



2023-2024 SWIM BC DIVISIONAL TIME STANDARDS NORTH & INTERIOR DIVISION

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	35.90	35.20	33.10	32.40	31.90	31.20
100 Free	1:20.60	1:19.10	1:13.60	1:12.10	1:10.10	1:08.80
200 Free	2:54.00	2:50.60	2:38.10	2:35.00	2:30.80	2:27.80
400 Free	6:05.60	5:58.60	5:32.40	5:25.80	5:19.00	5:12.70
800 Free	12:33.70	12:19.00	11:26.30	11:12.90	10:57.10	10:44.20
1500 Free	24:27.00	23:58.20	22:14.00	21:47.90	21:22.10	20:57.00
50 Back	41.60	40.80	37.60	36.80	36.10	35.40
100 Back	1:30.80	1:29.00	1:22.00	1:20.40	1:18.30	1:16.70
200 Back	3:14.40	3:10.60	2:55.40	2:51.90	2:47.70	2:44.40
50 Breast	48.20	46.60	43.20	41.70	41.70	40.30
100 Breast	1:46.30	1:42.70	1:35.10	1:31.90	1:31.30	1:28.10
200 Breast	3:47.30	3:39.60	3:24.60	3:17.70	3:15.90	3:09.30
50 Fly	39.70	38.90	36.10	35.40	34.50	33.90
100 Fly	1:31.10	1:29.30	1:21.50	1:19.90	1:18.00	1:16.40
200 Fly	3:25.30	3:21.20	3:02.90	2:59.30	2:54.00	2:50.70
200 IM	3:15.80	3:12.00	2:59.60	2:56.10	2:50.70	2:47.30
400 IM	6:54.10	6:46.10	6:18.60	6:11.10	6:03.30	5:56.20

BVOSC - Bulkley Valley Otters Swim Club
 CEE – Chetwynd Electric Eels
 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
 TRUW – Thompson Rivers University
 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	36.00	35.30	30.90	30.40	28.80	28.30
100 Free	1:21.10	1:19.60	1:09.30	1:08.00	1:04.10	1:02.80
200 Free	2:54.60	2:51.20	2:30.30	2:27.30	2:19.00	2:16.30
400 Free	6:07.00	5:59.80	5:21.80	5:15.40	4:57.20	4:51.40
800 Free	12:43.60	12:28.60	11:09.90	10:56.80	10:26.90	10:14.50
1500 Free	24:16.60	23:48.00	21:11.60	20:46.60	19:49.00	19:25.70
50 Back	41.90	41.10	36.10	35.40	33.10	32.50
100 Back	1:32.20	1:30.40	1:18.80	1:17.30	1:12.20	1:10.80
200 Back	3:15.10	3:11.30	2:49.50	2:46.20	2:36.40	2:33.30
50 Breast	47.90	46.30	41.10	39.70	37.70	36.40
100 Breast	1:46.70	1:43.10	1:29.70	1:26.70	1:22.70	1:19.90
200 Breast	3:48.00	3:40.30	3:14.20	3:07.70	2:58.90	2:52.80
50 Fly	40.00	39.10	34.40	33.80	31.70	31.00
100 Fly	1:31.80	1:30.00	1:17.20	1:15.70	1:11.10	1:09.80
200 Fly	3:25.30	3:21.20	2:54.60	2:51.10	2:39.20	2:36.00
200 IM	3:17.50	3:13.70	2:50.20	2:46.90	2:37.20	2:34.10
400 IM	6:56.80	6:48.60	6:01.90	5:54.80	5:36.30	5:29.70