



# Ontario Junior International Standards

| Women    |  |          | Event                 | Men      |  |          |
|----------|--|----------|-----------------------|----------|--|----------|
| Standard |  |          |                       | Standard |  |          |
| SCM      |  | LCM      |                       | LCM      |  | SCM      |
| 26.78    |  | 27.68    | 50 Freestyle          | 24.84    |  | 24.06    |
| 57.79    |  | 58.96    | 100 Freestyle         | 53.71    |  | 52.36    |
| 2:04.66  |  | 2:08.23  | 200 Freestyle         | 1:58.27  |  | 1:54.56  |
| 4:24.04  |  | 4:31.20  | 400 Freestyle         | 4:13.64  |  | 4:04.99  |
| 9:12.70  |  | 9:26.01  | 800 Freestyle         | 8:46.61  |  | 8:32.36  |
| 17:37.98 |  | 17:59.14 | 1500 Freestyle        | 16:28.52 |  | 16:09.14 |
| 30.07    |  | 31.43    | 50 Backstroke         | 28.74    |  | 27.16    |
| 1:04.22  |  | 1:06.78  | 100 Backstroke        | 1:01.18  |  | 58.30    |
| 2:17.75  |  | 2:24.60  | 200 Backstroke        | 2:13.01  |  | 2:06.21  |
| 33.75    |  | 34.66    | 50 Breaststroke       | 31.15    |  | 30.27    |
| 1:13.02  |  | 1:15.06  | 100 Breaststroke      | 1:08.20  |  | 1:05.83  |
| 2:37.68  |  | 2:42.60  | 200 Breaststroke      | 2:28.97  |  | 2:22.99  |
| 28.76    |  | 29.27    | 50 Butterfly          | 26.76    |  | 25.99    |
| 1:04.02  |  | 1:04.73  | 100 Butterfly         | 58.50    |  | 57.61    |
| 2:21.02  |  | 2:25.11  | 200 Butterfly         | 2:12.49  |  | 2:08.47  |
| 2:21.22  |  | 2:26.03  | 200 Individual Medley | 2:14.55  |  | 2:09.29  |
| 4:58.81  |  | 5:11.29  | 400 Individual Medley | 4:47.54  |  | 4:37.44  |

If eligible for bonus swims, a minimum time of OJI Standard + 5% will apply

## OJI Bonus Swim Consideration Time

| Women                    |  |         | Event                 | Men                      |  |         |
|--------------------------|--|---------|-----------------------|--------------------------|--|---------|
| Bonus Consideration Time |  |         |                       | Bonus Consideration Time |  |         |
| SCM                      |  | LCM     |                       | LCM                      |  | SCM     |
| 28.12                    |  | 29.06   | 50 Freestyle          | 26.08                    |  | 25.26   |
| 1:00.68                  |  | 1:01.91 | 100 Freestyle         | 56.40                    |  | 54.98   |
| 2:10.89                  |  | 2:14.64 | 200 Freestyle         | 2:04.18                  |  | 2:00.29 |
| 4:37.24                  |  | 4:44.76 | 400 Freestyle         | 4:26.32                  |  | 4:17.24 |
|                          |  |         | 800 Freestyle         |                          |  |         |
|                          |  |         | 1500 Freestyle        |                          |  |         |
| 31.57                    |  | 33.00   | 50 Backstroke         | 30.18                    |  | 28.52   |
| 1:07.43                  |  | 1:10.12 | 100 Backstroke        | 1:04.24                  |  | 1:01.22 |
| 2:24.64                  |  | 2:31.83 | 200 Backstroke        | 2:19.66                  |  | 2:12.52 |
| 35.44                    |  | 36.39   | 50 Breaststroke       | 32.71                    |  | 31.78   |
| 1:16.67                  |  | 1:18.81 | 100 Breaststroke      | 1:11.61                  |  | 1:09.12 |
| 2:45.56                  |  | 2:50.73 | 200 Breaststroke      | 2:36.42                  |  | 2:30.14 |
| 30.20                    |  | 30.73   | 50 Butterfly          | 28.10                    |  | 27.29   |
| 1:07.22                  |  | 1:07.97 | 100 Butterfly         | 1:01.43                  |  | 1:00.49 |
| 2:28.07                  |  | 2:32.37 | 200 Butterfly         | 2:19.11                  |  | 2:14.89 |
| 2:28.28                  |  | 2:33.33 | 200 Individual Medley | 2:21.28                  |  | 2:15.75 |
| 5:13.75                  |  | 5:26.85 | 400 Individual Medley | 5:01.92                  |  | 4:51.31 |