



SWIM BC 2021-22 SEASON CONSIDERATION TIME STANDARDS PERFORM PROGRAM

	PERFORM WOMEN (ON TRACK 3)							
	2003	2002	2001	2000	1999	1998	1997	1996
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	0:25.83	0:25.64	0:25.47	0:25.32	0:25.20	0:25.11	0:25.04	--
100 Free	0:55.57	0:55.19	0:54.85	0:54.56	0:54.36	0:54.25	--	--
200 Free	2:00.26	1:59.56	1:59.04	1:58.77	1:58.66	--	--	--
400 Free	4:12.87	4:11.75	4:11.06	4:10.68	4:10.57	--	--	--
800 Free	8:42.73	8:40.47	8:39.13	8:38.37	8:37.90	--	--	--
1500 Free	16:37.50	16:33.72	16:31.30	16:29.57	--	--	--	--
100 Back	1:01.48	1:01.15	1:00.85	1:00.59	--	--	--	--
200 Back	2:12.68	2:11.94	2:11.44	2:11.08	--	--	--	--
100 Breast	1:08.99	1:08.65	1:08.32	1:07.96	1:07.65	1:07.43	--	--
200 Breast	2:28.14	2:27.50	2:26.92	2:26.48	2:26.15	2:25.91	--	--
100 Fly	0:59.76	0:59.26	0:58.89	0:58.62	0:58.44	0:58.33	--	--
200 Fly	2:11.02	2:10.22	2:09.70	2:09.37	2:09.21	--	--	--
200 IM	2:14.83	2:14.06	2:13.55	2:13.20	2:13.00	2:12.98	--	--
400 IM	4:45.08	4:44.00	4:43.53	4:43.27	4:43.06	--	--	--

	PERFORM MEN (ON TRACK 3)							
	2003	2002	2001	2000	1999	1998	1997	1996
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	--	0:22.93	0:22.67	0:22.49	0:22.36	0:22.27	0:22.21	0:22.18
100 Free	0:50.65	0:49.95	0:49.48	0:49.14	0:48.91	0:48.77	--	--
200 Free	1:50.83	1:49.41	1:48.43	1:47.76	1:47.31	1:47.06	--	--
400 Free	3:54.53	3:51.80	3:50.03	3:48.95	3:48.37	3:48.15	--	--
800 Free	8:02.84	7:58.24	7:55.49	7:54.00	7:53.23	7:53.11	--	--
1500 Free	15:23.24	15:14.45	15:09.18	15:06.33	15:04.87	15:04.64	--	--
100 Back	0:56.02	0:55.27	0:54.76	0:54.42	0:54.20	0:54.08	0:54.03	--
200 Back	2:00.46	1:59.42	1:58.77	1:58.34	1:58.10	1:58.07	--	--
100 Breast	1:02.75	1:01.80	1:01.07	1:00.55	1:00.18	0:59.92	0:59.75	--
200 Breast	2:15.89	2:13.86	2:12.36	2:11.38	2:10.73	2:10.32	--	--
100 Fly	0:53.77	0:53.12	0:52.66	0:52.33	0:52.10	0:51.98	0:51.96	--
200 Fly	2:00.17	1:58.70	1:57.73	1:57.13	1:56.81	1:56.71	--	--
200 IM	2:03.55	2:02.04	2:01.03	2:00.39	1:59.97	1:59.76	1:59.76	--
400 IM	4:25.27	4:21.99	4:19.70	4:18.36	4:17.67	4:17.48	--	--