



## 2023 - 2024 SWIM BC DIVISIONAL TIME STANDARDS VANCOUVER & FRASER DIVISION

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	33.90	33.20	31.30	30.70	30.20	29.50
<b>100 Free</b>	1:15.30	1:13.80	1:09.10	1:07.70	1:05.70	1:04.50
<b>200 Free</b>	2:42.40	2:39.30	2:28.50	2:25.60	2:21.30	2:18.60
<b>400 Free</b>	5:41.30	5:34.70	5:12.10	5:06.00	4:59.00	4:53.20
<b>800 Free</b>	11:43.50	11:29.70	10:44.50	10:31.90	10:16.00	10:04.00
<b>1500 Free</b>	22:49.20	22:22.30	20:52.80	20:28.30	20:01.90	19:38.40
<b>50 Back</b>	39.30	38.50	35.60	34.80	34.10	33.50
<b>100 Back</b>	1:24.80	1:23.10	1:17.00	1:15.50	1:13.40	1:11.90
<b>200 Back</b>	3:01.40	2:57.90	2:44.70	2:41.50	2:37.20	2:34.10
<b>50 Breast</b>	45.50	44.00	40.90	39.50	39.40	38.10
<b>100 Breast</b>	1:39.20	1:35.90	1:29.30	1:26.30	1:25.60	1:22.60
<b>200 Breast</b>	3:32.10	3:25.00	3:12.10	3:05.70	3:03.60	2:57.50
<b>50 Fly</b>	37.50	36.70	34.20	33.50	32.70	32.00
<b>100 Fly</b>	1:25.00	1:23.30	1:16.60	1:15.10	1:13.10	1:11.60
<b>200 Fly</b>	3:11.60	3:07.80	2:51.70	2:48.40	2:43.20	2:40.00
<b>200 IM</b>	3:02.80	2:59.20	2:48.70	2:45.30	2:40.00	2:36.90
<b>400 IM</b>	6:26.50	6:19.00	5:55.50	5:48.50	5:40.60	5:33.90

ADVENT - Advent Swim Academy  
 AOSC - Abbotsford Olympian Swim Club  
 CHIN - Chinook Swim Club  
 DELTA - Delta Sungod Swim Club  
 DYNA - Dynamo Swim Club  
 GATOR - Killarney Gators Swim Club  
 HYACK - Hyack Swim Club  
 LOSC - Langley Olympians Swim Club  
 PSW - Pacific Sea Wolves  
 RIDGE - Ridge Meadows Swim Club  
 SFA - Simon Fraser Aquatics  
 SKSC - Surrey Knights Swim Club  
 SPART - Spartan Swim Club  
 VPSC - Vancouver Pacific Swim Club  
 WGB - Whitehorse Glacier Bears  
 WSWSC - Whistler Sea Wolves Swim Club

MALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	34.00	33.30	29.30	28.80	27.20	26.70
<b>100 Free</b>	1:15.70	1:14.30	1:05.10	1:03.80	1:00.10	0:58.90
<b>200 Free</b>	2:43.00	2:39.80	2:21.20	2:18.30	2:10.30	2:07.80
<b>400 Free</b>	5:42.50	5:35.80	5:02.20	4:56.20	4:38.70	4:33.20
<b>800 Free</b>	11:52.70	11:38.70	10:29.10	10:16.80	9:47.70	9:36.10
<b>1500 Free</b>	22:39.50	22:12.80	19:54.20	19:30.70	18:34.70	18:12.80
<b>50 Back</b>	39.60	38.80	34.20	33.50	31.30	30.70
<b>100 Back</b>	1:26.00	1:24.30	1:14.00	1:12.60	1:07.70	1:06.40
<b>200 Back</b>	3:02.10	2:58.50	2:39.20	2:36.10	2:26.60	2:23.70
<b>50 Breast</b>	45.20	43.70	38.90	37.60	35.70	34.40
<b>100 Breast</b>	1:39.60	1:36.20	1:24.20	1:21.40	1:17.50	1:14.90
<b>200 Breast</b>	3:32.80	3:25.60	3:02.40	2:56.30	2:47.70	2:42.00
<b>50 Fly</b>	37.70	37.00	32.60	32.00	30.00	29.30
<b>100 Fly</b>	1:25.70	1:24.00	1:12.50	1:11.10	1:06.70	1:05.40
<b>200 Fly</b>	3:11.60	3:07.80	2:43.90	2:40.70	2:29.20	2:26.30
<b>200 IM</b>	3:04.40	3:00.80	2:39.80	2:36.70	2:27.40	2:24.50
<b>400 IM</b>	6:29.00	6:21.40	5:39.90	5:33.20	5:15.30	5:09.10