



2022 - 2023 SWIM BC DIVISIONAL TIME STANDARDS - NORTH & INTERIOR DIVISION -

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:34.80	0:34.20	0:33.40	0:32.70	0:32.40	0:31.80
100 Free	1:16.80	1:15.20	1:12.60	1:11.20	1:10.20	1:08.80
200 Free	2:46.70	2:43.50	2:36.60	2:33.60	2:31.70	2:28.70
400 Free	5:51.70	5:44.80	5:28.00	5:21.50	5:20.90	5:14.60
800 Free	12:11.20	11:56.90	11:23.00	11:09.60	11:06.40	10:53.40
1500 Free	23:24.00	22:56.50	21:51.40	21:25.70	21:19.60	20:54.50
50 Back	0:41.10	0:40.30	0:37.90	0:37.20	0:36.90	0:36.20
100 Back	1:27.10	1:25.40	1:21.00	1:19.40	1:18.50	1:17.00
200 Back	3:07.50	3:03.80	2:54.20	2:50.80	2:49.10	2:45.80
50 Breast	0:47.20	0:46.00	0:43.20	0:42.10	0:41.80	0:40.80
100 Breast	1:40.80	1:38.30	1:33.10	1:30.80	1:29.90	1:27.70
200 Breast	3:37.10	3:31.90	3:21.60	3:16.70	3:14.10	3:09.30
50 Fly	0:39.20	0:38.40	0:36.70	0:36.00	0:35.20	0:34.50
100 Fly	1:27.00	1:25.30	1:20.80	1:19.20	1:17.90	1:16.40
200 Fly	3:15.70	3:11.90	3:03.40	2:59.80	2:53.10	2:49.80
200 IM	3:07.90	3:04.30	2:59.40	2:55.90	2:51.00	2:47.60
400 IM	6:40.20	6:32.40	6:15.90	6:08.50	6:07.90	6:00.70

BVOSC - Bulkley Valley Otters Swim Club
 CKSC - Kootenay Swim Club
 CONNU - Fort St. John Inconnu
 CSSSC - Columbia Shuswap Selkirks Swim Club
 CTSC - Cranbrook Tritons Swim Club
 CVSC - Columbia Valley Swim Club
 EVDSC - Elk Valley Dolphins Swim Club
 KAJ - Kelowna Aqua Jets
 KCS - Kamloops Classic Swimming
 KISU - KISU Swim Club
 KMSC - Kitimat Marlins Swim Club
 PGB - Prince George Barracudas
 PRASC - Prince Rupert Amateur Swim Club
 SOS - Summerland Orca Swim Club
 TBSC - Terrace Blue Back Swim Club
 VKSC - Vernon Kokanee Swim Club
 WLBF - Williams Lake Blue Fins
 WRSC - Waveriders Swim Club

MALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:34.90	0:34.20	0:31.30	0:30.60	0:29.40	0:28.90
100 Free	1:16.00	1:14.50	1:08.30	1:07.00	1:04.10	1:02.80
200 Free	2:46.30	2:43.10	2:28.30	2:25.40	2:19.80	2:17.10
400 Free	5:50.10	5:43.30	5:22.10	5:15.80	4:58.80	4:53.00
800 Free	12:20.80	12:06.30	11:07.70	10:54.60	10:34.50	10:22.10
1500 Free	23:16.50	22:49.10	20:58.50	20:33.90	19:56.10	19:32.60
50 Back	0:41.60	0:40.80	0:36.60	0:35.80	0:33.80	0:33.10
100 Back	1:28.20	1:26.50	1:18.00	1:16.50	1:12.40	1:10.90
200 Back	3:07.40	3:03.80	2:49.10	2:45.80	2:37.50	2:34.40
50 Breast	0:46.70	0:45.50	0:41.00	0:40.00	0:38.10	0:37.20
100 Breast	1:40.10	1:37.70	1:28.00	1:25.90	1:22.40	1:20.40
200 Breast	3:34.90	3:29.60	3:11.80	3:07.10	2:58.60	2:54.30
50 Fly	0:39.40	0:38.60	0:34.90	0:34.20	0:32.50	0:31.90
100 Fly	1:27.10	1:25.40	1:16.40	1:14.90	1:11.90	1:10.50
200 Fly	3:21.50	3:17.60	2:55.30	2:51.80	2:40.40	2:37.30
200 IM	3:07.60	3:04.00	2:49.20	2:45.90	2:38.00	2:34.90
400 IM	6:45.00	6:37.00	5:59.20	5:52.20	5:40.50	5:33.80