



# 2019-2020 Swim BC Time Standards

	BC AGE GROUP CHAMPIONSHIPS						BC CHAMPIONSHIPS					
	10 & U		11		12		14 & U		15-18		19 & O	
	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
50 Free	35.13	35.83	34.30	34.99	31.69	32.32	29.50	30.10	28.52	29.10	27.86	28.43
100 Free	1:19.40	1:20.99	1:15.92	1:17.44	1:09.91	1:11.31	1:03.21	1:04.50	1:01.25	1:02.50	1:00.08	1:01.31
200 Free	2:55.31	2:58.82	2:47.15	2:50.49	2:32.42	2:35.47	2:18.18	2:21.00	2:12.79	2:15.50	2:10.20	2:12.86
400 Free	6:15.54	6:23.05	5:57.01	6:04.15	5:27.87	5:34.43	4:54.98	5:01.00	4:45.09	4:50.91	4:36.56	4:42.20
800 Free							10:11.45	10:20.76	9:51.61	10:00.62	9:29.04	9:37.71
1500 Free							19:19.91	19:37.57	19:01.46	19:18.84	18:02.36	18:18.84
100 Back	1:28.60	1:30.37	1:27.14	1:28.88	1:19.57	1:21.16	1:13.01	1:14.50	1:11.38	1:12.84	1:08.57	1:09.97
200 Back	3:17.78	3:21.74	3:08.04	3:11.80	2:53.80	2:57.28	2:36.80	2:40.00	2:30.92	2:34.00	2:28.31	2:31.34
100 Breast	1:43.69	1:45.76	1:37.98	1:39.94	1:30.43	1:32.24	1:24.28	1:26.00	1:21.14	1:22.80	1:17.96	1:19.55
200 Breast	3:44.15	3:48.63	3:32.89	3:37.15	3:14.20	3:18.08	2:59.48	3:03.14	2:51.50	2:55.00	2:48.35	2:51.79
100 Fly	1:34.67	1:36.56	1:30.93	1:32.75	1:21.25	1:22.87	1:12.52	1:14.00	1:07.62	1:09.00	1:06.05	1:07.40
200 Fly	3:34.17	3:38.45	3:32.89	3:37.15	3:15.26	3:19.17	2:52.48	2:56.00	2:42.68	2:46.00	2:30.30	2:33.37
200 IM	3:21.74	3:25.77	3:09.60	3:13.39	2:55.40	2:58.91	2:36.80	2:40.00	2:31.90	2:35.00	2:28.12	2:31.14
400 IM	6:45.50	6:53.61	6:35.69	6:43.60	6:09.18	6:16.56	5:38.96	5:45.88	5:27.81	5:34.50	5:16.37	5:22.83

	BC AGE GROUP CHAMPIONSHIPS						BC CHAMPIONSHIPS					
	11 & U		12		13		15 & U		16-18		19 & O	
	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
50 Free	34.45	35.14	31.84	32.48	29.28	29.87	27.31	27.87	26.02	26.55	25.06	25.57
100 Free	1:15.97	1:17.49	1:10.46	1:11.87	1:04.22	1:05.50	59.78	1:01.00	55.86	57.00	54.33	55.44
200 Free	2:47.58	2:50.93	2:34.87	2:37.97	2:20.30	2:23.11	2:11.32	2:14.00	2:05.44	2:08.00	1:58.71	2:01.13
400 Free	5:56.97	6:04.11	5:31.76	5:38.40	5:01.81	5:07.85	4:36.36	4:42.00	4:26.56	4:32.00	4:18.97	4:24.25
800 Free							9:43.98	9:52.87	9:19.14	9:27.65	8:29.60	8:37.36
1500 Free							18:44.28	19:01.40	17:58.06	18:14.48	17:06.49	17:22.12
100 Back	1:27.66	1:29.41	1:20.94	1:22.56	1:15.82	1:17.34	1:09.36	1:11.50	1:07.91	1:09.30	1:03.34	1:04.63
200 Back	3:09.76	3:13.56	2:51.53	2:54.96	2:42.17	2:45.41	2:32.29	2:37.00	2:30.10	2:33.16	2:19.03	2:21.87
100 Breast	1:40.45	1:42.46	1:33.47	1:35.34	1:25.45	1:27.16	1:16.63	1:19.00	1:15.46	1:17.00	1:11.45	1:12.91
200 Breast	3:35.86	3:40.18	3:18.71	3:22.68	3:03.15	3:06.81	2:52.48	2:56.00	2:49.12	2:52.57	2:37.05	2:40.26
100 Fly	1:32.17	1:34.01	1:22.95	1:24.61	1:14.22	1:15.70	1:08.00	1:09.39	1:02.72	1:04.00	59.51	1:00.72
200 Fly	3:23.33	3:27.40	3:19.11	3:23.09	2:57.26	3:00.81	2:38.50	2:41.73	2:33.58	2:36.71	2:16.68	2:19.47
200 IM	3:09.00	3:12.78	3:03.50	3:07.17	2:49.00	2:52.38	2:26.02	2:29.00	2:20.14	2:23.00	2:16.22	2:19.00
400 IM	6:46.58	6:54.71	6:25.15	6:32.85	5:52.85	5:59.91	5:17.08	5:26.89	5:15.28	5:21.71	4:55.99	5:02.03