



2024-25 SWIM BC PROVINCIAL CHAMPIONSHIP TIME STANDARDS

WOMEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.29	29.70	29.07	28.50	28.66	28.10	28.25	27.70
100 Free	1:07.63	1:06.30	1:04.57	1:03.30	1:03.24	1:02.00	1:02.32	1:01.10
200 Free	2:25.76	2:22.90	2:18.82	2:16.10	2:15.97	2:13.30	2:13.62	2:11.00
400 Free	5:06.31	5:00.30	4:51.82	4:46.10	4:48.76	4:43.10	4:42.74	4:37.20
800 Free	10:31.18	10:18.80	10:02.82	9:51.00	9:52.62	9:41.00	9:49.05	9:37.50
1500 Free	20:28.49	20:04.40	19:31.67	19:08.70	19:16.17	18:53.50	18:47.61	18:25.50
50 Back	35.19	34.50	33.05	32.40	32.54	31.90	32.44	31.80
100 Back	1:15.99	1:14.50	1:12.01	1:10.60	1:10.58	1:09.20	1:09.97	1:08.60
200 Back	2:42.79	2:39.60	2:34.02	2:31.00	2:31.27	2:28.30	2:29.12	2:26.20
50 Breast	40.19	39.40	37.43	36.70	36.92	36.20	36.92	36.20
100 Breast	1:27.82	1:26.10	1:22.31	1:20.70	1:21.09	1:19.50	1:20.89	1:19.30
200 Breast	3:07.58	3:03.90	2:57.07	2:53.60	2:54.11	2:50.70	2:53.30	2:49.90
50 Fly	33.56	32.90	31.82	31.20	31.11	30.50	30.80	30.20
100 Fly	1:16.19	1:14.70	1:11.60	1:10.20	1:10.28	1:08.90	1:08.75	1:07.40
200 Fly	2:55.34	2:51.90	2:43.81	2:40.60	2:40.14	2:37.00	2:37.59	2:34.50
200 IM	2:44.02	2:40.80	2:37.69	2:34.60	2:33.92	2:30.90	2:30.65	2:27.70
400 IM	5:46.90	5:40.10	5:32.42	5:25.90	5:27.62	5:21.20	5:22.73	5:16.40

MEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.09	29.50	27.13	26.60	25.70	25.20	24.79	24.30
100 Free	1:07.32	1:06.00	1:00.28	59.10	57.22	56.10	54.88	53.80
200 Free	2:24.84	2:22.00	2:10.66	2:08.10	2:04.13	2:01.70	1:58.93	1:56.60
400 Free	5:04.27	4:58.30	4:39.79	4:34.30	4:25.40	4:20.20	4:13.37	4:08.40
800 Free	10:27.81	10:15.50	9:34.77	9:23.50	9:11.82	9:01.00	8:49.89	8:39.50
1500 Free	20:07.78	19:44.10	18:25.68	18:04.00	17:41.62	17:20.80	16:59.39	16:39.40
50 Back	35.09	34.40	31.52	30.90	29.48	28.90	28.36	27.80
100 Back	1:16.40	1:14.90	1:08.54	1:07.20	1:04.46	1:03.20	1:01.81	1:00.60
200 Back	2:41.77	2:38.60	2:27.39	2:24.50	2:19.64	2:16.90	2:13.72	2:11.10
50 Breast	39.47	38.70	35.29	34.60	33.15	32.50	31.93	31.30
100 Breast	1:27.21	1:25.50	1:16.91	1:15.40	1:12.73	1:11.30	1:10.07	1:08.70
200 Breast	3:06.35	3:02.70	2:46.46	2:43.20	2:37.39	2:34.30	2:33.31	2:30.30
50 Fly	33.35	32.70	29.99	29.40	28.15	27.60	27.03	26.50
100 Fly	1:16.09	1:14.60	1:07.12	1:05.80	1:03.55	1:02.30	1:00.59	59.40
200 Fly	2:53.60	2:50.20	2:34.84	2:31.80	2:24.94	2:22.10	2:18.11	2:15.40
200 IM	2:43.81	2:40.60	2:28.00	2:25.10	2:20.35	2:17.60	2:14.84	2:12.20
400 IM	5:45.58	5:38.80	5:14.67	5:08.50	5:00.29	4:54.40	4:48.66	4:43.00