



2024-2025 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	33.05	32.40	31.82	31.20
100 Free	1:20.68	1:19.10	1:13.54	1:12.10	1:10.18	1:08.80
200 Free	2:54.01	2:50.60	2:38.10	2:35.00	2:30.76	2:27.80
400 Free	6:05.77	5:58.60	5:32.32	5:25.80	5:18.95	5:12.70
800 Free	12:33.78	12:19.00	11:26.36	11:12.90	10:57.08	10:44.20
1500 Free	24:26.96	23:58.20	22:14.06	21:47.90	21:22.14	20:57.00
50 Back	41.62	40.80	37.54	36.80	36.11	35.40
100 Back	1:30.78	1:29.00	1:22.01	1:20.40	1:18.23	1:16.70
200 Back	3:14.41	3:10.60	2:55.34	2:51.90	2:47.69	2:44.40
50 Breast	47.53	46.60	42.53	41.70	41.11	40.30
100 Breast	1:44.75	1:42.70	1:33.74	1:31.90	1:29.86	1:28.10
200 Breast	3:43.99	3:39.60	3:21.65	3:17.70	3:13.09	3:09.30
50 Fly	39.68	38.90	36.11	35.40	34.58	33.90
100 Fly	1:31.09	1:29.30	1:21.50	1:19.90	1:17.93	1:16.40
200 Fly	3:25.22	3:21.20	3:02.89	2:59.30	2:54.11	2:50.70
200 IM	3:15.84	3:12.00	2:59.62	2:56.10	2:50.65	2:47.30
400 IM	6:54.22	6:46.10	6:18.52	6:11.10	6:03.32	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
 WGB – Whitehorse Glacier Bears
 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	36.01	35.30	31.01	30.40	28.87	28.30
100 Free	1:21.19	1:19.60	1:09.36	1:08.00	1:04.06	1:02.80
200 Free	2:54.62	2:51.20	2:30.25	2:27.30	2:19.03	2:16.30
400 Free	6:07.00	5:59.80	5:21.71	5:15.40	4:57.23	4:51.40
800 Free	12:43.57	12:28.60	11:09.94	10:56.80	10:26.79	10:14.50
1500 Free	24:16.56	23:48.00	21:11.53	20:46.60	19:49.01	19:25.70
50 Back	41.92	41.10	36.11	35.40	33.15	32.50
100 Back	1:32.21	1:30.40	1:18.85	1:17.30	1:12.22	1:10.80
200 Back	3:15.13	3:11.30	2:49.52	2:46.20	2:36.37	2:33.30
50 Breast	47.23	46.30	40.49	39.70	37.13	36.40
100 Breast	1:45.16	1:43.10	1:28.43	1:26.70	1:21.50	1:19.90
200 Breast	3:44.71	3:40.30	3:11.45	3:07.70	2:56.26	2:52.80
50 Fly	39.88	39.10	34.48	33.80	31.62	31.00
100 Fly	1:31.80	1:30.00	1:17.21	1:15.70	1:11.20	1:09.80
200 Fly	3:25.22	3:21.20	2:54.52	2:51.10	2:39.12	2:36.00
200 IM	3:17.57	3:13.70	2:50.24	2:46.90	2:37.18	2:34.10
400 IM	6:56.77	6:48.60	6:01.90	5:54.80	5:36.29	5:29.70