



## 2024-25 SWIM BC PARA PROVINCIAL CHAMPIONSHIP TIME STANDARDS

WOMEN																
EVENT	S/SB/SM 1		S/SB/SM 2		S/SB/SM 3		S/SB/SM 4		S/SB/SM 5		S/SB/SM 6		S/SB/SM 7		S/SB/SM 8	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	3:04.73	3:08.42	2:07.53	2:10.08	2:07.12	2:09.66	1:14.79	1:16.29	1:10.78	1:10.78	59.05	59.05	56.48	56.48	51.51	50.48
<b>100 Free</b>	6:37.88	6:45.84	4:37.09	4:42.63	4:00.38	4:05.19	3:04.73	3:08.42	2:28.27	2:28.27	2:10.34	2:10.34	2:01.90	2:01.90	1:54.41	1:52.12
<b>200 Free</b>	--	--	9:56.82	10:08.76	8:53.93	9:04.61	7:41.82	7:51.06	5:34.10	5:34.10	--	--	--	--	--	--
<b>400 Free</b>	--	--	--	--	--	--	--	--	--	--	9:16.35	9:16.35	9:02.07	9:02.07	8:13.09	8:03.23
<b>50 Back</b>	3:33.14	3:37.40	2:57.55	3:01.10	1:56.79	1:59.13	1:38.70	1:40.67	1:19.84	1:19.84	--	--	--	--	--	--
<b>100 Back</b>	7:06.30	7:14.83	5:39.08	5:45.86	--	--	--	--	--	--	2:28.11	2:28.11	2:20.77	2:20.77	2:09.11	2:06.53
<b>50 Breast</b>	4:15.79	4:20.91	2:29.20	2:32.18	1:46.90	1:49.04	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	--	--	--	3:45.85	3:50.37	3:06.34	3:06.34	2:51.56	2:51.56	2:44.19	2:44.19	2:24.56	2:21.67
<b>50 Fly</b>	--	--	--	--	2:14.99	2:17.69	1:53.68	1:55.95	1:28.45	1:28.45	1:06.42	1:06.42	1:02.92	1:02.92	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--	2:04.92	2:02.42
<b>150 IM</b>	--	--	11:22.07	11:35.71	7:06.30	7:14.83	5:49.43	5:56.42	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	--	--	--	--	7:19.46	7:19.46	5:19.30	5:19.30	5:15.99	5:15.99	4:46.72	4:40.99

WOMEN														
EVENT	S/SB/SM 9		S/SB/SM 10		S/SB/SM 11		S/SB/SM 12		S/SB/SM 13		S/SB/SM 14		SB 9 ONLY	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	46.72	45.79	44.44	43.55	52.71	53.76	48.45	47.48	44.25	43.36	44.44	43.55	38.38	37.63
<b>100 Free</b>	1:40.91	1:38.89	1:38.66	1:36.69	1:57.98	2:00.34	1:46.37	1:44.24	1:41.12	1:39.10	1:37.52	1:35.57	1:25.20	1:23.53
<b>200 Free</b>	--	--	--	--	--	--	--	--	--	--	3:31.79	3:27.55	--	--
<b>400 Free</b>	7:45.96	7:36.64	7:23.56	7:14.69	9:18.84	9:30.02	10:06.90	9:54.76	7:38.23	7:29.07	--	--	6:23.09	6:15.58
<b>50 Back</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	1:59.20	1:56.82	1:54.20	1:51.92	2:19.26	2:22.05	2:08.13	2:05.57	1:51.90	1:49.66	1:54.30	1:52.01	1:38.63	1:36.70
<b>50 Breast</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	2:12.36	2:09.71	--	--	2:38.05	2:41.21	2:23.04	2:20.18	2:11.29	2:08.66	2:11.91	2:09.27	0:00.00	0:00.00
<b>50 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Fly</b>	1:53.62	1:51.35	1:48.15	1:45.99	2:14.99	2:17.69	2:05.08	2:02.58	1:54.30	1:52.01	1:50.32	1:48.11	1:33.41	1:31.58
<b>150 IM</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	4:15.19	4:10.09	4:04.30	3:59.41	4:57.70	5:03.65	4:54.18	4:48.30	4:05.92	4:01.00	4:06.54	4:01.61	3:31.00	3:26.86



MEN																
EVENT	S/SB/SM 1		S/SB/SM 2		S/SB/SM 3		S/SB/SM 4		S/SB/SM 5		S/SB/SM 6		S/SB/SM 7		S/SB/SM 8	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	2:23.15	2:26.01	2:07.67	2:10.22	1:25.22	1:26.92	1:07.17	1:08.51	56.57	00:56.57	00:51.98	00:51.98	00:46.80	00:46.80	00:44.23	00:43.35
<b>100 Free</b>	5:19.73	5:26.12	4:41.23	4:46.85	3:11.84	3:15.68	2:32.67	2:35.72	2:06.14	02:06.14	01:51.73	01:51.73	01:44.76	01:44.76	01:36.59	01:34.66
<b>200 Free</b>	11:57.60	12:11.95	8:32.92	8:43.18	7:23.45	7:32.32	5:39.54	5:46.33	4:44.84	04:44.84	--	--	--	--	--	--
<b>400 Free</b>	--	--	--	--	--	--	--	--	--	--	08:49.06	08:49.06	08:02.97	08:02.97	07:24.81	07:15.91
<b>50 Back</b>	2:57.04	3:00.58	1:56.52	1:58.85	1:32.32	1:34.17	1:22.33	1:23.98	1:05.77	01:05.77	--	--	--	--	--	--
<b>100 Back</b>	6:06.73	6:14.06	4:10.38	4:15.39	--	--	--	--	--	--	02:12.76	02:12.76	02:04.33	02:04.33	01:51.94	01:49.70
<b>50 Breast</b>	5:26.83	5:33.37	5:10.09	5:16.29	1:28.16	1:29.92	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	--	--	--	--	--	--	3:04.74	3:08.43	2:50.07	02:50.07	02:18.42	02:18.42	02:15.23	02:15.23	02:03.21	02:00.75
<b>50 Fly</b>	--	--	1:25.26	1:26.97	1:17.45	1:19.00	1:09.64	1:11.03	1:03.48	01:03.48	00:54.64	00:54.64	00:51.42	00:51.42	--	--
<b>100 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--	01:43.85	01:41.77
<b>150 IM</b>	16:06.28	16:25.61	13:15.76	13:31.68	7:22.32	7:31.17	4:56.55	5:02.48	--	--	--	--	--	--	--	--
<b>200 IM</b>	--	--	--	--	--	--	--	--	7:19.46	07:19.46	04:50.46	04:50.46	04:27.90	04:27.90	03:56.32	03:51.59

MEN														
EVENT	S/SB/SM 9		S/SB/SM 10		S/SB/SM 11		S/SB/SM 12		S/SB/SM 13		S/SB/SM 14		SB 9 ONLY	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	41.16	40.34	39.03	38.25	44.51	45.40	39.69	38.90	39.14	38.36	39.03	38.25	33.71	33.05
<b>100 Free</b>	1:31.49	1:29.66	1:24.78	1:23.08	1:44.72	1:46.81	1:30.58	1:28.77	1:26.83	1:25.09	1:24.98	1:23.28	1:13.23	1:11.79
<b>200 Free</b>	--	--	--	--	--	--	--	--	--	--	3:05.88	3:02.16	--	--
<b>400 Free</b>	6:58.59	6:50.22	6:39.14	6:31.16	8:26.07	8:36.19	8:17.67	8:07.72	7:00.83	6:52.41	--	--	5:44.72	5:37.96
<b>50 Back</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Back</b>	1:43.70	1:41.63	1:38.48	1:36.51	2:03.41	2:05.88	1:47.83	1:45.67	1:40.95	1:38.93	1:38.70	1:36.73	1:25.05	1:23.38
<b>50 Breast</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Breast</b>	1:54.86	1:52.56	--	--	2:13.70	2:16.37	1:59.07	1:56.69	1:53.62	1:51.35	1:49.66	1:47.47	--	--
<b>50 Fly</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>100 Fly</b>	1:37.17	1:35.23	1:35.16	1:33.26	2:05.38	2:07.89	1:39.12	1:37.14	1:33.24	1:31.38	1:31.74	1:29.91	1:22.19	1:20.58
<b>150 IM</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	--
<b>200 IM</b>	3:45.68	3:41.17	3:32.95	3:28.69	4:25.61	4:30.92	4:27.19	4:21.85	3:36.82	3:32.48	3:30.99	3:26.77	3:03.92	3:00.31