

2026 Swimming Championship Time Standards

DAY 1		WOSSAA (session 1)	OFSAA	DAY 2		WOSSAA (session 2)	OFSAA
1	Jr. 200 Freestyle Girls	Top 32 TVRA/HPAA	Top 2 WOSSAA	407	Sr. 200 Mixed Free Relay	Top 32 TVRA/HPAA	Top 2 WOSSAA
2	Jr. 200 Freestyle Boys	Top 32 TVRA/HPAA	Top 2 WOSSAA	303	Para 100 Freestyle		see para standards chart
3	Sr. 200 Freestyle Girls	3:21.20	2:42.60	25	Jr. 100 I.M. Girls	1:45.90	1:33.35
4	Sr. 200 Freestyle Boys	3:04.00	2:34.61	26	Jr. 100 I.M. Boys	1:39.20	1:23.46
5	Open 200 Freestyle Girls	2:52.40	2:18.80	27	Sr. 100 I.M. Girls	1:41.50	1:23.00
6	Open 200 Freestyle Boys	2:39.60	2:07.38	28	Sr. 100 I.M. Boys	1:31.60	1:17.12
7	Jr. 50 Breaststroke Girls	52.89	45.59	29	Open 100 I.M. Girls	1:31.40	1:15.28
8	Jr. 50 Breaststroke Boys	48.07	39.71	30	Open 100 I.M. Boys	1:22.40	1:07.41
9	Sr. 50 Breaststroke Girls	Top 32 TVRA/HPAA	Top 2 WOSSAA	31	Jr. 50 Freestyle Girls	36.83	32.64
10	Sr. 50 Breaststroke Boys	Top 32 TVRA/HPAA	Top 2 WOSSAA	32	Jr. 50 Freestyle Boys	34.98	29.79
11	Open 100 Breaststroke Girls	1:39.50	1:23.75	33	Sr. 50 Freestyle Girls	36.42	32.56
12	Open 100 Breaststroke Boys	1:28.90	1:12.94	34	Sr. 50 Freestyle Boys	32.80	27.70
301	Para 50 Breaststroke	Top 32 TVRA/HPAA	see para standards chart	35	Open 50 Freestyle Girls	35.75	28.94
13	Jr. 50 Backstroke Girls	47.97	39.92	36	Open 50 Freesetyle Boys	32.54	25.64
14	Jr. 50 Backstroke Boys	44.89	38.34	37	Jr. 50 Butterfly Girls	45.79	38.38
15	Sr. 50 Backstroke Girls	Top 32 TVRA/HPAA	Top 2 WOSSAA	38	Jr. 50 Butterfly Boys	41.13	34.72
16	Sr. 50 Backstroke Boys	Top 32 TVRA/HPAA	Top 2 WOSSAA	39	Sr. 50 Butterfly Girls	43.88	35.40
17	Open 100 Backstroke Girls	1:29.00	1:10.98	40	Sr. 50 Butterfly Boys	37.96	34.55
18	Open 100 Backstroke Boys	1:22.20	1:06.80	41	Open 100 Butterfly Girls	1:27.10	1:12.94
302	Para 50 Backstroke		see para standards chart	42	Open 100 Butterfly Boys	1:19.70	1:03.91
19	Jr. 100 Freestyle Girls	1:32.40	1:16.49	304	Para 50 Freestyle		see para standards chart
20	Jr. 100 Freestyle Boys	1:24.90	1:09.85	409	Jr. 200 Freestyle Relay Girls		2:25.91
21	Sr. 100 Freestyle Girls	1:29.30	1:12.64	410	Jr. 200 Freestyle Relay Boys		2:13.92
22	Sr. 100 Freestyle Boys	1:18.80	1:05.22	411	Sr. 200 Freestyle Relay Girls		2:15.31
23	Open 100 Freestyle Girls	1:18.20	1:04.26	412	Sr. 200 Freestyle Relay Boys		1:58.57
24	Open 100 Freestyle Boys	1:11.10	58.31	413	Open 200 Freestyle Relay Girls	Top 32 TVRA/HPAA	Top 2 WOSSAA
401	Jr. 200 Medley Relay Girls		2:50.63	414	Open 200 Freestyle Relay Boys	Top 32 TVRA/HPAA	Top 2 WOSSAA
402	Jr. 200 Medley Relay Boys		2:35.16				
403	Sr. 200 Medley Relay Girls		2:33.22	*All new events are in green* only top 32 will qualify for these events (Top 2 association winners)			
404	Sr. 200 Medley Relay Boys		2:18.68				
405	Open 200 Medley Relay Girls		2:18.74				
406	Open 200 Medley Relay Boys		2:03.78				
*WOSSAA - Swimmers must meet the time standard to qualify. If over 32 swimmers qualified for an event, only the top 32 swimmers will attend WOSSAA.							
*OFSAA - For any new events that are added to the Championship, time standards will not be used during the first two years, and each association may send two representatives. In the third year time standards will be based upon the average of the fifth slowest recorded times from the previous two years. (We are in Year 1, Rule & Regs f) ii.)							
	revised time standard based on average of 32nd place in the past 2 years						