

2021-2022 Eastern Ontario Regional Time Standards

| | FEMALE | | | | | | | | | | | |
|------------|--------------|----------|----------|----------|----------|-----------|-------------|----------|----------|----------|----------|-----------|
| | SHORT COURSE | | | | | | LONG COURSE | | | | | |
| | 10 & Under | 11 | 12 | 13 | 14 | 15 & Over | 10 & Under | 11 | 12 | 13 | 14 | 15 & Over |
| 50 Free | 39.08 | 36.25 | 34.55 | 32.49 | 30.92 | 30.47 | 39.86 | 36.97 | 35.24 | 33.14 | 31.54 | 31.08 |
| 100 Free | 1:26.65 | 1:19.89 | 1:14.76 | 1:10.70 | 1:06.72 | 1:05.98 | 1:28.39 | 1:20.88 | 1:16.26 | 1:12.12 | 1:08.05 | 1:07.30 |
| 200 Free | 3:10.90 | 2:53.32 | 2:43.12 | 2:33.32 | 2:24.83 | 2:23.52 | 3:14.72 | 2:56.78 | 2:46.38 | 2:36.39 | 2:27.72 | 2:27.29 |
| 400 Free | 6:39.87 | 6:12.60 | 5:48.45 | 5:30.00 | 5:06.59 | 5:04.88 | 6:47.86 | 6:20.05 | 5:55.42 | 5:36.60 | 5:12.72 | 5:10.97 |
| 800 Free | | 12:43.47 | 11:47.97 | 11:11.77 | 10:40.95 | 10:33.68 | | 12:58.75 | 12:02.13 | 11:25.20 | 10:53.76 | 10:47.46 |
| 1500 Free | | | | | 20:28.44 | 20:14.55 | | | | | 20:53.01 | 20:38.84 |
| 100 Back | 1:39.12 | 1:31.18 | 1:25.53 | 1:20.72 | 1:15.61 | 1:14.53 | 1:41.10 | 1:33.00 | 1:27.23 | 1:22.34 | 1:17.13 | 1:16.02 |
| 200 Back | 3:34.08 | 3:14.83 | 3:03.51 | 2:54.45 | 2:41.83 | 2:40.04 | 3:38.37 | 3:18.73 | 3:07.17 | 2:57.94 | 2:45.07 | 2:43.24 |
| 100 Breast | 1:52.15 | 1:45.35 | 1:39.12 | 1:32.10 | 1:27.09 | 1:26.43 | 1:54.39 | 1:47.46 | 1:41.10 | 1:33.94 | 1:28.84 | 1:28.15 |
| 200 Breast | | 3:45.42 | 3:31.82 | 3:19.36 | 3:07.52 | 3:06.96 | | 3:49.93 | 3:36.06 | 3:23.35 | 3:11.27 | 3:10.70 |
| 100 Fly | 1:44.78 | 1:34.59 | 1:27.79 | 1:21.81 | 1:15.54 | 1:14.38 | 1:46.87 | 1:36.47 | 1:29.54 | 1:23.44 | 1:17.04 | 1:15.87 |
| 200 Fly | | 3:37.49 | 3:19.36 | 3:06.36 | 2:51.20 | 2:49.87 | | 3:41.84 | 3:23.35 | 3:10.09 | 2:54.63 | 2:53.27 |
| 100 IM | 1:43.09 | | | | | | | | | | | |
| 200 IM | 3:37.35 | 3:18.95 | 3:07.45 | 2:56.00 | 2:45.07 | 2:43.37 | 3:41.70 | 3:22.93 | 3:11.20 | 2:59.52 | 2:48.38 | 2:46.64 |
| 400 IM | | 6:59.12 | 6:34.45 | 6:15.10 | 5:55.69 | 5:45.79 | | 7:07.50 | 6:42.34 | 6:22.60 | 6:02.80 | 5:52.70 |

| | MALE | | | | | | | | | | | |
|------------|--------------|----------|----------|----------|----------|-----------|-------------|----------|----------|----------|----------|-----------|
| | SHORT COURSE | | | | | | LONG COURSE | | | | | |
| | 10 & Under | 11 | 12 | 13 | 14 | 15 & Over | 10 & Under | 11 | 12 | 13 | 14 | 15 & Over |
| 50 Free | 39.65 | 36.54 | 33.75 | 30.88 | 28.97 | 28.45 | 40.43 | 37.27 | 34.43 | 31.49 | 29.56 | 29.02 |
| 100 Free | 1:28.35 | 1:20.43 | 1:14.20 | 1:07.72 | 1:03.12 | 1:01.63 | 1:30.13 | 1:22.03 | 1:15.68 | 1:09.07 | 1:04.38 | 1:02.87 |
| 200 Free | 3:16.65 | 2:56.71 | 2:41.99 | 2:28.98 | 2:18.81 | 2:14.30 | 3:20.58 | 3:00.24 | 2:45.22 | 2:31.97 | 2:21.58 | 2:16.98 |
| 400 Free | 6:50.06 | 6:19.50 | 5:49.60 | 5:24.50 | 4:56.84 | 4:48.72 | 6:58.26 | 6:27.09 | 5:56.59 | 5:30.99 | 5:02.78 | 4:54.49 |
| 800 Free | | 13:18.59 | 11:57.04 | 11:04.18 | 10:22.95 | 10:04.63 | | 13:34.56 | 12:11.38 | 11:17.47 | 10:35.42 | 10:16.72 |
| 1500 Free | | | | | 19:54.30 | 19:19.16 | | | | | 20:18.18 | 19:42.35 |
| 100 Back | 1:41.95 | 1:32.32 | 1:26.65 | 1:18.01 | 1:12.49 | 1:10.60 | 1:43.98 | 1:34.16 | 1:28.39 | 1:19.57 | 1:13.94 | 1:12.02 |
| 200 Back | 3:44.28 | 3:19.36 | 3:04.07 | 2:50.12 | 2:37.05 | 2:33.41 | 3:48.77 | 3:23.35 | 3:07.75 | 2:53.51 | 2:40.19 | 2:36.48 |
| 100 Breast | 1:56.68 | 1:47.62 | 1:38.56 | 1:30.48 | 1:22.45 | 1:21.52 | 1:59.00 | 1:49.77 | 1:40.52 | 1:32.28 | 1:24.10 | 1:23.16 |
| 200 Breast | | 3:55.61 | 3:31.82 | 3:15.03 | 2:59.76 | 2:57.21 | | 4:00.33 | 3:36.06 | 3:18.94 | 3:03.36 | 3:00.75 |
| 100 Fly | 1:49.88 | 1:37.42 | 1:27.23 | 1:18.55 | 1:11.40 | 1:09.18 | 1:52.08 | 1:39.36 | 1:28.96 | 1:20.12 | 1:12.83 | 1:10.57 |
| 200 Fly | | 4:03.55 | 3:22.77 | 3:04.19 | 2:44.77 | 2:40.31 | | 4:08.41 | 3:26.82 | 3:07.88 | 2:48.07 | 2:43.52 |
| 100 IM | 1:45.35 | | | | | | | | | | | |
| 200 IM | 3:40.80 | 3:21.25 | 3:07.45 | 2:48.49 | 2:37.49 | 2:33.48 | 3:45.22 | 3:25.28 | 3:11.20 | 2:54.47 | 2:40.63 | 2:36.55 |
| 400 IM | | 7:27.44 | 6:42.50 | 6:07.40 | 5:38.60 | 5:33.28 | | 7:36.39 | 6:50.55 | 6:14.75 | 5:45.38 | 5:39.94 |