25.62	2:49.97	2:49.97	3:05.42
	100	Breast	n/a	1:24.61	1:16.45	1:28.64	1:28.64	1:36.70
	200	Breast	n/a	3:05.47	2:46.69	3:14.30	3:14.30	3:31.97
	100	Fly	n/a	1:13.10	1:06.21	1:16.58	1:16.58	1:23.54
	200	Fly	n/a	2:54.76	2:32.78	3:03.08	3:03.08	3:19.73
	200	IM	n/a	2:41.36	2:24.88	2:49.05	2:49.05	3:04.42
	400	IM	n/a	5:47.28	5:13.98	6:03.81	6:03.81	6:36.89
	Male 15	50	Free	n/a	27.69	26.37	29.01	29.01
100		Free	n/a	1:00.01	57.15	1:02.86	1:02.86	1:08.58
200		Free	n/a	2:10.61	2:04.39	2:16.83	2:16.83	2:29.27
400		Free	n/a	4:40.64	4:27.28	4:54.01	4:54.01	5:20.74
800		Free	n/a	9:48.68	9:20.65	10:16.71	10:16.71	11:12.78
1500		Free	n/a	18:48.60	17:54.86	19:42.35	19:42.35	21:29.83
100		Back	n/a	1:08.74	1:05.47	1:12.02	1:12.02	1:18.56
200		Back	n/a	2:29.36	2:22.25	2:36.48	2:36.48	2:50.70
100		Breast	n/a	1:19.38	1:15.60	1:23.16	1:23.16	1:30.72
200		Breast	n/a	2:52.54	2:44.32	3:00.75	3:00.75	3:17.18
100		Fly	n/a	1:07.36	1:04.15	1:10.57	1:10.57	1:16.98
200		Fly	n/a	2:36.08	2:28.65	2:43.52	2:43.52	2:58.38
200		IM	n/a	2:29.44	2:22.32	2:36.55	2:36.55	2:50.78
400	IM	n/a	5:24.49	5:09.04	5:39.94	5:39.94	6:10.85	
Male 16&O	50	Free	n/a	26.60	25.08	27.86	27.86	30.40
	100	Free	n/a	57.81	54.51	1:00.57	1:00.57	1:06.07
	200	Free	n/a	2:06.72	1:59.47	2:12.76	2:12.76	2:24.83
	400	Free	n/a	4:33.39	4:17.74	4:46.41	4:46.41	5:12.44
	800	Free	n/a	9:32.76	9:00.04	10:00.04	10:00.04	10:54.59
	1500	Free	n/a	18:18.08	17:15.33	19:10.37	19:10.37	20:54.95
	100	Back	n/a	1:05.70	1:01.94	1:08.83	1:08.83	1:15.08
	200	Back	n/a	2:22.93	2:14.74	2:29.73	2:29.73	2:43.34
	100	Breast	n/a	1:15.85	1:11.51	1:19.46	1:19.46	1:26.69
	200	Breast	n/a	2:45.27	2:35.81	2:53.14	2:53.14	3:08.88
	100	Fly	n/a	1:05.10	1:01.38	1:08.20	1:08.20	1:14.40
	200	Fly	n/a	2:26.43	2:18.05	2:33.41	2:33.41	2:47.35
	200	IM	n/a	2:23.77	2:15.53	2:30.61	2:30.61	2:44.30
400	IM	n/a	5:16.72	4:58.62	5:31.80	5:31.80	6:01.97	

ON Festivals - Winter and Summer

Dates & Location	Spring Summer	February 18-19, 2017 June 24-25, 2017	Etobicoke, ON Markham, ON
Course	SC		
Format	2 full days Timed Finals AM 11&U / PM 12&O		
Age Groups	10&U / 11 / 12 / 13 / 14 Age at the first day of meet		
Qualifying Standards	See chart below Qualification in SC or LC Maximum of 6 individual events		
Bonus	1 bonus swim		
Qualifying Window	None		

2016 - 2017 Swim Ontario Female Standards - Festivals

10&U	11	12	13	14	EVENT	14	13	12	11	10&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
34.66	32.15	30.64	30.13	29.57	50 Fr	28.99	29.54	30.04	31.52	33.98
1:16.86	1:10.33	1:06.31	1:05.56	1:04.08	100 Fr	1:02.82	1:04.27	1:05.01	1:08.95	1:15.35
2:46.78	2:33.72	2:24.68	2:22.17	2:19.26	200 Fr	2:16.54	2:19.38	2:21.84	2:30.71	2:46.00
5:54.66	5:30.48	5:09.06	5:06.00	5:01.29	400 Fr	4:55.38	5:00.00	5:03.00	5:24.00	5:47.71
	11:17.17	10:27.94	10:22.91	10:12.45	800 Fr	10:00.44	10:10.70	10:15.63	11:03.89	
1:27.91	1:20.88	1:15.85	1:14.85	1:13.43	100 Bk	1:11.98	1:13.38	1:14.37	1:19.29	1:26.19
3:09.89	2:52.81	2:42.76	2:41.76	2:38.11	200 Bk	2:35.01	2:38.59	2:39.57	2:49.42	3:06.16
1:39.47	1:33.44	1:27.91	1:25.40	1:24.23	100 Br	1:22.57	1:23.73	1:26.19	1:31.61	1:37.52
	3:19.94	3:07.88	3:04.86	3:03.80	200 Br	3:00.20	3:01.24	3:04.19	3:16.02	
1:32.93	1:23.89	1:17.86	1:15.85	1:14.39	100 Fl	1:12.94	1:14.37	1:16.34	1:22.25	1:31.11
	3:12.90	2:56.83	2:52.81	2:51.36	200 Fl	2:48.00	2:49.42	2:53.36	3:09.12	
					100 IM					1:29.64
3:12.78	2:56.46	2:46.26	2:43.20	2:40.89	200 IM	2:37.74	2:40.00	2:43.00	2:53.00	3:09.00
	6:11.74	5:49.86	5:47.82	5:44.20	400 IM	5:37.45	5:41.00	5:43.00	6:04.45	

2016 - 2017 Swim Ontario Male Standards - Festivals

10&U	11	12	13	14	EVENT	14	13	12	11	10&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
35.16	32.41	29.94	28.63	27.77	50 Fr	27.23	28.07	29.35	31.77	34.48
1:18.37	1:11.33	1:05.81	1:02.79	1:00.61	100 Fr	59.42	1:01.56	1:04.52	1:09.94	1:16.83
2:51.80	2:36.73	2:23.67	2:18.15	2:12.99	200 Fr	2:10.38	2:15.44	2:20.86	2:33.66	2:51.00
6:03.70	5:36.60	5:10.08	5:00.90	4:51.95	400 Fr	4:46.22	4:55.00	5:04.00	5:30.00	5:56.57
	11:48.31	10:35.98	10:15.88	9:58.11	800 Fr	9:46.38	10:03.80	10:23.51	11:34.43	
1:30.42	1:21.88	1:16.86	1:12.34	1:10.22	100 Bk	1:08.84	1:10.92	1:15.35	1:20.28	1:28.65
3:18.93	2:56.83	2:43.26	2:37.74	2:34.52	200 Bk	2:31.49	2:34.65	2:40.06	2:53.36	3:15.03
1:43.48	1:35.45	1:27.41	1:23.89	1:20.58	100 Br	1:19.01	1:22.25	1:25.70	1:33.58	1:41.46
	3:28.98	3:07.88	3:00.85	2:56.64	200 Br	2:53.18	2:57.30	3:04.19	3:24.88	
1:37.46	1:26.40	1:17.36	1:12.84	1:09.62	100 Fl	1:08.26	1:11.41	1:15.85	1:24.71	1:35.55
	3:36.01	2:59.84	2:50.80	2:46.44	200 Fl	2:43.18	2:47.45	2:56.32	3:31.78	
					100 IM					1:31.61
3:15.84	2:58.50	2:46.26	2:38.61	2:33.68	200 IM	2:30.67	2:35.50	2:43.00	2:55.00	3:12.00
	6:36.86	5:57.00	5:40.68	5:30.74	400 IM	5:24.24	5:34.00	5:50.00	6:29.08	

ON AA - Spring and Summer

Dates & Location	Spring Summer	March 2-5, 2017 June 29 - July 2, 2017	Brantford, ON Scarborough, ON
Course	LC		
Format	4 afternoons (between prelims and finals of Prov. Champs) Timed Finals		
Age Groups	13&U, 14, 15, 16, 17&O Age at the first day of meet		
Qualifying Standards	See chart below Qualification in SC or LC Maximum of 8 individual events De-qualifying standard = Provincials		
Bonus	AA meet only swimmers (zero QTs for Prov. Champs) 1 QT = 4 Bonus swims 2 QTs = 3 Bonus swims 3 QTs = 2 Bonus swims 4 QTs = 1 Bonus swim 5 QTs or more are not eligible for bonus swims		
Qualifying Window	None		

2016 - 2017 Swim Ontario Female Standards - Ontario AA Meet										
13&U	14	15	16	17&O	EVENT	17&O	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
29.93	29.40	28.80	28.47	28.19	50 Fr	27.64	27.92	28.23	28.83	29.34
1:04.81	1:03.43	1:02.40	1:01.58	1:00.97	100 Fr	59.77	1:00.37	1:01.18	1:02.19	1:03.54
2:20.37	2:17.69	2:15.77	2:12.78	2:11.47	200 Fr	2:08.89	2:10.18	2:13.11	2:15.00	2:17.61
4:55.50	4:51.51	4:48.42	4:43.94	4:41.13	400 Fr	4:35.62	4:38.38	4:42.76	4:45.79	4:49.70
10:09.23	10:00.27	9:54.49	9:42.27	9:36.50	800 Fr	9:25.20	9:30.85	9:41.83	9:48.51	9:57.28
19:27.66	19:10.49	18:57.48	18:35.99	18:24.94	1500 Fr	18:03.27	18:14.10	18:35.18	18:47.93	19:04.76
1:13.13	1:11.90	1:09.95	1:09.00	1:08.32	100 Bk	1:06.98	1:07.65	1:08.58	1:10.49	1:11.70
2:36.86	2:33.78	2:31.40	2:27.98	2:26.51	200 Bk	2:23.64	2:25.08	2:28.43	2:30.76	2:33.78
1:23.81	1:22.81	1:21.76	1:21.32	1:20.51	100 Br	1:18.93	1:19.72	1:20.15	1:21.18	1:22.16
2:58.74	2:58.30	2:57.76	2:56.39	2:54.64	200 Br	2:51.22	2:52.93	2:54.28	2:54.80	2:55.24
1:12.95	1:11.82	1:10.37	1:09.45	1:08.76	100 FI	1:07.41	1:08.08	1:08.98	1:10.42	1:11.52
2:43.13	2:42.78	2:40.70	2:34.84	2:33.31	200 FI	2:30.30	2:31.80	2:37.55	2:39.59	2:39.92
2:39.00	2:36.95	2:34.55	2:31.53	2:30.03	200 IM	2:27.09	2:28.56	2:31.52	2:33.87	2:35.88
5:35.98	5:33.12	5:23.85	5:21.12	5:17.94	400 IM	5:11.71	5:14.83	5:17.49	5:26.58	5:29.39
2016 - 2017 Swim Ontario Male Standards - Ontario AA Meet										
13&U	14	15	16	17&O	EVENT	17&O	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
28.37	27.54	26.91	25.85	25.59	50 Fr	25.09	25.34	26.38	27.01	27.82
1:01.86	59.80	58.31	56.18	55.62	100 Fr	54.53	55.08	57.17	58.63	1:00.65
2:16.11	2:11.23	2:06.91	2:03.13	2:01.91	200 Fr	1:59.52	2:00.72	2:04.42	2:08.65	2:13.44
4:46.84	4:39.18	4:32.68	4:25.63	4:23.00	400 Fr	4:17.84	4:20.42	4:27.34	4:33.71	4:41.21
9:59.18	9:43.43	9:26.26	9:10.94	9:05.49	800 Fr	8:54.79	9:00.14	9:15.16	9:31.98	9:47.44
19:15.83	18:38.51	18:05.61	17:36.25	17:25.79	1500 Fr	17:05.28	17:15.53	17:44.32	18:16.59	18:53.17
1:10.86	1:08.92	1:06.79	1:03.83	1:03.20	100 Bk	1:01.96	1:02.58	1:05.48	1:07.57	1:09.47
2:31.86	2:29.32	2:25.13	2:18.86	2:17.49	200 Bk	2:14.79	2:16.14	2:22.28	2:26.39	2:28.88
1:21.37	1:18.39	1:17.12	1:13.70	1:12.97	100 Br	1:11.54	1:12.26	1:15.61	1:16.85	1:19.77
2:54.37	2:50.92	2:47.64	2:40.58	2:38.99	200 Br	2:35.87	2:37.43	2:44.36	2:47.57	2:50.94
1:10.84	1:07.89	1:05.45	1:03.26	1:02.63	100 FI	1:01.40	1:02.01	1:04.17	1:06.56	1:09.45
2:39.48	2:36.66	2:31.65	2:22.28	2:20.87	200 FI	2:18.11	2:19.49	2:28.68	2:33.59	2:36.35
2:33.02	2:28.56	2:25.20	2:19.68	2:18.30	200 IM	2:15.59	2:16.95	2:22.35	2:25.65	2:30.02
5:25.73	5:17.12	5:12.13	5:04.66	5:01.64	400 IM	4:55.73	4:58.69	5:06.01	5:10.90	5:19.34

ON Provincials - Spring and Summer

Dates & Location	Spring Summer	March 2-5, 2017 June 29 - July 2, 2017	Brantford, ON Scarborough, ON
Course	LC		
Format	4 full days Prelims and Finals		
Age Groups	13&U, 14, 15, 16, 17&O Age at the first day of meet		
Qualifying Standards	See chart below Qualification in SC or LC Maximum of 8 individual events		
Bonus	One (1) Bonus swim in Provincial Champs + Bonus swims in AA Meet 1 QT = 3 events in AA Meet 2 QTs = 2 events in AA Meet 3 QTs = 1 event in AA Meet 4 QTs or more are not eligible to swim in AA Meet		
Qualifying Window	None		

2016 - 2017 Swim Ontario Female Standards - Provincial Championships										
13&U	14	15	16	17&O	EVENT	17&O	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
29.19	28.67	28.22	27.91	27.63	50 Fr	27.09	27.36	27.67	28.11	28.61
1:03.21	1:01.86	1:01.16	1:00.36	59.75	100 Fr	58.57	59.17	59.96	1:00.65	1:01.97
2:16.90	2:14.29	2:13.90	2:10.16	2:08.84	200 Fr	2:06.31	2:07.60	2:10.47	2:11.66	2:14.21
4:48.18	4:44.29	4:42.70	4:38.32	4:35.51	400 Fr	4:30.11	4:32.86	4:37.16	4:38.72	4:42.53
10:03.20	9:54.33	9:48.60	9:36.50	9:30.74	800 Fr	9:19.55	9:25.20	9:36.07	9:42.68	9:51.37
19:16.10	18:59.10	18:46.22	18:24.94	18:13.89	1500 Fr	17:52.44	18:03.27	18:24.14	18:36.76	18:53.43
1:11.32	1:10.12	1:08.57	1:07.64	1:06.95	100 Bk	1:05.64	1:06.31	1:07.22	1:08.74	1:09.93
2:32.98	2:29.98	2:28.40	2:25.04	2:23.58	200 Bk	2:20.77	2:22.20	2:25.49	2:27.03	2:29.98
1:21.74	1:20.76	1:20.14	1:19.70	1:18.90	100 Br	1:17.35	1:18.14	1:18.57	1:19.17	1:20.13
2:54.32	2:53.88	2:53.36	2:52.01	2:51.15	200 Br	2:47.80	2:48.65	2:49.96	2:50.47	2:50.90
1:11.15	1:10.04	1:08.97	1:08.07	1:07.38	100 Fl	1:06.06	1:06.74	1:07.62	1:08.67	1:09.75
2:39.09	2:38.75	2:37.52	2:31.78	2:30.24	200 Fl	2:27.29	2:28.80	2:34.43	2:35.64	2:35.96
2:37.43	2:33.07	2:31.49	2:28.53	2:27.03	200 IM	2:24.15	2:25.62	2:28.52	2:30.06	2:34.34
5:32.65	5:29.82	5:20.64	5:17.94	5:14.76	400 IM	5:08.59	5:11.71	5:14.35	5:23.35	5:26.13

2016 - 2017 Swim Ontario Male Standards - Provincial Championships										
13&U	14	15	16	17&O	EVENT	17&O	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
27.67	26.86	26.37	25.33	25.08	50 Fr	24.59	24.84	25.86	26.34	27.13
1:00.33	58.32	57.15	55.06	54.51	100 Fr	53.44	53.98	56.03	57.18	59.15
2:12.74	2:07.98	2:04.39	2:00.69	1:59.47	200 Fr	1:57.13	1:58.32	2:01.96	2:05.47	2:10.14
4:39.74	4:32.27	4:27.28	4:20.37	4:17.74	400 Fr	4:12.68	4:15.26	4:22.04	4:26.94	4:34.24
9:53.25	9:37.65	9:20.65	9:05.49	9:00.04	800 Fr	8:49.44	8:54.79	9:09.66	9:26.32	9:41.62
19:04.39	18:27.44	17:54.86	17:25.79	17:15.33	1500 Fr	16:55.03	17:05.28	17:33.78	18:05.73	18:41.95
1:09.11	1:07.22	1:05.47	1:02.57	1:01.94	100 Bk	1:00.72	1:01.34	1:04.18	1:05.90	1:07.75
2:28.10	2:25.62	2:22.25	2:16.12	2:14.74	200 Bk	2:12.09	2:13.44	2:19.46	2:22.77	2:25.20
1:19.35	1:16.45	1:15.60	1:12.24	1:11.51	100 Br	1:10.11	1:10.82	1:14.11	1:14.95	1:17.80
2:50.05	2:46.69	2:44.32	2:37.40	2:35.81	200 Br	2:32.75	2:34.31	2:41.10	2:43.42	2:46.71
1:09.09	1:06.21	1:04.15	1:02.00	1:01.38	100 Fl	1:00.17	1:00.79	1:02.89	1:04.91	1:07.73
2:35.53	2:32.78	2:28.65	2:19.46	2:18.05	200 Fl	2:15.35	2:16.73	2:25.74	2:29.79	2:32.48
2:31.50	2:24.88	2:22.32	2:16.92	2:15.53	200 IM	2:12.88	2:14.23	2:19.53	2:22.05	2:28.53
5:22.50	5:13.98	5:09.04	5:01.64	4:58.62	400 IM	4:52.77	4:55.73	5:02.98	5:07.82	5:16.18

Canadian Trials - Spring

Dates & Location	April 6-9, 2017	Victoria, BC
Course	LC	
Format	4 full days Prelims and Finals	
Age Groups	Open	
Qualifying Standards	See chart on last page (TRIALS) Qualification LC only Youth Standards	Female 14 (YOB 2003) 15 (YOB 2002) Male 15 (YOB 2002) 16 (YOB 2001)
Bonus	No bonus swims in the prelims Time Trials will follow heats each day	
Qualifying Window	September 1, 2015 - March 22, 2017 <i>Starting in 2019, qualification windows will be March/April and July/August</i>	

Canadian Easterns - Spring

Dates & Location	April 20-23, 2017	Etobicoke, ON
Course	LC	
Format	4 full days Prelims and Finals	
Age Groups	Open (Female 16&O / Male 17&O) Youth (Female 15&U / Male 16&U) 50s will be swum as Open Age as of July 26, 2017 (1st day of Junior Championships)	
Qualifying Standards	See chart on last page (E)	
Bonus	None	
Qualifying Window	September 1, 2015 - April 5, 2017 <i>Starting in 2019, qualification windows will be March/April and July/August</i>	

Canadian Swimming Championships - Summer

Dates & Location	August 4-7, 2017	Montreal, QC
Course	LC	
Format	4 full days Prelims and Finals	
Age Groups	Open	
Qualifying Standards	See chart on last page (CSC)	
Bonus	No bonus swims in the prelims Time Trials will follow heats each day	
Qualifying Window	September 1, 2015 - July 20, 2017 <i>Starting in 2019, qualification windows will be March/April and July/August</i>	

Canadian Junior Championships - Summer

Dates & Location	July 26-31, 2017	Sacramento, ON
Course	LC	
Format	5 full days + 1 day of Open Water Prelims and Finals	
Age Groups	Girls 13-14 & 15-17 Boys 14-16 & 17-18	
Qualifying Standards	See chart on last page (CJC)	
Bonus	None	
Qualifying Window	September 1, 2015 - July 11, 2017 <i>Starting in 2019, qualification windows will be March/April and July/August</i>	



2017 Swimming Canada Female Standards – Trials / CSC / CJC / East / West													
EVENT	Trials			CSC	CJC				E	W	E/W		
AG	Open	15	14	Open	16-17	15	14	13	16&O	16&O	15	14	13
50 FR	26.93	27.02	27.23	27.15	27.47	28.04	28.25	28.80	28.02	28.30	28.61	28.82	29.38
100 FR	57.45	58.34	59.43	58.31	59.13	1:00.65	1:01.19	1:02.71	1:00.32	1:00.91	1:01.86	1:02.42	1:03.96
200 FR	2:04.66	2:06.21	2:08.15	2:06.14	2:07.76	2:11.27	2:12.69	2:15.91	2:10.32	2:11.60	2:13.90	2:15.35	2:18.63
400 FR	4:25.15	4:29.67	4:32.41	4:28.98	4:31.78	4:38.48	4:41.48	4:48.34	4:37.22	4:39.94	4:44.05	4:47.17	4:54.21
800 FR	9:11.99	9:17.61	9:29.37	9:18.90	9:22.03	9:37.75	9:44.12	9:59.10	9:33.27	9:38.90	9:49.32	9:56.22	10:11.08
1500 FR	18:07.43			18:07.87									
50 BK	30.58			30.86					32.40	32.71			
100 BK	1:04.51	1:04.92	1:06.63	1:05.55	1:06.53	1:08.25	1:09.41	1:11.49	1:07.86	1:08.53	1:09.62	1:10.80	1:12.92
200 BK	2:19.60	2:20.26	2:23.04	2:22.03	2:23.84	2:27.47	2:29.47	2:33.47	2:26.72	2:28.16	2:30.34	2:32.47	2:36.54
50 BR	33.93			34.26					35.97	36.32			
100 BR	1:13.10	1:14.80	1:15.46	1:14.46	1:16.00	1:18.62	1:19.09	1:21.18	1:17.52	1:18.28	1:20.20	1:20.67	1:22.80
200 BR	2:38.35	2:40.90	2:43.53	2:42.06	2:43.68	2:48.92	2:50.36	2:55.10	2:46.95	2:48.59	2:52.30	2:53.77	2:58.64
50 FL	28.49			28.78					30.22	30.51			
100 FL	1:02.64	1:03.16	1:03.94	1:03.81	1:04.92	1:07.01	1:07.70	1:09.60	1:06.22	1:06.87	1:08.36	1:09.05	1:10.99
200 FL	2:21.92	2:22.40	2:25.25	2:23.02	2:24.90	2:31.48	2:33.05	2:38.14	2:27.80	2:29.25	2:34.51	2:36.13	2:41.31
200 IM	2:22.40	2:23.12	2:26.81	2:24.40	2:25.37	2:29.43	2:30.77	2:34.35	2:28.27	2:29.73	2:32.42	2:33.78	2:37.51
400 IM	5:03.68	5:03.68	5:10.55	5:06.78	5:10.10	5:17.36	5:22.06	5:28.04	5:16.31	5:19.41	5:23.85	5:28.58	5:34.62

2017 Swimming Canada Male Standards – Trials / CSC / CJC / East / West													
EVENT	Trials			CSC	CJC				E	W	E/W		
AG	Open	16	15	Open	17-18	16	15	14	17&O	17&O	16	15	14
50 FR	23.95	24.47	25.08	24.30	24.66	25.34	25.80	26.40	25.16	25.41	25.84	26.32	26.93
100 FR	51.79	53.10	54.46	52.60	53.41	54.97	55.92	57.49	54.47	55.01	56.08	57.04	58.64
200 FR	1:53.63	1:56.20	1:58.82	1:54.97	1:56.47	2:00.08	2:02.30	2:05.99	1:58.80	1:59.96	2:02.54	2:04.74	2:08.51
400 FR	4:03.36	4:08.73	4:15.15	4:06.18	4:10.18	4:16.68	4:22.32	4:29.73	4:15.18	4:17.68	4:21.94	4:27.67	4:35.16
800 FR	8:45.75			8:45.62									
1500 FR	16:23.72	16:33.23	17:03.69	16:35.66	16:51.59	17:17.89	17:31.24	18:01.83	17:11.82	17:21.94	17:38.65	17:52.36	18:23.47
50 BK	27.80			27.90					29.29	29.57			
100 BK	58.88	1:00.57	1:01.18	59.63	1:00.69	1:02.61	1:03.74	1:05.93	1:01.91	1:02.52	1:03.88	1:05.01	1:07.25
200 BK	2:08.60	2:11.48	2:13.04	2:10.32	2:12.25	2:15.68	2:18.60	2:23.19	2:14.91	2:16.23	2:18.39	2:21.37	2:26.06
50 BR	30.15			30.29					31.80	32.11			
100 BR	1:05.49	1:06.80	1:08.87	1:06.29	1:08.92	1:10.84	1:12.32	1:14.63	1:10.35	1:11.04	1:12.25	1:13.77	1:16.12
200 BR	2:22.49	2:24.77	2:30.13	2:24.62	2:30.41	2:34.67	2:37.49	2:42.90	2:33.42	2:34.92	2:37.77	2:40.64	2:46.16
50 FL	25.86			25.94					27.24	27.50			
100 FL	56.33	57.23	58.47	56.96	58.22	1:00.01	1:01.27	1:03.54	59.45	1:00.03	1:01.22	1:02.50	1:04.81
200 FL	2:06.65	2:07.99	2:13.51	2:08.07	2:10.90	2:15.70	2:19.34	2:24.78	2:13.55	2:14.86	2:18.41	2:22.13	2:27.68
200 IM	2:09.02	2:11.19	2:15.50	2:11.11	2:12.16	2:16.50	2:19.35	2:23.07	2:14.80	2:16.12	2:19.24	2:22.13	2:25.93
400 IM	4:38.18	4:40.06	4:50.98	4:41.82	4:45.14	4:52.66	4:57.99	5:07.20	4:50.85	4:53.70	4:58.51	5:03.95	5:13.34

Trials = Canadian Swimming Trials
 CSC = Canadian Swimming Championships
 CJC = Canadian Junior Championships
 East (E) = Speedo Eastern Canadian Championships
 West (W) = Speedo Western Canadian Championships