



## SWIM BC 2021-22 SEASON CONSIDERATION TIME STANDARDS ADVANCE PROGRAM

|                   | ADVANCE WOMEN  |          |          |          | ADVANCE MEN    |          |          |          |
|-------------------|----------------|----------|----------|----------|----------------|----------|----------|----------|
|                   | 2005 & YOUNGER |          | 2004     |          | 2005 & YOUNGER |          | 2004     |          |
|                   | LCM            | SCM      | LCM      | SCM      | LCM            | SCM      | LCM      | SCM      |
| <b>50 Free</b>    | 0:26.87        | 0:26.64  | 0:26.66  | 0:26.43  | 0:24.52        | 0:24.10  | 0:24.28  | 0:23.80  |
| <b>100 Free</b>   | 0:58.30        | 0:57.70  | 0:57.41  | 0:57.08  | 0:53.41        | 0:52.43  | 0:52.87  | 0:51.90  |
| <b>200 Free</b>   | 2:06.08        | 2:04.62  | 2:04.26  | 2:03.20  | 1:57.31        | 1:54.42  | 1:55.84  | 1:53.03  |
| <b>400 Free</b>   | 4:27.82        | 4:25.21  | 4:24.98  | 4:22.72  | 4:09.71        | 4:05.05  | 4:07.67  | 4:02.60  |
| <b>800 Free</b>   | 9:16.91        | 9:10.71  | 9:09.88  | 9:06.51  | 8:48.42        | 8:40.21  | 8:47.01  | 8:36.74  |
| <b>1500 Free</b>  | 17:49.26       | 17:37.40 | 17:35.77 | 17:29.13 | 16:35.91       | 16:20.71 | 16:33.34 | 16:13.94 |
| <b>100 Back</b>   | 1:04.85        | 1:03.88  | 1:03.85  | 1:02.91  | 0:59.91        | 0:58.15  | 0:59.13  | 0:57.47  |
| <b>200 Back</b>   | 2:19.71        | 2:17.56  | 2:17.95  | 2:16.06  | 2:09.79        | 2:06.56  | 2:08.32  | 2:05.35  |
| <b>100 Breast</b> | 1:13.68        | 1:12.72  | 1:13.28  | 1:12.23  | 1:07.15        | 1:05.86  | 1:06.34  | 1:04.63  |
| <b>200 Breast</b> | 2:38.54        | 2:37.08  | 2:37.61  | 2:35.54  | 2:26.64        | 2:22.80  | 2:25.06  | 2:20.76  |
| <b>100 Fly</b>    | 1:02.83        | 1:03.35  | 1:02.28  | 1:02.53  | 0:57.95        | 0:57.78  | 0:57.15  | 0:56.65  |
| <b>200 Fly</b>    | 2:21.58        | 2:20.85  | 2:19.43  | 2:19.58  | 2:10.00        | 2:08.90  | 2:09.32  | 2:06.68  |
| <b>200 IM</b>     | 2:22.40        | 2:21.01  | 2:20.57  | 2:19.09  | 2:12.05        | 2:08.80  | 2:10.91  | 2:07.84  |
| <b>400 IM</b>     | 5:03.64        | 4:59.23  | 5:00.34  | 4:56.75  | 4:40.90        | 4:35.87  | 4:40.10  | 4:33.25  |