



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

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:36.20	0:35.58	0:34.41	0:33.69	0:33.05	0:32.44
<b>100 Free</b>	1:19.90	1:18.23	1:14.79	1:13.35	1:11.61	1:10.18
<b>200 Free</b>	2:53.42	2:50.09	2:41.33	2:38.24	2:34.75	2:31.69
<b>400 Free</b>	6:05.87	5:58.70	5:37.91	5:31.21	5:27.35	5:20.92
<b>800 Free</b>	12:40.67	12:25.79	11:43.63	11:29.82	11:19.80	11:06.53
<b>1500 Free</b>	24:20.58	23:51.97	22:31.00	22:04.53	21:45.32	21:19.72
<b>50 Back</b>	0:42.76	0:41.92	0:39.05	0:38.32	0:37.64	0:36.93
<b>100 Back</b>	1:30.61	1:28.84	1:23.45	1:21.80	1:20.08	1:18.55
<b>200 Back</b>	3:15.06	3:11.21	2:59.46	2:55.96	2:52.50	2:49.13
<b>50 Breast</b>	0:49.10	0:47.85	0:44.51	0:43.37	0:42.64	0:41.62
<b>100 Breast</b>	1:44.86	1:42.26	1:35.91	1:33.54	1:31.71	1:29.46
<b>200 Breast</b>	3:45.85	3:40.44	3:27.69	3:22.64	3:18.00	3:13.11
<b>50 Fly</b>	0:40.78	0:39.95	0:37.81	0:37.09	0:35.91	0:35.19
<b>100 Fly</b>	1:30.51	1:28.74	1:23.24	1:21.59	1:19.47	1:17.94
<b>200 Fly</b>	3:23.59	3:19.63	3:08.94	3:05.23	2:56.58	2:53.21
<b>200 IM</b>	3:15.47	3:11.73	3:04.82	3:01.21	2:54.44	2:50.97
<b>400 IM</b>	6:56.33	6:48.21	6:27.25	6:19.63	6:15.30	6:07.95

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  
 SOSC - 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
<b>50 Free</b>	0:36.31	0:35.58	0:32.25	0:31.52	0:29.99	0:29.48
<b>100 Free</b>	1:19.06	1:17.50	1:10.36	1:09.02	1:05.39	1:04.06
<b>200 Free</b>	2:53.00	2:49.67	2:32.78	2:29.79	2:22.61	2:19.86
<b>400 Free</b>	6:04.21	5:57.14	5:31.83	5:25.34	5:04.81	4:58.89
<b>800 Free</b>	12:50.65	12:35.57	11:27.87	11:14.37	10:47.25	10:34.60
<b>1500 Free</b>	24:12.78	23:44.28	21:36.51	21:11.16	20:20.14	19:56.17
<b>50 Back</b>	0:43.28	0:42.44	0:37.71	0:36.88	0:34.48	0:33.77
<b>100 Back</b>	1:31.75	1:29.99	1:20.36	1:18.81	1:13.86	1:12.33
<b>200 Back</b>	3:14.95	3:11.21	2:54.21	2:50.81	2:40.67	2:37.50
<b>50 Breast</b>	0:48.58	0:47.33	0:42.24	0:41.21	0:38.87	0:37.95
<b>100 Breast</b>	1:44.13	1:41.64	1:30.66	1:28.49	1:24.06	1:22.02
<b>200 Breast</b>	3:43.56	3:38.05	3:17.59	3:12.75	3:02.19	2:57.80
<b>50 Fly</b>	0:40.99	0:40.16	0:35.95	0:35.23	0:33.15	0:32.54
<b>100 Fly</b>	1:30.61	1:28.84	1:18.71	1:17.16	1:13.35	1:11.92
<b>200 Fly</b>	3:29.62	3:25.56	3:00.59	2:56.99	2:43.62	2:40.46
<b>200 IM</b>	3:15.16	3:11.42	2:54.31	2:50.91	2:41.18	2:38.01
<b>400 IM</b>	7:01.32	6:53.00	6:10.05	6:02.84	5:47.34	5:40.51

*Revised standards, effective for Summer 2023 Divisionals.*