



2021-22 SWIM BC PROVINCIAL CHAMPIONSHIPS

*** ADJUSTED TIME STANDARDS ***

FEMALE										
EVENT	11 - 12		13 - 14		15 - 17				18 & OVER	
	LCM	SCM	LCM	SCM	15		16 - 17		LCM	SCM
					LCM	SCM	LCM	SCM		
50 Free	0:32.12	0:31.49	0:30.15	0:29.56	0:29.59	0:29.01	0:29.30	0:28.72	0:28.72	0:28.15
100 Free	1:10.74	1:09.35	1:05.65	1:04.37	1:04.09	1:02.83	1:03.46	1:02.21	1:02.21	1:00.99
200 Free	2:33.66	2:30.65	2:21.56	2:18.79	2:18.44	2:15.73	2:17.08	2:14.39	2:14.37	2:11.73
400 Free	5:24.09	5:17.73	4:56.38	4:50.57	4:52.92	4:47.18	4:50.02	4:44.34	4:44.28	4:38.70
800 Free	11:13.90	11:00.69	10:17.24	10:05.14	10:08.27	9:56.34	10:02.25	9:50.44	9:50.32	9:38.75
1500 Free	21:59.77	21:33.90	20:08.81	19:45.11	19:27.87	19:04.97	19:16.32	18:53.64	18:53.42	18:31.20
50 Back	0:37.85	0:37.11	0:34.26	0:33.58	0:33.69	0:33.03	0:33.35	0:32.70	0:32.69	0:32.05
100 Back	1:20.31	1:18.73	1:13.20	1:11.76	1:11.69	1:10.28	1:10.97	1:09.58	1:09.57	1:08.21
200 Back	2:52.82	2:49.43	2:37.40	2:34.31	2:34.35	2:31.33	2:32.83	2:29.83	2:29.81	2:26.87
50 Breast	0:43.27	0:42.42	0:38.82	0:38.06	0:37.98	0:37.23	0:37.60	0:36.86	0:36.85	0:36.13
100 Breast	1:32.45	1:30.64	1:23.74	1:22.10	1:21.62	1:20.02	1:20.81	1:19.22	1:19.21	1:17.65
200 Breast	3:19.15	3:15.24	3:01.27	2:57.72	2:56.26	2:52.81	2:54.52	2:51.10	2:51.06	2:47.71
50 Fly	0:36.12	0:35.42	0:33.18	0:32.53	0:32.15	0:31.52	0:31.84	0:31.22	0:31.21	0:30.60
100 Fly	1:20.17	1:18.60	1:13.04	1:11.61	1:11.09	1:09.69	1:10.38	1:09.00	1:08.99	1:07.64
200 Fly	3:00.37	2:56.84	2:45.70	2:42.45	2:38.04	2:34.94	2:36.48	2:33.41	2:33.38	2:30.37
200 IM	2:53.20	2:49.81	2:42.15	2:38.97	2:36.05	2:33.00	2:34.51	2:31.48	2:31.45	2:28.48
400 IM	6:08.86	6:01.63	5:39.70	5:33.04	5:35.76	5:29.18	5:32.44	5:25.92	5:25.86	5:19.47

MALE										
EVENT	11 - 12		13 - 14		15 - 17				18 & OVER	
	LCM	SCM	LCM	SCM	15		16 - 17		LCM	SCM
					LCM	SCM	LCM	SCM		
50 Free	0:32.13	0:31.50	0:27.98	0:27.43	0:26.87	0:26.35	0:26.34	0:25.83	0:25.42	0:24.92
100 Free	1:10.06	1:08.69	1:01.13	0:59.94	0:58.47	0:57.32	0:57.33	0:56.20	0:55.32	0:54.23
200 Free	2:33.32	2:30.32	2:12.69	2:10.09	2:07.61	2:05.10	2:05.10	2:02.64	2:00.72	1:58.35
400 Free	5:22.75	5:16.42	4:48.17	4:42.52	4:32.74	4:27.39	4:27.39	4:22.15	4:18.04	4:12.98
800 Free	11:36.54	11:22.88	10:09.32	9:57.38	9:39.09	9:27.73	9:27.73	9:16.59	9:07.85	8:57.11
1500 Free	21:52.98	21:27.23	19:08.58	18:46.06	18:33.41	18:11.58	17:50.18	17:29.19	17:12.72	16:52.47
50 Back	0:38.35	0:37.60	0:32.71	0:32.07	0:30.81	0:30.20	0:30.20	0:29.61	0:29.14	0:28.57
100 Back	1:21.34	1:19.75	1:09.79	1:08.42	1:06.04	1:04.75	1:04.74	1:03.47	1:02.48	1:01.25
200 Back	2:52.79	2:49.40	2:31.29	2:28.33	2:23.76	2:20.94	2:20.94	2:18.18	2:16.01	2:13.34
50 Breast	0:42.82	0:41.98	0:36.49	0:35.77	0:34.63	0:33.96	0:33.96	0:33.29	0:32.77	0:32.13
100 Breast	1:31.82	1:30.02	1:18.39	1:16.86	1:14.80	1:13.34	1:13.34	1:11.90	1:10.77	1:09.38
200 Breast	3:17.10	3:13.23	2:50.77	2:47.42	2:42.22	2:39.04	2:39.04	2:35.92	2:33.47	2:30.46
50 Fly	0:36.33	0:35.62	0:31.21	0:30.60	0:29.70	0:29.12	0:29.12	0:28.55	0:28.10	0:27.55
100 Fly	1:20.32	1:18.75	1:08.33	1:06.99	1:05.64	1:04.35	1:04.35	1:03.09	1:02.10	1:00.88
200 Fly	3:05.78	3:02.14	2:36.82	2:33.74	2:26.42	2:23.54	2:23.54	2:20.73	2:18.52	2:15.80
200 IM	2:52.97	2:49.58	2:31.39	2:28.42	2:24.22	2:21.39	2:21.39	2:18.62	2:16.44	2:13.76
400 IM	6:13.30	6:05.98	5:21.40	5:15.10	5:10.77	5:04.67	5:04.67	4:58.70	4:54.01	4:48.24

Provincial Championship Age Groups are 11 - 12 Years, 13 - 14 Years, 15 - 17 Years, and 18 & Over.
Swimmers aged 15 years will compete in the 15 – 17 age group.

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