



2021-22 SWIM BC PROVINCIAL CHAMPIONSHIP TIME STANDARDS

FEMALE										
EVENT	11 - 12		13 - 14		15 - 17				18 & OVER	
	LCM	SCM	LCM	SCM	15		16 - 17		LCM	SCM
					LCM	SCM	LCM	SCM		
50 Free	0:30.57	0:29.97	0:29.26	0:28.69	0:28.72	0:28.16	0:28.44	0:27.88	0:28.15	0:27.60
100 Free	1:07.33	1:06.01	1:03.73	1:02.48	1:02.21	1:00.99	1:01.60	1:00.39	1:00.99	0:59.79
200 Free	2:26.26	2:23.39	2:17.41	2:14.72	2:14.38	2:11.75	2:13.06	2:10.45	2:11.73	2:09.15
400 Free	5:08.48	5:02.43	4:47.69	4:42.05	4:44.34	4:38.76	4:41.52	4:36.00	4:38.70	4:33.24
800 Free	10:41.45	10:28.87	9:59.15	9:47.40	9:50.44	9:38.86	9:44.59	9:33.13	9:38.75	9:27.40
1500 Free	20:31.58	20:07.43	19:10.37	18:47.81	18:53.64	18:31.41	18:42.42	18:20.41	18:31.20	18:09.41
50 Back	0:36.03	0:35.32	0:33.25	0:32.60	0:32.70	0:32.06	0:32.37	0:31.74	0:32.05	0:31.42
100 Back	1:16.44	1:14.94	1:11.05	1:09.66	1:09.58	1:08.22	1:08.89	1:07.54	1:08.21	1:06.87
200 Back	2:44.50	2:41.27	2:32.79	2:29.79	2:29.83	2:26.89	2:28.35	2:25.44	2:26.87	2:23.99
50 Breast	0:41.39	0:40.38	0:37.86	0:36.94	0:37.04	0:36.14	0:36.67	0:35.78	0:36.31	0:35.42
100 Breast	1:28.43	1:26.27	1:21.68	1:19.69	1:19.61	1:17.67	1:18.82	1:16.90	1:18.03	1:16.13
200 Breast	3:10.49	3:05.84	2:56.82	2:52.51	2:51.93	2:47.74	2:50.23	2:46.08	2:48.53	2:44.42
50 Fly	0:34.38	0:33.71	0:32.21	0:31.58	0:31.21	0:30.60	0:30.91	0:30.30	0:30.60	0:30.00
100 Fly	1:16.31	1:14.81	1:10.90	1:09.51	1:09.00	1:07.65	1:08.32	1:06.98	1:07.64	1:06.31
200 Fly	2:51.69	2:48.32	2:40.84	2:37.69	2:33.41	2:30.40	2:31.89	2:28.91	2:30.37	2:27.42
200 IM	2:44.86	2:41.63	2:37.40	2:34.31	2:31.48	2:28.51	2:29.98	2:27.04	2:28.48	2:25.57
400 IM	5:51.09	5:44.21	5:29.75	5:23.28	5:25.92	5:19.53	5:22.70	5:16.37	5:19.47	5:13.21

MALE										
EVENT	11 - 12		13 - 14		15 - 17				18 & OVER	
	LCM	SCM	LCM	SCM	15		16 - 17		LCM	SCM
					LCM	SCM	LCM	SCM		
50 Free	0:30.58	0:29.98	0:27.43	0:26.89	0:26.35	0:25.83	0:25.83	0:25.32	0:24.92	0:24.43
100 Free	1:06.68	1:05.37	0:59.94	0:58.76	0:57.32	0:56.20	0:56.20	0:55.10	0:54.23	0:53.17
200 Free	2:25.91	2:23.05	2:10.09	2:07.54	2:05.10	2:02.65	2:02.64	2:00.24	1:58.35	1:56.03
400 Free	5:07.14	5:01.12	4:42.52	4:36.98	4:27.39	4:22.15	4:22.15	4:17.01	4:12.98	4:08.02
800 Free	10:49.86	10:37.12	9:45.66	9:34.18	9:27.73	9:16.60	9:16.59	9:05.68	8:57.11	8:46.58
1500 Free	20:25.00	20:00.98	18:23.98	18:02.33	17:50.17	17:29.19	17:29.19	17:08.62	16:52.47	16:32.62
50 Back	0:36.50	0:35.78	0:32.07	0:31.44	0:30.20	0:29.61	0:29.61	0:29.03	0:28.57	0:28.01
100 Back	1:17.41	1:15.89	1:08.42	1:07.08	1:04.75	1:03.48	1:03.47	1:02.23	1:01.25	1:00.05
200 Back	2:44.43	2:41.21	2:28.33	2:25.42	2:20.94	2:18.18	2:18.18	2:15.47	2:13.34	2:10.73
50 Breast	0:40.95	0:39.95	0:35.95	0:35.07	0:34.12	0:33.29	0:33.46	0:32.64	0:32.29	0:31.50
100 Breast	1:27.81	1:25.67	1:17.23	1:15.35	1:13.70	1:11.90	1:12.25	1:10.49	1:09.72	1:08.02
200 Breast	3:08.49	3:03.89	2:48.24	2:44.14	2:39.82	2:35.92	2:36.68	2:32.86	2:31.20	2:27.51
50 Fly	0:34.58	0:33.90	0:30.60	0:30.00	0:29.12	0:28.55	0:28.55	0:27.99	0:27.55	0:27.01
100 Fly	1:16.44	1:14.94	1:06.99	1:05.68	1:04.35	1:03.09	1:03.09	1:01.85	1:00.88	0:59.69
200 Fly	2:56.80	2:53.33	2:33.74	2:30.73	2:23.54	2:20.73	2:20.73	2:17.97	2:15.80	2:13.14
200 IM	2:44.61	2:41.38	2:28.42	2:25.51	2:21.39	2:18.62	2:18.62	2:15.90	2:13.76	2:11.14
400 IM	5:55.26	5:48.29	5:15.10	5:08.92	5:04.67	4:58.70	4:58.70	4:52.84	4:48.24	4:42.59

*Provincial Championship Age Groups are 11 - 12 Years, 13 - 14 Years, 15 - 17 Years, and 18 & Over.
Swimmers aged 15 years will compete in the 15 – 17 age group.*