



# SWIM BC PROVINCIAL CHAMPIONSHIPS

## FEMALE PARA STANDARDS

### 2020-21 SWIM BC PROVINCIAL CHAMPIONSHIP PARA TIME STANDARDS

FEMALE 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
<b>50 Free</b>	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
<b>100 Free</b>	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
<b>200 Free</b>	14:54.54	10:10.91	9:05.46	7:52.72	5:41.98	--	--	--	--	--	--	--	--	3:41.14
<b>400 Free</b>	--	--	--	--	--	9:29.47	9:14.86	8:34.69	8:06.51	7:42.62	9:32.20	8:50.91	7:58.43	--
<b>50 Back</b>	3:38.18	3:01.73	1:59.54	1:41.20	1:21.73	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	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
<b>50 Breast</b>	4:21.82	2:32.72	1:49.42	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	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
<b>50 Fly</b>	3:30.91	3:09.90	2:18.18	1:56.37	1:30.54	1:07.98	1:04.40	--	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	2:10.43	1:56.30	1:52.56	2:18.18	2:06.54	1:59.33	1:55.17
<b>150 IM</b>	13:49.90	11:38.18	7:16.37	5:57.68	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	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 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
<b>50 Free</b>	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
<b>100 Free</b>	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
<b>200 Free</b>	15:12.43	10:23.13	9:16.37	8:02.17	5:48.82	--	--	--	--	--	--	--	--	3:36.80
<b>400 Free</b>	--	--	--	--	--	9:29.47	9:14.86	8:34.69	7:56.97	7:33.55	9:20.98	8:40.50	7:49.05	--
<b>50 Back</b>	3:42.54	3:05.36	2:01.93	1:43.22	1:23.36	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	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
<b>50 Breast</b>	4:27.06	2:35.77	1:51.61	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	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
<b>50 Fly</b>	3:35.13	3:13.70	2:20.94	1:58.70	1:32.35	1:07.98	1:04.40	--	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	2:10.43	1:54.02	1:50.35	2:15.47	2:04.06	1:56.99	1:52.91
<b>150 IM</b>	14:06.50	11:52.14	7:25.10	6:04.83	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	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
<b>50 Free</b>	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
<b>100 Free</b>	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
<b>200 Free</b>	12:14.54	8:45.20	7:33.92	5:47.57	4:51.57	--	--	--	--	--	--	--	--	3:14.60
<b>400 Free</b>	--	--	--	--	--	9:01.55	8:14.37	7:44.40	7:11.68	6:56.72	8:38.20	7:01.82	7:19.38	--
<b>50 Back</b>	3:01.22	1:59.28	1:34.50	1:24.27	1:07.33	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	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
<b>50 Breast</b>	5:34.54	5:17.39	1:30.24	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	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
<b>50 Fly</b>	1:37.46	1:27.28	1:19.28	1:11.28	1:04.98	55.94	52.64	--	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	1:46.30	1:41.46	1:37.55	2:08.35	1:41.46	1:37.34	1:35.79
<b>150 IM</b>	16:29.90	13:34.54	7:32.75	5:03.54	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	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
<b>50 Free</b>	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
<b>100 Free</b>	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
<b>200 Free</b>	12:29.23	8:55.70	7:43.00	5:54.52	4:57.40	--	--	--	--	--	--	--	--	3:10.78
<b>400 Free</b>	--	--	--	--	--	9:01.55	8:14.37	7:44.40	7:03.22	6:48.55	8:28.04	6:53.55	7:10.76	--
<b>50 Back</b>	3:04.84	2:01.67	1:36.39	1:25.96	1:08.68	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	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
<b>50 Breast</b>	5:41.23	5:23.74	1:32.04	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	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
<b>50 Fly</b>	1:39.41	1:29.03	1:20.87	1:12.71	1:06.28	55.94	52.64	--	--	--	--	--	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	1:46.30	1:39.47	1:35.64	2:05.83	1:39.47	1:35.43	1:33.91
<b>150 IM</b>	16:49.70	13:50.83	7:41.81	5:09.61	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	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