



Ontario Junior International Standards

Women			Event	Men		
Standard				Standard		
SCM		LCM		LCM		SCM
26.78		27.68	50 Freestyle	24.84		23.93
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	28.32		26.58
1:04.22		1:06.78	100 Backstroke	1:01.18		58.12
2:17.75		2:24.60	200 Backstroke	2:13.01		2:06.21
33.75		34.66	50 Breaststroke	31.15		30.00
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		25.63
1:03.38		1:04.73	100 Butterfly	58.50		57.37
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		25.13
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	29.74		27.91
1:07.43		1:10.12	100 Backstroke	1:04.24		1:01.03
2:24.64		2:31.83	200 Backstroke	2:19.66		2:12.52
35.44		36.39	50 Breaststroke	32.71		31.50
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		26.91
1:06.55		1:07.97	100 Butterfly	1:01.43		1:00.24
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

updated June 2026