

### 2022-2023 Female Standards - Ontario Festival Championships

10&U	11	12	13	EVENT	13	12	11	10&U
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
36.39	33.76	30.64	30.13	50 Fr	29.54	30.04	33.10	35.68
1:20.70	1:13.85	1:06.31	1:05.56	100 Fr	1:04.27	1:05.01	1:12.40	1:19.12
2:57.79	2:41.41	2:24.68	2:22.17	200 Fr	2:19.38	2:21.84	2:38.25	2:54.30
6:12.39	5:47.00	5:09.06	5:06.00	400 Fr	5:00.00	5:03.00	5:40.20	6:05.10
	11:51.03	10:27.94	10:22.91	800 Fr	10:10.70	10:15.63	11:37.08	
1:32.31	1:24.92	1:15.85	1:14.85	100 Bk	1:13.38	1:14.37	1:23.25	1:30.50
3:19.38	3:01.45	2:42.76	2:41.76	200 Bk	2:38.59	2:39.57	2:57.89	3:15.47
1:44.44	1:38.11	1:27.91	1:25.40	100 Br	1:23.73	1:26.19	1:36.19	1:42.40
	3:29.94	3:07.88	3:04.86	200 Br	3:01.24	3:04.19	3:25.82	
1:37.58	1:28.08	1:17.86	1:15.85	100 FI	1:14.37	1:16.34	1:26.36	1:35.67
	3:22.55	2:56.83	2:52.81	200 FI	2:49.42	2:53.36	3:18.58	
				100 IM				1:34.12
3:22.42	3:05.28	2:46.26	2:43.20	200 IM	2:40.00	2:43.00	3:01.65	3:18.45
	6:30.33	5:49.86	5:47.82	400 IM	5:41.00	5:43.00	6:22.67	

### 2022-2023 Male Standards - Ontario Festival Championships

10&U	11	12	13	EVENT	13	12	11	10&U
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
36.92	34.03	29.94	28.63	50 Fr	28.07	29.35	33.36	36.20
1:22.29	1:14.90	1:05.81	1:02.79	100 Fr	1:01.56	1:04.52	1:13.44	1:20.67
3:03.14	2:44.57	2:23.67	2:18.15	200 Fr	2:15.44	2:20.86	2:41.34	2:59.55
6:21.89	5:53.43	5:10.08	5:00.90	400 Fr	4:55.00	5:04.00	5:46.50	6:14.40
	12:23.73	10:35.98	10:15.88	800 Fr	10:03.80	10:23.51	12:09.15	
1:34.94	1:25.97	1:16.86	1:12.34	100 Bk	1:10.92	1:15.35	1:24.29	1:33.08
3:28.88	3:05.67	2:43.26	2:37.74	200 Bk	2:34.65	2:40.06	3:02.03	3:24.78
1:48.65	1:40.22	1:27.41	1:23.89	100 Br	1:22.25	1:25.70	1:38.25	1:46.53
	3:39.43	3:07.88	3:00.85	200 Br	2:57.30	3:04.19	3:35.12	
1:42.33	1:30.72	1:17.36	1:12.84	100 FI	1:11.41	1:15.85	1:28.95	1:40.33
	3:46.81	2:59.84	2:50.80	200 FI	2:47.45	2:56.32	3:42.37	
				100 IM				1:36.19
3:25.63	3:07.43	2:46.26	2:38.61	200 IM	2:35.50	2:43.00	3:03.75	3:21.60
	6:56.70	5:57.00	5:40.68	400 IM	5:34.00	5:50.00	6:48.53	