



**2021-22 SWIM BC DIVISIONAL TIME STANDARDS  
- VANCOUVER COASTAL DIVISION –  
\* ADJUSTED TIME STANDARDS \***

FEMALE						
EVENT	12 & UNDER		13 - 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	00:34.41	00:33.74	00:32.31	00:31.68	00:31.40	00:30.79
<b>100 Free</b>	01:15.79	01:14.30	01:10.37	01:08.99	01:08.01	01:06.68
<b>200 Free</b>	02:44.63	02:41.40	02:31.73	02:28.75	02:26.92	02:24.04
<b>400 Free</b>	05:47.22	05:40.41	05:17.65	05:11.43	05:10.84	05:04.75
<b>800 Free</b>	12:02.01	11:47.86	11:01.56	10:48.58	10:45.48	10:32.83
<b>1500 Free</b>	23:06.26	22:39.08	21:10.19	20:45.28	20:39.33	20:15.03
<b>50 Back</b>	00:40.55	00:39.75	00:36.72	00:36.00	00:35.75	00:35.05
<b>100 Back</b>	01:26.04	01:24.36	01:18.46	01:16.92	01:16.07	01:14.57
<b>200 Back</b>	03:05.16	03:01.52	02:48.70	02:45.39	02:43.80	02:40.59
<b>50 Breast</b>	00:46.59	00:45.45	00:41.81	00:40.79	00:40.50	00:39.51
<b>100 Breast</b>	01:39.53	01:37.10	01:30.19	01:27.99	01:27.03	01:24.91
<b>200 Breast</b>	03:34.41	03:29.18	03:15.24	03:10.48	03:07.96	03:03.38
<b>50 Fly</b>	00:38.70	00:37.95	00:35.57	00:34.87	00:34.12	00:33.45
<b>100 Fly</b>	01:25.89	01:24.21	01:18.29	01:16.75	01:15.44	01:13.95
<b>200 Fly</b>	03:13.25	03:09.46	02:57.59	02:54.11	02:47.70	02:44.42
<b>200 IM</b>	03:05.57	03:01.93	02:53.79	02:50.38	02:45.60	02:42.36
<b>400 IM</b>	06:35.19	06:27.44	06:04.09	05:56.96	05:56.31	05:49.32

**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						
EVENT	12 & UNDER		13 - 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	00:34.42	00:33.75	00:29.99	00:29.41	00:28.24	00:27.68
<b>100 Free</b>	01:15.05	01:13.58	01:05.54	01:04.25	01:01.46	01:00.25
<b>200 Free</b>	02:44.24	02:41.02	02:22.25	02:19.45	02:14.11	02:11.48
<b>400 Free</b>	05:45.72	05:38.94	05:08.92	05:02.86	04:46.65	04:41.02
<b>800 Free</b>	12:11.48	11:57.14	10:40.39	10:27.83	10:08.60	09:56.67
<b>1500 Free</b>	22:58.86	22:31.82	20:07.13	19:43.47	19:07.22	18:44.73
<b>50 Back</b>	00:41.08	00:40.28	00:35.07	00:34.37	00:32.37	00:31.74
<b>100 Back</b>	01:27.13	01:25.42	01:14.82	01:13.35	01:09.40	01:08.04
<b>200 Back</b>	03:05.08	03:01.46	02:42.19	02:39.01	02:31.09	02:28.12
<b>50 Breast</b>	00:46.10	00:44.97	00:39.30	00:38.35	00:36.58	00:35.69
<b>100 Breast</b>	01:38.84	01:36.43	01:24.45	01:22.40	01:19.00	01:17.08
<b>200 Breast</b>	03:32.16	03:26.99	03:03.97	02:59.48	02:51.32	02:47.15
<b>50 Fly</b>	00:38.92	00:38.16	00:33.46	00:32.80	00:31.22	00:30.61
<b>100 Fly</b>	01:26.04	01:24.36	01:13.26	01:11.82	01:08.98	01:07.63
<b>200 Fly</b>	03:19.01	03:15.10	02:48.11	02:44.81	02:33.88	02:30.86
<b>200 IM</b>	03:05.28	03:01.65	02:42.29	02:39.11	02:31.57	02:28.59
<b>400 IM</b>	06:39.87	06:32.04	05:44.55	05:37.78	05:26.60	05:20.20

*The adjusted time standards are temporary and will be reviewed for future standard development.*