



**2020-21 to 2024-25
Provincial Championship
Competition Summary**



INTRODUCTION

The Provincial Championship Review Panel undertook an examination of the current competition model. In doing so, they determined that the current model was miss-aligned with geographic, maturation, social, and competitive needs.

Geographic Considerations

It was determined that 3 levels of competitions, hosted in Regions, Divisions, and Provincially for each successive level of swimmer would best suited for the development of the recreational competitive swimmer through top-level provincial swimmer.

Maturation

The panel recognized the importance of providing opportunities for all levels of participant in order to address swimmer retention, and late bloomers.

Social Needs

The examination of the age groupings led to a desire to reflect competition age bands that represented not only competitive categories, but also importantly represented social alignment with more traditional peer group representations, typical of those a participant would see in school and other social systems in a swimmer's life.

Competitive Environment

The provincial competition program ensures that the environment is appropriate for each level of swimmer with considerations on location, size of meet, spirit, and recognition of accomplishments.

It was felt that championship competitions should strictly adhere to the hallmarks of a true championship meet. Consideration has been given to the format, relay swimming, age group alignment with provincial and national records, and achievement recognition.

COMPETITION LEVELS

The following three competition tiers have been designed to accommodate Swim BC's developing athletes and provide a championship racing environment.

- Regional Competition
- Divisional Competition
- Provincial Championships

These competitions are summarized in the following table.

EFFECTIVE DATE

The presented format will be in effect for four seasons, 2020-21 through 2024-25. The time standards will be reviewed annually.

SWIM BC CHAMPIONSHIP COMPETITION SUMMARY

	REGIONAL CHAMPIONSHIPS	DIVISIONAL CHAMPIONSHIPS	PROVINCIAL CHAMPIONSHIPS
DATES	Winter: Early February Summer: Early June	Winter: Mid-February Summer: Mid-June	Winter: Early March Summer: Early July
FACILITY	Regional Coaches to Determine	SCM (Minimum 8 Lane X 25m)	LCM (Minimum 8 Lane X 50m + 25m SD Pool)
CATCHMENTS	7 Regions Northwest Region Northeast Region Thompson-Okanagan Region Kootney Region Vancouver Island Region Lower Mainland Region (1) Lower Mainland Region (2)	3 Divisions North & Interior Division Fraser & Island Division Vancouver Coastal Division	1 Province All Age Group Clubs
FORMAT	2 Days, Regional Coaches to Determine	3 Days, Age Group Heats and Age Group A Finals	4 Days, Age Group Heats and Age Group A Finals
NUMBER OF SWIMMERS	Regional Coaches to Determine	350 / Competition	450
AGE GROUPS	10&U, 11-12, 13-14, 15&O	12&U, 13-14, 15&O	11-12, 13-14, 15-17, 18&O
PARA	Open Age Group Timed Finals	No Para Events	Open Multi-Class Heats and A Finals
QUALIFYING STANDARDS	Regional Coaches to Determine	Division Specific Standards	Provincial Championship Standards
DEQUALIFYNG STANDARDS	Divisional Standard by Event	By Event: Provincial Standard Meet: 4 Provincial Championship Standards	None
BONUS SWIMS	Regional Coaches to Determine	None	None
NUMBER OF SWIMS	Regional Coaches to Determine	Unlimited to Qualified Swims	Unlimited to Qualified Swims
AWARDS	Regional Coaches to Determine	Medal: Places 1 - 3 Ribbon: Places 4 - 8 (10)	Medal: Places 1 - 3 Ribbon: Places 4 - 8 (10) Age Group Aggregate Award Team Championship Banner

SWIM BC CLUB LIST

NORTH & INTERIOR DIVISION	FRASER & ISLAND DIVISION	VANCOUVER COASTAL DIVISION
North West	Fraser River	Vancouver Coastal
Bulkley Valley Otters (BVOSC)	Advent Swim Academy (ADVENT)	Canadian Dolphins Swim Club (CDSC)
Kitimat Marlins (KMSC)	Dynamo Swim Club (DYNA)	Chena Swim Club (CHENA)
Prince Rupert Amateur Swim Club (PRASC)	Hyack Swim Club (HYACK)	Chinook Swim Club (CHIN)
Terrace Bluebacks Swim Club (TBSC)	Pacific Sea Wolves (PSW)	Delta Sungod Swim Club (DELTA)
North East	Simon Fraser Aquatics (SFA)	Hollyburn Swim Team (HST)
Chetwynd Electric Eels (CEE)	Simon Fraser University (SFU)	Killarney Gators (GATORS)
Fort St. John Inconnu (CONNU)	Fraser Valley	Richmond Rapids Swim Club (RAPID)
Prince George Barracudas (PGB)	Abbotsford Olympians Swim Club (AOSC)	Squamish Pirates Swim Club (SQUP)
Waveriders Swim Club (WRSC)	Haney Seahorse Swim Club (HANEY)	Swim Faster Club (SFC)
Williams Lake Bluefins (WLBF)	Langley Olympians Swim Club (LOSC)	University of British Columbia (UBCT)
Kootenays	Spartan Swim Club (SPART)	Vancouver Pacific Swim Club (VPSC)
Columbia Valley Swim Club (CVSC)	Surrey Knights Swim Club (SKSC)	Wayland Swim Club (WSC)
Cranbrook Tritons (CTSC)		West Vancouver Otters (WVOSC)
Elk Valley Dolphins (EVDSC)	Vancouver Island	Whistler Seawolves Swim Club (WSWSC)
Kootenay Swim Club (CKSC)	Campbell River Killer Whales (CRKW)	Winskill Dolphins (WDSC)
Thompson-Okanagan	Comox Valley Aquatic Club (COMOX)	
Columbia Shuswap Selkirks Swim Club (CSSSC)	Duncan Stingrays Swim Team (DST)	
Kamloops Classic Swimming (KCS)	Island Swimming Club (ISC)	
Kelowna Aquajets (KAJ)	Ladysmith/Chemainus (LCSC)	
KISU Swim Club (KISU)	Nanaimo Riptides Swim Team (NRST)	
Summerland Orca Swim Club (SOSC)	Port Alberni Tsunami (TSUN)	
Thompson Rivers University (TRUW)	Ravensong Aquatic Club (RAC)	
Vernon Kokanee Swim Club (VKSC)	UVic Pacific Coast Swimming (UVPCS)	
	UVIC VIKES Swim Team (UVIC)	
	Whitehorse Glacier Bears Swim Club (WGB)	



APPENDIX A

DIVISIONAL CHAMPIONSHIPS



SWIM BC DIVISIONAL CHAMPIONSHIPS NORTH & INTERIOR DIVISION

2020-21 NORTH & INTERIOR DIVISION TIME STANDARDS

	FEMALE					
	12 & U		13 & 14		15 & O	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	34.11	33.44	31.82	31.20	30.47	29.87
100 Free	1:16.84	1:15.33	1:09.99	1:08.62	1:06.39	1:05.09
200 Free	2:48.63	2:45.32	2:33.24	2:30.24	2:24.44	2:21.61
400 Free	5:45.84	5:39.06	5:15.60	5:09.41	5:01.60	4:55.69
800 Free	12:10.79	11:56.46	11:09.15	10:56.03	10:45.28	10:32.63
1500 Free	23:08.50	22:41.27	21:11.39	20:46.46	20:26.04	20:02.00
50 Back	41.26	40.45	37.63	36.89	35.48	34.78
100 Back	1:27.49	1:25.77	1:20.41	1:18.83	1:16.62	1:15.12
200 Back	3:09.93	3:06.21	2:50.18	2:46.03	2:44.48	2:41.25
50 Breast	46.97	46.05	43.61	42.75	40.61	39.81
100 Breast	1:41.39	1:39.40	1:34.20	1:32.35	1:29.36	1:27.61
200 Breast	3:40.74	3:36.41	3:24.16	3:17.26	3:11.29	3:07.54
50 Fly	40.59	39.79	35.77	35.07	33.77	33.11
100 Fly	1:34.07	1:32.23	1:23.31	1:21.68	1:15.97	1:14.48
200 Fly	3:39.30	3:35.00	3:03.66	3:00.06	2:51.67	2:46.67
200 IM	3:06.73	3:03.07	2:53.87	2:50.46	2:41.91	2:38.74
400 IM	6:37.91	6:30.11	5:57.36	5:50.35	5:47.73	5:40.91

	MALE					
	12 & U		13 & 14		15 & O	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	35.13	34.44	31.09	30.48	27.59	27.05
100 Free	1:18.55	1:17.01	1:08.58	1:07.24	1:00.24	59.06
200 Free	2:53.33	2:49.93	2:34.77	2:31.74	2:14.25	2:11.62
400 Free	5:54.97	5:48.01	5:09.51	5:03.44	4:39.24	4:41.63
800 Free	13:25.24	13:09.45	11:29.81	11:16.28	10:06.40	9:54.51
1500 Free	25:29.95	24:59.95	21:10.50	20:45.59	19:12.16	18:49.57
50 Back	43.93	43.07	38.04	37.29	32.93	32.28
100 Back	1:32.33	1:30.52	1:20.42	1:18.84	1:10.57	1:09.19
200 Back	3:22.28	3:18.31	2:50.11	2:45.96	2:36.06	2:33.00
50 Breast	49.46	48.49	43.39	42.54	37.57	36.83
100 Breast	1:44.58	1:42.53	1:30.87	1:29.09	1:20.89	1:19.30
200 Breast	3:48.17	3:43.70	3:11.34	3:04.87	2:57.41	2:53.69
50 Fly	43.89	43.03	36.28	35.57	30.67	30.07
100 Fly	1:36.90	1:35.00	1:24.20	1:22.55	1:08.41	1:07.07
200 Fly	3:45.66	3:41.24	3:05.78	3:02.14	2:43.22	2:40.02
200 IM	3:14.41	3:10.60	2:50.87	2:47.52	2:30.06	2:27.12
400 IM	6:53.32	6:45.22	5:45.03	5:38.26	5:11.27	5:05.17

CLUBS

- BVOSC - Bulkley Valley Otters
- CEE - Chetwynd Electric Eels
- CKSC - Kootenay Swim Club
- CONNU - Fort St. John Inconnu
- CSSSC - Columbia Shuswap Selkirks
- CTSC - Cranbrook Tritons
- CVSC - Columbia Valley Swim Club
- EVDSC - Elk Valley Dolphins
- KAJ - Kelowna Aquajets
- KCS - Kamloops Classic Swimming
- KISU - KISU Swim Club
- KMSC - Kitimat Marlins
- PGB - Prince George Barracudas
- PRASC - Prince Rupert Amateur SC
- SOSC - Summerland Orca Swim Club
- TBSC - Terrace Bluebacks Swim Club
- TRUW - Thompson Rivers University
- VKSC - Vernon Kokanee Swim Club
- WLBF - Williams Lake Bluefins
- WRSC - Waveriders Swim Club



SWIM BC DIVISIONAL CHAMPIONSHIPS

FRASER & ISLAND DIVISION

2020-21 FRASER & ISLAND DIVISION TIME STANDARDS

	FEMALE					
	12 & U		13 & 14		15 & O	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	32.10	31.47	30.63	30.03	29.43	28.85
100 Free	1:10.40	1:09.02	1:07.10	1:05.78	1:03.52	1:02.27
200 Free	2:35.48	2:32.43	2:28.30	2:25.39	2:18.07	2:15.36
400 Free	5:12.00	5:05.88	5:04.84	4:58.86	4:52.22	4:46.49
800 Free	10:55.49	10:42.64	10:34.95	10:22.50	10:35.48	10:23.02
1500 Free	22:04.30	21:38.33	20:06.41	19:42.75	20:07.41	19:43.74
50 Back	38.99	38.23	37.16	36.43	34.12	33.45
100 Back	1:20.79	1:19.21	1:18.16	1:16.63	1:11.79	1:10.38
200 Back	2:53.96	2:50.55	2:44.85	2:41.62	2:34.13	2:31.11
50 Breast	45.05	44.17	42.77	41.93	40.75	39.95
100 Breast	1:33.00	1:31.18	1:29.42	1:27.67	1:24.24	1:22.59
200 Breast	3:21.55	3:17.60	3:10.28	3:06.55	3:02.52	2:56.35
50 Fly	37.39	36.66	35.28	34.59	32.95	32.30
100 Fly	1:24.02	1:22.37	1:19.33	1:17.77	1:11.55	1:10.15
200 Fly	3:29.74	3:25.63	3:05.76	3:02.12	2:47.48	2:44.20
200 IM	2:53.75	2:50.34	2:47.07	2:43.79	2:37.00	2:33.92
400 IM	5:59.74	5:52.69	5:52.15	5:45.25	5:44.32	5:37.57

	MALE					
	12 & U		13 & 14		15 & O	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	32.74	32.10	28.91	28.34	26.62	26.10
100 Free	1:12.32	1:10:67	1:03.18	1:01.94	58.00	56.86
200 Free	2:38.06	2:34.96	2:19.51	2:16.77	2:07.33	2:04.83
400 Free	5:29.98	5:23.51	4:50.01	4:44.32	4:32.93	4:27.58
800 Free	11:38.67	11:24.97	10:39.31	10:26.77	9:55.66	9:43.98
1500 Free	22:06.44	21:40.43	20:03.72	19:40.12	18:51.75	18:29.56
50 Back	40.88	40.08	36.17	35.46	32.48	31.84
100 Back	1:23.71	1:22.07	1:15.81	1:14.32	1:08.01	1:06.68
200 Back	3:00.60	2:57.06	2:41.46	2:37.52	2:32.02	2:29.04
50 Breast	48.44	47.49	41.87	41.05	36.45	35.74
100 Breast	1:37.31	1:35.40	1:24.32	1:22.67	1:16.90	1:15.39
200 Breast	3:33.71	3:29.52	3:06.43	3:00.31	2:50.44	2:47.10
50 Fly	41.38	40.57	34.18	33.51	29.80	29.22
100 Fly	1:29.92	1:28.16	1:14.32	1:12.86	1:05.54	1:04.25
200 Fly	3:39.90	3:35.59	2:49.36	2:46.04	2:35.45	2:32.40
200 IM	2:58.87	2:55.36	2:36.88	2:33.80	2:23.53	2:20.72
400 IM	6:15.09	6:07.74	5:31.82	5:25.31	5:01.82	4:55.90

CLUBS

- ADVENT - Advent Swim Academy
- AOSC - Abbotsford Olympians SC
- COMOX - Comox Valley Aquatic Club
- CRKW - Campbell River Killer Whales
- DST - Duncan Stingrays Swim Team
- DYNA - Dynamo Swim Club
- HANEY - Haney Seahorse Swim Club
- HYACK - Hyack Swim Club
- ISC - Island Swimming Club
- LCSC - Ladysmith/Chemainus
- LOSC - Langley Olympians Swim Club
- NRST - Nanaimo Riptides Swim Team
- PSW - Pacific Sea Wolves
- RAC - Ravensong Aquatic Club
- SFA - Simon Fraser Aquatics
- SFU - Simon Fraser University
- SKSC - Surrey Knights Swim Club
- SPART - Spartan Swim Club
- TSUN - Port Alberni Tsunami
- UVIC - UVIC VIKES Swim Team
- UVPCS - UVic Pacific Coast Swimming
- WGB - Whitehorse Glacier Bears SC





SWIM BC DIVISIONAL CHAMPIONSHIPS

VANCOUVER COASTAL DIVISION

2020-21 VANCOUVER COASTAL DIVISION TIME STANDARDS

	FEMALE					
	12 & U		13 & 14		15 & O	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	32.85	32.21	31.44	30.82	29.99	29.40
100 Free	1:12.53	1:11.11	1:07.91	1:06.58	1:05.69	1:04.40
200 Free	2:39.82	2:36.69	2:28.47	2:25.56	2:24.83	2:21.99
400 Free	5:29.57	5:23.11	5:06.69	5:00.68	4:57.52	4:51.69
800 Free	11:37.79	11:24.11	10:45.30	10:32.65	10:17.49	10:05.38
1500 Free	21:33.07	21:07.72	20:26.08	20:02.04	19:33.23	19:10.22
50 Back	39.75	38.97	36.54	35.82	35.91	35.21
100 Back	1:23.82	1:22.18	1:17.23	1:15.72	1:14.84	1:13.37
200 Back	3:00.77	2:57.23	2:50.00	2:46.67	2:45.24	2:42.00
50 Breast	45.67	44.77	42.96	42.12	41.64	40.82
100 Breast	1:37.81	1:35.89	1:29.84	1:28.08	1:27.65	1:25.93
200 Breast	3:23.64	3:19.65	3:17.65	3:13.77	3:09.19	3:05.48
50 Fly	38.44	37.69	35.67	34.97	34.22	33.55
100 Fly	1:26.97	1:25.26	1:20.07	1:18.50	1:16.73	1:15.23
200 Fly	3:32.90	3:28.73	3:22.69	3:16.79	2:58.13	2:52.94
200 IM	2:58.74	2:55.24	2:49.01	2:45.70	2:44.37	2:41.15
400 IM	6:16.30	6:08.92	5:54.06	5:47.12	5:51.39	5:42.82

CLUBS

- CDSC - Canadian Dolphins Swim Club
- CHENA - Chena Swim Club
- CHIN - Chinook Swim Club
- DELTA - Delta Sungod Swim Club
- GATORS - Killarney Gators
- HST - Hollyburn Swim Team
- RAPID - Richmond Rapids Swim Club
- SFC - Swim Faster Club
- SQUP - Squamish Pirates Swim Club
- UBCT - University of British Columbia
- VPSC - Vancouver Pacific Swim Club
- WDSC - Winskill Dolphins
- WSC - Wayland Swim Club
- WSWSC - Whistler Seawolves Swim Club
- WVOSC - West Vancouver Otters

	MALE					
	12 & U		13 & 14		15 & O	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	32.71	32.07	28.56	28.00	26.70	26.18
100 Free	1:12.00	1:10.59	1:03.95	1:02.70	58.52	57.37
200 Free	2:38.68	2:35.57	2:21.88	2:19.10	2:10.59	2:08.03
400 Free	5:27.85	5:21.42	4:54.17	4:48.40	4:39.24	4:33.76
800 Free	11:50.86	11:36.92	11:34.02	11:20.41	10:22.49	10:10.28
1500 Free	24:34.29	24:05.38	21:58.63	21:32.77	19:42.72	19:19.53
50 Back	40.04	39.25	35.75	35.05	32.96	32.31
100 Back	1:23.56	1:21.92	1:15.13	1:13.66	1:10.37	1:08.99
200 Back	3:00.37	2:56.83	2:46.42	2:43.16	2:33.00	2:30.00
50 Breast	46.06	45.16	40.04	39.25	36.28	35.57
100 Breast	1:33.94	1:32.10	1:24.14	1:22.49	1:18.51	1:16.97
200 Breast	3:25.11	3:21.09	3:01.34	2:55.21	2:53.26	2:47.40
50 Fly	39.23	38.46	33.86	33.20	30.03	29.44
100 Fly	1:27.72	1:26.00	1:14.22	1:12.76	1:06.81	1:05.50
200 Fly	3:43.96	3:39.57	2:48.89	2:43.97	2:40.95	2:37.79
200 IM	2:58.26	2:54.76	2:39.48	2:36.35	2:27.94	2:25.04
400 IM	6:08.76	6:01.53	5:34.95	5:28.38	5:23.61	5:17.26



SWIM BC DIVISIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS

	FEMALE			MALE		
	12 & U	13 & 14	15 & O	11 & 12	13 & 14	15 & O
DAY 1	200 IM 100 Back 200 Fly 50 Breast 400 Free ** -- 4 X 50 FR ◇	200 IM 100 Back 200 Fly 50 Breast 400 Free ** -- 4 X 50 FR ◇	200 IM 100 Back 200 Fly 50 Breast 400 Free ** -- 4 X 50 FR ◇	200 IM 100 Back 200 Fly 50 Breast 400 Free ** -- 4 X 50 FR ◇	200 IM 100 Back 200 Fly 50 Breast 400 Free ** -- 4 X 50 FR ◇	200 IM 100 Back 200 Fly 50 Breast 400 Free ** -- 4 X 50 FR ◇
DAY 2	200 Free 50 Fly 100 Breast 50 Free 200 Back 400 IM ** -- 4 X 50 MR ◇	200 Free 50 Fly 100 Breast 50 Free 200 Back 400 IM ** -- 4 X 50 MR ◇	200 Free 50 Fly 100 Breast 50 Free 200 Back 400 IM ** -- 4 X 50 MR ◇	200 Free 50 Fly 100 Breast 50 Free 200 Back 400 IM ** -- 4 X 50 MR ◇	200 Free 50 Fly 100 Breast 50 Free 200 Back 400 IM ** -- 4 X 50 MR ◇	200 Free 50 Fly 100 Breast 50 Free 200 Back 400 IM ** -- 4 X 50 MR ◇
DAY 3	200 Breast 100 Free 50 Back 100 Fly 800 / 1500 Free * 4 X 100 MIXED ♦	200 Breast 100 Free 50 Back 100 Fly 800 / 1500 Free * 4 X 100 MIXED ♦	200 Breast 100 Free 50 Back 100 Fly 800 / 1500 Free * 4 X 100 MIXED ♦	200 Breast 100 Free 50 Back 100 Fly 800 / 1500 Free * 4 X 100 MIXED ♦	200 Breast 100 Free 50 Back 100 Fly 800 / 1500 Free * 4 X 100 MIXED ♦	200 Breast 100 Free 50 Back 100 Fly 800 / 1500 Free * 4 X 100 MIXED ♦

* Timed Finals to be swum in the Preliminaries Session, alternating 800 Free / 1500 Free by Championship Meet

** Timed Finals with the fastest heat in each Age Group to be swum in Finals Session

◇ Timed Finals to be swum in the Finals Session

♦ Timed Finals to be swum in the Finals Session, alternating Free Relay and Medley Relay by Championship



APPENDIX B

PROVINCIAL CHAMPIONSHIPS



SWIM BC PROVINCIAL CHAMPIONSHIPS

2020-21 SWIM BC PROVINCIAL CHAMPIONSHIP TIME STANDARDS

	FEMALE							
	11 & 12		13 & 14		15 – 17		18 & O	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.93	29.91	29.19	28.58	28.43	27.75	28.16	27.47
100 Free	1:08.02	1:05.87	1:03.36	1:02.13	1:01.16	1:00.24	1:00.34	58.89
200 Free	2:29.34	2:23.77	2:17.16	2:14.56	2:12.43	2:10.16	2:10.36	2:07.06
400 Free	5:12.81	5:01.45	4:48.74	4:41.36	4:40.67	4:34.83	4:39.61	4:32.74
800 Free	10:42.32	10:26.65	10:02.01	9:45.35	9:45.34	9:31.64	9:42.34	9:27.70
1500 Free	20:20.41	19:50.64	19:25.82	18:42.67	18:38.15	18:16.12	18:30.56	18:06.12
50 Back	37.56	35.13	36.00	32.32	32.69	31.54	32.37	31.23
100 Back	1:19.06	1:15.01	1:12.55	1:10.03	1:09.00	1:07.02	1:08.31	1:06.36
200 Back	2:49.27	2:40.45	2:36.55	2:30.12	2:29.11	2:24.71	2:27.63	2:23.28
50 Breast	42.99	40.44	38.35	37.57	36.79	36.25	36.42	35.89
100 Breast	1:30.31	1:26.05	1:21.85	1:20.09	1:19.06	1:17.11	1:18.28	1:16.35
200 Breast	3:14.44	3:04.32	2:56.72	2:52.88	2:50.89	2:47.37	2:49.20	2:45.71
50 Fly	35.00	33.54	31.69	31.22	30.57	30.30	30.27	30.00
100 Fly	1:19.17	1:14.99	1:09.43	1:09.13	1:07.37	1:06.55	1:06.70	1:05.89
200 Fly	3:07.05	2:53.73	2:38.18	2:38.11	2:33.60	2:30.60	2:32.08	2:29.11
200 IM	2:48.76	2:41.36	2:36.58	2:32.13	2:30.32	2:26.64	2:28.83	2:25.19
400 IM	6:00.50	5:44.19	5:29.64	5:21.44	5:20.56	5:14.56	5:17.39	5:11.44

	MALE							
	11 & 12		13 & 14		15 – 17		18 & O	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.87	29.66	27.56	26.69	25.83	25.20	24.96	24.32
100 Free	1:08.16	1:05.41	1:00.29	58.60	56.04	54.96	53.84	52.39
200 Free	2:29.68	2:23.34	2:13.10	2:08.73	2:02.62	1:59.61	1:56.94	1:53.56
400 Free	5:13.35	5:00.05	4:43.88	4:35.49	4:25.70	4:16.76	4:12.72	4:03.86
800 Free	10:46.36	10:24.99	9:47.29	9:30.21	9:16.01	8:59.82	9:06.82	8:48.11
1500 Free	20:41.01	19:59.98	18:47.60	18:14.81	17:47.53	17:16.45	17:29.89	16:53.98
50 Back	38.57	35.26	33.44	31.32	30.35	29.26	29.77	27.92
100 Back	1:19.43	1:15.10	1:09.64	1:07.14	1:04.73	1:02.60	1:02.09	59.02
200 Back	2:49.42	2:40.78	2:31.40	2:24.57	2:20.91	2:16.05	2:15.46	2:08.88
50 Breast	44.29	40.41	37.47	35.25	33.56	32.82	32.60	31.71
100 Breast	1:29.98	1:25.23	1:18.47	1:15.16	1:12.45	1:10.54	1:09.82	1:07.99
200 Breast	3:14.21	3:02.82	2:51.51	2:43.84	2:39.58	2:34.48	2:35.90	2:29.78
50 Fly	36.88	34.04	31.05	29.79	27.87	27.60	26.84	26.41
100 Fly	1:19.52	1:15.97	1:07.63	1:05.97	1:01.39	1:00.98	58.40	57.43
200 Fly	3:11.45	2:54.97	2:38.77	2:31.34	2:21.40	2:17.77	2:12.43	2:09.08
200 IM	2:48.64	2:40.91	2:29.67	2:24.82	2:19.18	2:15.25	2:14.06	2:09.21
400 IM	5:58.57	5:41.49	5:17.98	5:07.15	5:01.45	4:52.18	4:52.41	4:42.89



SWIM BC PROVINCIAL CHAMPIONSHIPS

FEMALE PARA STANDARDS

2020-21 SWIM BC PROVINCIAL CHAMPIONSHIP PARA TIME STANDARDS

		FEMALE LONG COURSE													
		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
		SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10	SB11	SB12	SB13	SB14
		SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9		SM11	SM12	SM13	SM14
50 Free		3:09.90	2:09.46	1:43.28	1:16.54	1:08.37	1:00.45	57.90	53.78	50.18	46.38	53.95	50.18	46.21	46.54
100 Free		6:47.28	4:43.63	4:06.50	3:09.90	2:31.78	2:18.18	2:04.77	1:54.91	1:45.34	1:40.98	2:00.77	1:48.88	1:41.90	1:41.82
200 Free		14:54.54	10:10.91	9:05.46	7:52.72	5:41.98	--	--	--	--	--	--	--	--	3:41.14
400 Free		--	--	--	--	--	9:29.47	9:14.86	8:34.69	8:06.51	7:42.62	9:32.20	8:50.91	7:58.43	--
50 Back		3:38.18	3:01.73	1:59.54	1:41.20	1:21.73	--	--	--	--	--	--	--	--	--
100 Back		7:16.37	5:47.90	--	--	--	2:31.60	2:24.10	2:14.38	2:02.00	1:59.23	2:21.23	2:11.15	1:56.85	1:59.33
50 Breast		4:21.82	2:32.72	1:49.42	--	--	--	--	--	--	--	--	--	--	--
100 Breast		--	--	--	3:51.18	3:10.74	2:55.62	2:48.60	2:27.98	2:15.49	--	2:41.78	2:26.42	2:17.70	2:17.73
50 Fly		3:30.91	3:09.90	2:18.18	1:56.37	1:30.54	1:07.98	1:04.40	--	--	--	--	--	--	--
100 Fly		--	--	--	--	--	--	--	2:10.43	1:56.30	1:52.56	2:18.18	2:06.54	1:59.33	1:55.17
150 IM		13:49.90	11:38.18	7:16.37	5:57.68	--	--	--	--	--	--	--	--	--	--
200 IM		--	--	--	--	7:29.84	5:26.83	5:23.46	4:59.36	4:26.45	4:10.70	5:04.72	4:43.63	4:16.77	4:17.41
		FEMALE SHORT COURSE													
		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
		SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10	SB11	SB12	SB13	SB14
		SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9		SM11	SM12	SM13	SM14
50 Free		3:13.70	2:12.05	1:45.35	1:18.07	1:09.74	1:00.45	57.90	53.78	49.20	45.47	52.89	49.20	45.30	45.63
100 Free		6:55.43	4:49.30	4:11.43	3:13.70	2:34.82	2:18.18	2:04.77	1:54.91	1:43.27	1:39.00	1:58.40	1:46.75	1:39.90	1:39.82
200 Free		15:12.43	10:23.13	9:16.37	8:02.17	5:48.82	--	--	--	--	--	--	--	--	3:36.80
400 Free		--	--	--	--	--	9:29.47	9:14.86	8:34.69	7:56.97	7:33.55	9:20.98	8:40.50	7:49.05	--
50 Back		3:42.54	3:05.36	2:01.93	1:43.22	1:23.36	--	--	--	--	--	--	--	--	--
100 Back		7:25.10	5:54.86	--	--	--	2:31.60	2:24.10	2:14.38	1:59.61	1:56.89	2:18.46	2:08.58	1:54.56	1:56.99
50 Breast		4:27.06	2:35.77	1:51.61	--	--	--	--	--	--	--	--	--	--	--
100 Breast		--	--	--	3:55.80	3:14.55	2:55.62	02:48.60	2:27.98	2:12.83	--	2:38.61	2:23.55	2:15.00	2:15.03
50 Fly		3:35.13	3:13.70	2:20.94	1:58.70	1:32.35	1:07.98	1:04.40	--	--	--	--	--	--	--
100 Fly		--	--	--	--	--	--	--	2:10.43	1:54.02	1:50.35	2:15.47	2:04.06	1:56.99	1:52.91
150 IM		14:06.50	11:52.14	7:25.10	6:04.83	--	--	--	--	--	--	--	--	--	--
200 IM		--	--	--	--	7:38.84	5:26.83	5:23.46	4:59.36	4:21.23	4:05.78	4:58.75	4:38.07	4:11.74	4:12.36



SWIM BC PROVINCIAL CHAMPIONSHIPS

MALE PARA STANDARDS

2020-21 SWIM BC PROVINCIAL CHAMPIONSHIP PARA TIME STANDARDS

MALE LONG COURSE														
	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:25.46	1:44.72	1:27.23	1:08.75	57.90	50.18	47.90	45.82	42.78	40.75	45.55	43.28	40.88	40.72
100 Free	5:27.28	3:52.72	3:16.37	2:36.27	2:09.12	1:54.37	1:46.18	1:38.86	1:33.82	1:28.45	1:38.18	1:32.72	1:27.28	1:28.72
200 Free	12:14.54	8:45.20	7:33.92	5:47.57	4:51.57	--	--	--	--	--	--	--	--	3:14.60
400 Free	--	--	--	--	--	9:01.55	8:14.37	7:44.40	7:11.68	6:56.72	8:38.20	7:01.82	7:19.38	--
50 Back	3:01.22	1:59.28	1:34.50	1:24.27	1:07.33	--	--	--	--	--	--	--	--	--
100 Back	6:15.39	4:16.29	--	--	--	2:15.90	2:07.26	1:56.45	1:46.14	1:42.14	2:06.32	1:50.37	1:43.33	1:43.40
50 Breast	5:34.54	5:17.39	1:30.24	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	3:09.10	2:54.80	2:21.70	2:18.42	2:06.13	1:57.57	--	2:16.86	2:01.87	1:58.62	1:52.26
50 Fly	1:37.46	1:27.28	1:19.28	1:11.28	1:04.98	55.94	52.64	--	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	1:46.30	1:41.46	1:37.55	2:08.35	1:41.46	1:37.34	1:35.79
150 IM	16:29.90	13:34.54	7:32.75	5:03.54	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	7:29.84	4:57.31	4:34.22	4:06.74	3:54.40	3:42.34	4:31.87	3:52.72	3:46.38	3:40.29
MALE SHORT COURSE														
	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:28.37	1:46.81	1:28.97	1:10.13	59.06	50.18	47.90	45.82	41.94	39.95	44.66	42.43	40.08	39.92
100 Free	5:33.83	3:57.37	3:20.30	2:39.40	2:11.70	1:54.37	1:46.18	1:38.86	1:31.98	1:26.72	1:36.25	1:30.90	1:25.57	1:26.98
200 Free	12:29.23	8:55.70	7:43.00	5:54.52	4:57.40	--	--	--	--	--	--	--	--	3:10.78
400 Free	--	--	--	--	--	9:01.55	8:14.37	7:44.40	7:03.22	6:48.55	8:28.04	6:53.55	7:10.76	--
50 Back	3:04.84	2:01.67	1:36.39	1:25.96	1:08.68	--	--	--	--	--	--	--	--	--
100 Back	6:22.90	4:21.42	--	--	--	2:15.90	2:07.26	1:56.45	1:44.06	1:40.14	2:03.84	1:48.21	1:41.30	1:41.37
50 Breast	5:41.23	5:23.74	1:32.04	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	3:12.88	2:58.30	2:21.70	2:18.42	2:06.13	1:55.26	--	2:14.18	1:59.48	1:56.29	1:50.06
50 Fly	1:39.41	1:29.03	1:20.87	1:12.71	1:06.28	55.94	52.64	--	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	1:46.30	1:39.47	1:35.64	2:05.83	1:39.47	1:35.43	1:33.91
150 IM	16:49.70	13:50.83	7:41.81	5:09.61	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	7:38.84	4:57.31	4:34.22	4:06.74	3:49.80	3:37.98	4:26.54	3:48.16	3:41.94	3:35.97



SWIM BC PROVINCIAL CHAMPIONSHIPS

SCHEDULE OF EVENTS

	FEMALE					MALE				
	11 & 12	13 & 14	15 – 17	18 & O	PARA	11 & 12	13 & 14	15 – 17	18 & O	PARA
DAY 1	200 Free 100 Back 200 Fly 50 Breast 800 Free * -- 4 X 50 FR ◇	200 Free 100 Back 200 Fly 50 Breast 800 Free * -- 4 X 50 FR ◇	200 Free 100 Back 200 Fly 50 Breast -- -- 4 X 50 FR ◇	200 Free 100 Back 200 Fly 50 Breast -- 1500 Free ** 4 X 50 FR ◇	-- 50 / 100 Back -- -- 200 / 400 Free	200 Free 100 Back 200 Fly 50 Breast 800 Free * -- 4 X 50 FR ◇	200 Free 100 Back 200 Fly 50 Breast 800 Free * -- 4 X 50 FR ◇	200 Free 100 Back 200 Fly 50 Breast -- -- 4 X 50 FR ◇	200 Free 100 Back 200 Fly 50 Breast -- 1500 Free ** 4 X 50 FR ◇	-- 50 / 100 Back -- -- 200 / 400 Free
DAY 2	100 Free 200 Breast 400 Free 50 Back -- 4 X 50 MR ◇	100 Free 200 Breast 400 Free 50 Back -- 4 X 50 MR ◇	100 Free 200 Breast 400 IM 50 Back 1500 Free ** 4 X 50 MR ◇	100 Free 200 Breast 400 IM 50 Back -- 4 X 50 MR ◇	100 Free -- 150 / 200 IM -- --	100 Free 200 Breast 400 Free 50 Back -- 4 X 50 MR ◇	100 Free 200 Breast 400 Free 50 Back -- 4 X 50 MR ◇	100 Free 200 Breast 400 IM 50 Back 1500 Free ** 4 X 50 MR ◇	100 Free 200 Breast 400 IM 50 Back -- 4 X 50 MR ◇	100 Free -- 150 / 200 IM -- --
DAY 3	400 IM 50 Fly 100 Breast -- -- 4X 100 FR/MR ♦	400 IM 50 Fly 100 Breast -- 1500 Free ** 4X 100 FR/MR ♦	200 IM 50 Fly 100 Breast 400 Free -- 4X 100 FR/MR ♦	200 IM 50 Fly 100 Breast 400 Free -- 4X 100 FR/MR ♦	-- -- 50 / 100 Breast -- --	400 IM 50 Fly 100 Breast -- -- 4X 100 FR/MR ♦	400 IM 50 Fly 100 Breast -- 1500 Free ** 4X 100 FR/MR ♦	200 IM 50 Fly 100 Breast 400 Free -- 4X 100 FR/MR ♦	200 IM 50 Fly 100 Breast 400 Free -- 4X 100 FR/MR ♦	-- -- 50 / 100 Breast -- --
DAY 4	50 Free 200 Back 100 Fly 200 IM 1500 Free ** -- --	50 Free 200 Back 100 Fly 200 IM -- -- --	50 Free 200 Back 100 Fly -- -- 800 Free * --	50 Free 200 Back 100 Fly -- -- 800 Free * 4 X 200 FR ♣	50 Free -- 50 / 100 Fly -- -- -- --	50 Free 200 Back 100 Fly 200 IM 1500 Free ** -- --	50 Free 200 Back 100 Fly 200 IM -- -- --	50 Free 200 Back 100 Fly -- -- 800 Free * --	50 Free 200 Back 100 Fly -- -- 800 Free * 4 X 200 FR ♣	50 Free -- 50 / 100 Fly -- -- -- --

* Timed Finals: Swum in the Preliminaries Session

** Timed Finals: Fastest heat in each Age Group to be swum in Finals Session

◇ Timed Finals to be swum in the Finals Session by Age Group

♣ Timed Finals to be swum in the Finals Session, Open Age Group

♦ Timed Finals to be swum in the Finals Session, alternating Free Relay and Medley Relay by Championship Meet