



2024-25 SEASON
Canadian Sport Institute Pacific
and Swim BC
Athlete and Coach Nomination Criteria

Criteria Approved **<Amended Oct 29 2024:**

CSI Pacific Representative Andrew Latham Manager Performance Pathways	<i>Andrew Latham</i>
	Signature
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	Signature

PURPOSE

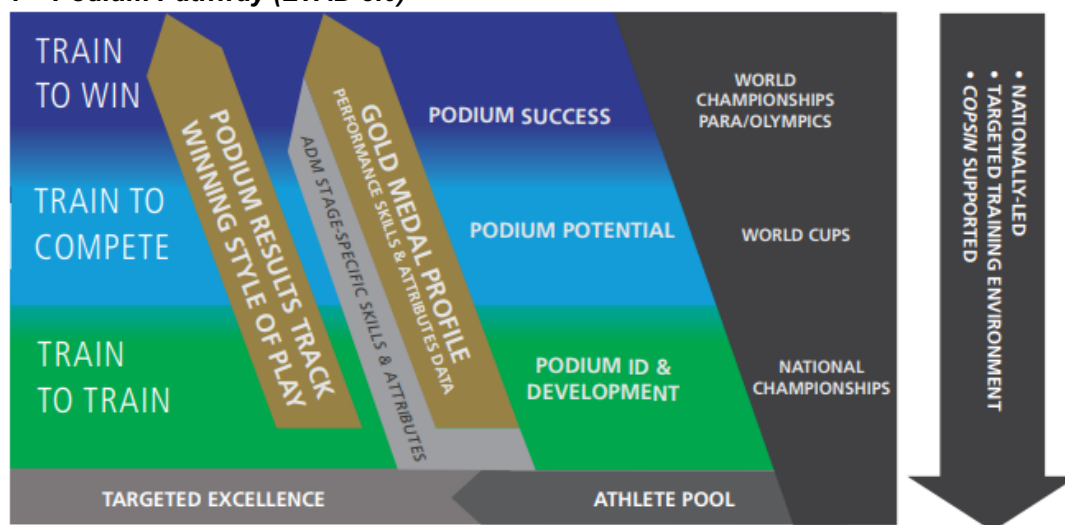
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and **Swim BC**, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process to identify athletes and coaches within the **Swim BC** high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current generation of National Team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

Figure 1 – Podium Pathway (LTAD 3.0)



¹ In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

DETAILS

Through the above partnership, and with the above purpose in mind, Swim BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centers in BC.

Canadian Sport Institute and PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please see Appendix 1 for an outline of Swim BC targeted athlete benefits, programs, and services as delivered through Swim BC.

Targeted athletes are nominated by Swim BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Swim BC. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Swim BC high performance program benchmarks to remain targeted. Swim BC and the Canadian Sport Institute technical lead working with Swim BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Swim BC targeting runs November 1st – October 31st annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the Swim BC targeted athlete list, on a case-by-case basis.

ATHLETE ELIGIBILITY

To be eligible for nomination swimmers must meet the following conditions:

1. Must be a registered member in good standing of Swim BC.
2. Must be a Canadian citizen or Permanent Resident.
3. Must have resided full time in BC for at least 6 months prior to August 31, 2024.
4. Must reside full time in BC for at least 6 months per year.
5. Must be eligible to represent Canada as per Swimming Canada selection policies.

COACH ELIGIBILITY

To be eligible for nomination coaches must meet the following conditions:

1. Must be a registered member in good standing of Swim BC.
2. Must have resided full time in BC for at least 6 months prior to August 31, 2024
3. Must reside full time in BC for at least 6 months per year.
4. Must be eligible to represent Canada as per Swimming Canada selection policies.

ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by Swim BC and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional center. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local center in order to receive athlete or coach support.

CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing (at the discretion of the PSO/DSO) with Swim BC as a competitive athlete and meet the definition of a BC athlete.
2. In principle, all athletes nominated should have a designated coach who is responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list.
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on Swim BC's nomination list at coach's discretion when:
 - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred. **AND;**
 - b. The athlete in question was previously nominated by Swim BC in the previous 24 months.

LEVEL-SPECIFIC CRITERIA

Swim BC works in alignment with Swimming Canada, Swim BC's member clubs, and the club's coaches to identify and develop swimmers in the following three areas:

1. Pool Swimming
2. Para-Swimming
3. Open Water Swimming

The Canadian Sport Institute criteria and the Swim BC sport-specific criteria are identified below for each programming tier:

CSI Pacific Level	Swim BC Program Name
Canadian Elite	Swim BC Elite / Para Elite / Open Water Elite
Canadian Development	Swim BC Perform / Para Perform / Open Water Perform
Provincial Development 1	Swim BC Advance / Para Advance
Provincial Development 2	Swim BC Prospects / Para Prospects
Coaches	Swim BC Provincial Team Lead Coach

NOMINATION PROCESS

Swim BC will be utilizing the Swim BC Learning & Development Hub (Learning Management System) to guide our athletes and coaches through the process. The steps are summarized below:

Step 1 – Identification

Swimmers will be identified for each of the programs, ensuring that the appropriate criteria have been met, including Residency, Age (Year of Birth), Gender, AND Performance Standard and/or Ranking.

Step 2 – Notification

The club's head coach will be notified of their swimmers who have achieved the program criteria. A follow-up email will be sent to the guardian / swimmer, linking them to the Swim BC Learning and Development Hub to guide them through the athlete intake process, including the completion of all pre-requisites.


















Step 3 – Nomination

Swim BC will nominate all candidates who have been identified and who have completed the pre-requisites for that level. This includes swimmers and their coach of record.

Step 4 – Registration

Nominated swimmers and coaches are required to complete their registration with their local Canadian Sport Institute / PacificSport Centre.

LEVEL SPECIFIC CRITERIA SUMMARY

		Residency Requirement	Age (Year of Birth)	Performance Standard			Sport Class	Athlete Intake*
				Priority 1	Priority 2	Priority 3		
POOL SWIMMING								
	Canadian Elite <i>Swim BC Elite</i>		N/A	AAP Senior Card	--	--	N/A	N/A
	Canadian Development <i>Swim BC Perform</i>		2006 & O	1+ On-Track 3 Standard <small>Sept '23 – Aug '24</small>	National Senior Team Selection	--	N/A	
	Provincial Development 1 <i>Swim BC Advance</i>		2008 - 2007	3+ Advance Standards <small>Sept '23 – Aug '24</small>	3+ PW Standards <small>Sept '23 – Aug '24</small> <i>Ranked</i>	3+ Advance Standards <small>Sept '24 – Mar '25</small>	N/A	
	Provincial Development 2 <i>Swim BC Prospects</i>		2011 - 2009	3+ Prospect Standards <small>Sept '23 – Aug '24</small>	3+ PW Standards <small>Sept '23 – Aug '24</small> <i>Ranked</i>	3+ Prospect Standards <small>Sept '24 – Mar '25</small>	N/A	
PARA SWIMMING								
	Canadian Elite <i>Swim BC Para Elite</i>		N/A	AAP Senior Card	--	--	N/A	N/A
	Canadian Development <i>Swim BC Para Perform</i>		2006 & O	1+ Para Perform Standard <small>Sept '23 – Aug '24</small>	National Senior Team Selection	--	INT	
	Provincial Development 1 <i>Swim BC Para Advance</i>		2010 - 1999	1+ Para Advance Standard <small>Sept '23 – Aug '24</small>	1+ Para Advance Standard <small>Sept '24 – Mar '25</small>	--	3	
	Provincial Development 2 <i>Swim BC Para Prospects</i>		N/A	1+ Para Prospects Standard <small>Sept '23 – Aug '24</small>	1+ Para Prospect Standard <small>Sept '24 – Mar '25</small>	--	2	
DISTANCE / OPEN WATER SWIMMING								
	Canadian Elite <i>Swim BC Distance / OW Elite</i>		N/A	AAP Senior Card	--	--	N/A	N/A
	Canadian Development <i>Swim BC Distance / OW Perform</i>		2006 & O	National OW Team Selection <small>Sept '24 – Mar '25</small>	--	--	N/A	

* Athlete Intake requirements are listed with the Swim BC Sport-Specific Criteria for each level.

Podium / Canadian Elite

Elite / Para Elite / OW Elite

POOL SWIMMING

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

PARA SWIMMING

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

OPEN WATER SWIMMING

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

Canadian Development

Perform / Para Perform / OW Perform

Canadian Sport Institute Criteria:

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway. **OR**;
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile) and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
 - Athletes who have been targeted as “NextGen” defined as the expectation to be selected to the senior national team in eligible events **within 24 months** and verified by the NSO.

POOL SWIMMING

*Swim BC Sport-Specific Criteria:***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2006 and older, and have achieved a minimum of one Swimming Canada On-Track 3 Time Standard (Appendix 2) between September 1, 2023, and August 31, 2024, will be identified for the Swim BC Perform Provincial Team.

Priority 2

Any swimmer that is selected to a Canadian Senior National team during the 2024 – 2025 season (September 1, 2024 through August 31, 2025) will be nominated for the Swim BC Perform team.

Nomination

Selected swimmers will receive an invitation for the Swim BC Perform team. The following pre-requisites are required:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Provincial Team Intake form

Canadian Development

Swim BC Perform / Para Perform

PARA SWIMMING

Swim BC Sport-Specific Criteria:

IdentificationPriority 1

Swimmers who meet the residency requirements, who are year of birth 2010 and older, have an International Level Sportclass Classification, and have achieved a minimum of one Swim BC Para Perform Time Standard (Appendix 4) between September 1, 2023, and August 31, 2024, will be identified for the Swim BC Para Perform Provincial Team.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2009 and older, have an International Level Sportclass Classification, and have been selected to a Canadian Senior National team during the 2024 – 2025 season (September 1, 2024 through August 31, 2025) will be identified for the Swim BC Para Perform team.

Nomination

Selected swimmers will receive an invitation for the Swim BC Para Perform team. The following pre-requisites are required:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Provincial Team Intake form

Canadian Development

Perform / Para Perform / OW Perform

DISTANCE / OPEN WATER SWIMMING

Swim BC Sport-Specific Criteria:

Identification**Priority 1**

Swimmers who meet the residency requirements, who are year of birth 2006 and older, and are selected to a Canadian Senior National Open Water team during the 2024 – 2025 season (September 1, 2024 through August 31, 2025) will be nominated for the Swim BC Perform Distance / Open Water team.

Nomination

Selected swimmers will receive an invitation for the Swim BC Perform Distance / Open Water team. The following pre-requisites are required:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Provincial Team Intake form

Provincial Development 1

Advance / Para Advance / OW Advance

Canadian Sport Institute Criteria:

Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:

- Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
AND
- Competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR;**
- Won a medal in an eligible event at their Sport-Specific National Elite/Open, U23, or U19 Championships (or equivalent level of performance standard) in the previous 24 months.

**Note, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2).*

POOL SWIMMING

*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2008 or 2007, and have achieved the Swim BC Advance *time standards* (Appendix 3) in three or more events between September 1, 2023, and August 31, 2024, will be identified for the Swim BC Advance Provincial Team.

Priority 2

Swimmers who meet the residency requirements, who are year of birth 2008 or 2007, and have achieved the Swim BC Pacific Wave *consideration times* (Appendix 3) in three or more events between September 1, 2023, and August 31, 2024, will be ranked by their top scoring Pacific Wave swim. The top ranked swimmers will be identified up to a total of 10 Women and 10 Men, inclusive of the priority one swimmers.

Priority 3

All swimmers who meet the residency requirements, who are year of birth 2008 or 2009, and have achieved the Swim BC Advance *time standards* (Appendix 3) in three or more events between September 1, 2024 and March 31, 2025 will be identified for the Swim BC Advance team in addition to the 10 Women and 10 Men identified in priority one.

Provincial Development 1

Advance / Para Advance / OW Advance

POOL SWIMMING

Nomination

Selected swimmers will receive an invitation for the Swim BC Advance team. The following pre-requisites are required:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Provincial Team Intake form

PARA SWIMMING

*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2010 to 1999, have a minimum Level 3 Sportclass Classification, and have achieved at least one Swim BC Para Advance Time Standard (Appendix 5) between September 1, 2023, and August 31, 2024, will be identified for the Swim BC Para Advance Provincial Team.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2010 to 1999, have a minimum Level 3 Sportclass Classification, and have achieved at least one Swim BC Para Advance *time standard* (Appendix 5) between September 1, 2024 and March 31, 2025 will be identified for the Swim BC Para Advance team.

Nomination

Selected swimmers will receive an invitation for the Swim BC Para Advance team. The following pre-requisites are required:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Completion of CAC Safe Sport (Valid for 5 Years)
8. Upload of a Headshot Photo
9. Completion of the Swim BC Provincial Team Intake form

Provincial Development 2

Prospects / Para Prospects

Canadian Sport Institute Criteria:

Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet the criteria below:

- Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
AND
- Competed in an eligible event at the appropriate age group national championships (or equivalent level of performance standard) in the previous 24 months, **OR;**
- Won a medal in an eligible event at their appropriate age group provincial championships in the previous 12 months.

POOL SWIMMING

*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2011, 2010, or 2009, and have achieved the Swim BC Prospects *time standards* (Appendix 3) in three or more events between September 1, 2023, and August 31, 2024, will be identified for the Swim BC Prospects Provincial Team.

Priority 2

Swimmers who meet the residency requirements, who are year of birth 2011, 2010, or 2009, and achieved the Swim BC Pacific Wave *consideration times* (Appendix 3) in three or more events between September 1, 2023, and August 31, 2024, will be ranked by their top scoring Pacific Wave swim. The top ranked swimmers will be identified for the Swim BC Prospects Team up to a grand total of 30 Women and 30 Men, inclusive of the priority one swimmers above.

Priority 3

Any swimmers who meet the residency requirements, who are year of birth 2011, 2010, or 2009, and have achieved the Swim BC Prospects *time standards* (Appendix 3) in three or more events between September 1, 2024 and March 31, 2025 will be identified for the Swim BC Prospects team in addition to the 30 Women and 30 Men identified above.

Provincial Development 2

Prospects / Para Prospects

POOL SWIMMING

Nomination

Selected swimmers will receive an invitation for the Swim BC Prospects team. The following pre-requisites are required:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Upload of a Headshot Photo
8. Completion of the Swim BC Provincial Team Intake form

PARA SWIMMING

*Swim BC Criteria***Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2010 to 1999, have a Level 2 Sportclass Classification, and have achieved a minimum of one Swim BC Para Prospects time standard (Appendix 6) between September 1, 2023, and August 31, 2024, will be identified for the Swim BC Para Prospects team.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2010 to 1999, have a minimum Level 2 Sportclass Classification, and have achieved at least one Swim BC Para Prospects *time standard* (Appendix 6) between September 1, 2024 and March 31, 2025 will be identified for the Swim BC Para Prospects team.

Nomination

Selected swimmers will receive an invitation for the Swim BC Para Prospects team. The following pre-requisites are required:

Complete **Swim BC Athlete Intake** on the Swim BC Learning and Development Hub, including:

1. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
2. Demonstrate an understanding of the Swim BC Travel Policy
3. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
4. Completion of the Swim BC Athlete Agreement Form
5. Completion of the Swim BC Photo and Video Consent Form
6. Completion of CCES True Sport Clean 101
7. Upload of a Headshot Photo
8. Completion of the Swim BC Provincial Team Intake form

Coach

Canadian Sport Institute Criteria:

Coaches are nominated by having his or her name included in the targeted athlete list when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.

Swim BC Sport-Specific Criteria:

Identification

Coach of record of a nominated swimmer in any of the Prospects, Advance, Perform, or Elite provincial teams.

Nomination

The following pre-requisites must be met by nominated coaches for selection:

1. Minimum 18 Years of Age
2. Registered with Canadian Swimming Coaches Association Level Head Coach, Assistant Coach – National, or Assistant Coach – Provincial
3. Successfully Completed Canadian Swimming Coaches Association Screening Questions
4. Current Criminal Record Check (*Valid 5 Years*)
5. CAC SafeSport or Respect in Sport Activity Leader Training (*Valid 5 Years*)
6. Canadian Centre for Ethics in Sport True Sport Clean 101
7. Valid NCCP Age Group Certified or Fundamentals Coach Certified & Senior Coach Trained
8. Completed Making Ethical Decisions Evaluation
9. Demonstrate an understanding of the Swim BC Code of Conduct and Ethics Policy
10. Demonstrate an understanding of the Swim BC Travel Policy
11. Demonstrate an understanding of the Swim BC Selection and Coach Appointment Policy
12. Completion of the Swim BC Coach Agreement Form
13. Completion of the Swim BC Photo and Video Consent Form
14. Upload of a Headshot Photo
15. Completion of the Swim BC Provincial Team Intake form

APPENDIX 1: BENEFITS, PROGRAMS, AND SERVICES

Swim BC Targeted Athlete/Coach Benefits, Programs, and Services

POOL SWIMMING

 Podium / Canadian Elite (Sport Canada AAP Carded)	Swim BC Elite
<ul style="list-style-type: none">• Swim BC Learning and Development Hub• Benchmark Training Sets• CSI Pacific Member Benefits	
 Canadian Development	Swim BC Perform
<ul style="list-style-type: none">• Swim BC Learning and Development Hub• Benchmark Training Sets• IST Support at National Competitions• LA28 Competition & Training Support Program Eligibility• CSI Pacific Member Benefits	
 Provincial Development 1	Swim BC Advance
<ul style="list-style-type: none">• Swim BC Learning and Development Hub• Benchmark Training Sets• Virtual Olympian Mentorship• Team BC Competition and Camp Activities• IST Support at National Competitions• LA28 Competition & Training Support Program Eligibility• CSI Pacific Member Benefits	
 Provincial Development 2	Swim BC Prospects
<ul style="list-style-type: none">• Swim BC Learning and Development Hub• Benchmark Training Sets• Virtual Olympian Mentorship• Team BC Competition and Camp Activities• LA28 Competition & Training Support Program Eligibility• CSI Pacific Member Benefits	

APPENDIX 1: BENEFITS, PROGRAMS, AND SERVICES

Swim BC Targeted Athlete/Coach Benefits, Programs, and Services

PARA SWIMMING

Podium / Canadian Elite (Sport Canada AAP Carded)

Swim BC Para Elite

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- CSI Pacific Member Benefits

Canadian Development

Swim BC Para Perform

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Team BC Competition and/or Camp Activity
- LA28 Competition & Training Support Program Eligibility
- CSI Pacific Member Benefits

Provincial Development 1

Swim BC Para Advance

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Team BC Competition and/or Camp Activity
- LA28 Competition & Training Support Program Eligibility
- CSI Pacific Member Benefits

Provincial Development 2

Swim BC Para Prospects

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Team BC Competition and/or Camp Activity
- LA28 Competition & Training Support Program Eligibility
- CSI Pacific Member Benefits

APPENDIX 1: BENEFITS, PROGRAMS, AND SERVICES

Swim BC Targeted Athlete/Coach Benefits, Programs, and Services

DISTANCE / OPEN WATER SWIMMING

Podium / Canadian Elite (Sport Canada AAP Carded)

Swim BC Distance / OW Elite

- Swim BC Learning and Development Hub
- Benchmark Training Sets
- LA28 Competition & Training Support Program Eligibility
- CSI Pacific Member Benefits

COACH

Coach

Swim BC Coach

- Swim BC Learning and Development Hub
- Lead Roles at Team BC Competitions and Camps
- LA28 Competition & Training Support Program Eligibility
- CSI Pacific Member Benefits

APPENDIX 2: ON TRACK TIMES

Swimming Canada
2024 World Class On Track Times
 (Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13			13			13			13			13		
14			14			14	2:06.49		14	4:26.16		14	9:03.80		14	17:19.06	
15			15	56.74		15	2:03.16	2:04.44	15	4:19.53	4:21.14	15	8:53.49	8:56.53	15	16:59.36	17:05.16
16	25.83		16	55.71	56.35	16	2:00.90	2:02.15	16	4:14.94	4:16.52	16	8:46.05	8:49.04	16	16:45.14	16:50.86
17	25.56	25.83	17	55.07	55.70	17	1:59.56	2:00.80	17	4:12.16	4:13.72	17	8:41.04	8:44.01	17	16:35.58	16:41.24
18	25.37	25.64	18	54.63	55.26	18	1:58.66	1:59.89	18	4:10.57	4:12.12	18	8:37.90	8:40.85	18	16:29.57	16:35.20
19	25.20	25.46	19	54.25	54.88	19		1:59.18	19		4:11.20	19		8:38.96	19		16:31.60
20	25.04	25.30	20		54.54	20		1:58.66	20		4:10.57	20		8:37.90	20		16:29.57
21		25.16	21		54.25	21		1:58.77	21		4:10.64	21		8:38.19	21		16:30.13
22		25.04	22			22		1:58.66	22		4:10.57	22		8:37.90	22		16:29.57
23			23			23			23			23			23		
24		25.04	24			24			24			24			24		

100 Back			200 Back			100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13	1:06.38		13	2:23.03		13			13		
14	1:04.18	1:05.03	14	2:18.50	2:20.35	14			14		
15	1:02.52	1:03.35	15	2:15.07	2:16.88	15	1:10.18		15	2:31.33	
16	1:01.34	1:02.15	16	2:12.63	2:14.41	16	1:08.90	1:09.57	16	2:28.89	2:30.05
17	1:00.59	1:01.40	17	2:11.08	2:12.84	17	1:08.13	1:08.79	17	2:27.45	2:28.60
18		1:00.92	18		2:11.79	18	1:07.68	1:08.34	18	2:26.59	2:27.74
19		1:00.59	19		2:11.08	19	1:07.35	1:08.01	19	2:25.91	2:27.05
20			20			20		1:07.69	20		2:26.41
21		1:00.59	21			21		1:07.35	21		2:25.91
22			22			22		1:07.54	22		2:26.16
23			23			23		1:07.35	23		2:25.91

100 Fly			200 Fly			200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13			13			13		
14			14	2:17.24		14			14	5:01.10	
15	1:01.40		15	2:14.12	2:15.36	15	2:18.97		15	4:53.94	4:55.62
16	1:00.27	1:00.89	16	2:11.81	2:13.02	16	2:16.48	2:17.39	16	4:48.67	4:50.32
17	59.42	1:00.03	17	2:10.23	2:11.43	17	2:14.86	2:15.76	17	4:45.12	4:46.75
18	58.80	59.41	18	2:09.21	2:10.40	18	2:13.75	2:14.64	18	4:43.06	4:44.68
19	58.33	58.93	19		2:09.69	19	2:12.98	2:13.87	19		4:43.54
20		58.58	20		2:09.21	20		2:13.34	20		4:43.06
21		58.33	21			21		2:12.98	21		4:43.21
22			22			22		2:13.00	22		4:43.06
23		58.33	23			23		2:12.98	23		

FEMALE



APPENDIX 2: ON TRACK TIMES

Swimming Canada
2024 World Class On Track Times
 (Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	53.40		15	1:56.32		15	4:06.79		15	8:27.84		15	16:11.05	
16			16	51.65	52.63	16	1:53.03	1:54.74	16	4:00.04	4:03.00	16	8:14.80	8:19.37	16	15:46.11	15:54.86
17	23.51		17	50.28	51.23	17	1:50.43	1:52.11	17	3:54.76	3:57.66	17	8:04.84	8:09.32	17	15:27.06	15:35.64
18	22.97	23.20	18	49.24	50.17	18	1:48.45	1:50.10	18	3:50.83	3:53.68	18	7:57.68	8:02.10	18	15:13.39	15:21.84
19	22.58	22.81	19	48.51	49.43	19	1:47.06	1:48.69	19	3:48.15	3:50.96	19	7:53.11	7:57.49	19	15:04.64	15:13.01
20	22.31	22.54	20		48.90	20		1:47.71	20		3:49.20	20		7:54.67	20		15:07.62
21	22.12	22.34	21		48.51	21		1:47.06	21		3:48.15	21		7:53.11	21		15:04.64
22		22.21	22			22		1:47.29	22		3:48.29	22		7:53.37	22		15:05.13
23		22.12	23			23		1:47.06	23		3:48.15	23		7:53.11	23		15:04.64
24			24			24			24			24			24		
25		22.12	25			25			25			25			25		

100 Back			200 Back		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:07.96	
16	57.82		16	2:03.84	2:04.96
17	56.29	56.87	17	2:00.94	2:02.04
18	55.24	55.81	18	1:59.14	2:00.22
19	54.52	55.09	19	1:58.07	1:59.14
20	54.03	54.59	20		1:58.48
21		54.25	21		1:58.07
22		54.03	22		1:58.13
23			23		1:58.07
24		54.03	24		

100 Fly			200 Fly		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:06.95	
16	55.45		16	2:03.23	2:04.93
17	54.00	54.56	17	2:00.34	2:02.00
18	53.03	53.58	18	1:58.18	1:59.81
19	52.40	52.95	19	1:56.71	1:58.32
20	51.96	52.50	20		1:57.33
21		52.18	21		1:56.71
22		51.96	22		1:56.82
23			23		1:56.71
24		51.96	24		

100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:22.53	
16	1:04.07		16	2:18.39	2:21.06
17	1:02.52	1:03.41	17	2:15.02	2:17.62
18	1:01.31	1:02.18	18	2:12.35	2:14.89
19	1:00.41	1:01.27	19	2:10.32	2:12.83
20	59.75	1:00.60	20		2:11.31
21		1:00.11	21		2:10.32
22		59.75	22		2:10.74
23			23		2:10.32
24		59.75	24		

200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	4:36.79	
16	2:07.21		16	4:30.22	4:34.00
17	2:04.24	2:05.33	17	4:24.87	4:28.58
18	2:02.03	2:03.11	18	4:20.64	4:24.29
19	2:00.53	2:01.59	19	4:17.48	4:21.08
20	1:59.53	2:00.59	20		4:18.82
21		1:59.94	21		4:17.48
22		1:59.53	22		4:17.65
23			23		4:17.48
24		1:59.53	24		

MALE



APPENDIX 3: PROSPECTS AND ADVANCE TIME STANDARDS

	WOMEN LONG COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2024-25	2012	2011		2010		2009		2008		2007	
50 Free	0:30.07	0:29.02	0:27.98	0:28.33	0:27.52	0:27.75	0:27.16	0:27.40	0:26.65	0:27.36	0:26.62
100 Free	1:05.08	1:03.11	1:00.83	1:01.43	0:59.68	1:00.16	0:58.88	0:59.44	0:57.82	0:58.93	0:57.32
200 Free	2:22.31	2:16.88	2:11.95	2:13.17	2:09.37	2:10.52	2:07.74	2:08.54	2:05.01	2:07.55	2:04.05
400 Free	5:01.83	4:49.66	4:39.23	4:42.95	4:34.86	4:37.10	4:31.20	4:33.06	4:25.58	4:31.99	4:24.54
800 Free	10:26.51	9:59.21	9:37.64	9:44.79	9:28.07	9:33.46	9:21.26	9:27.79	9:12.23	9:24.43	9:08.96
1500 Free	20:02.88	19:10.47	18:29.06	18:42.80	18:10.70	18:21.06	17:57.62	18:10.14	17:40.27	18:03.70	17:33.99
5000 Free	--	--	--	--	--	--	1:02:51.68	--	1:01:50.93	--	1:01:28.98
50 Back	0:35.15	0:33.29	0:32.09	0:32.20	0:31.28	0:31.54	0:30.86	0:31.16	0:30.31	0:31.03	0:30.18
100 Back	1:14.36	1:10.93	1:08.38	1:08.27	1:06.32	1:07.10	1:05.67	1:06.12	1:04.31	1:05.54	1:03.75
200 Back	2:40.60	2:31.88	2:26.41	2:26.80	2:22.60	2:24.83	2:21.75	2:22.44	2:18.53	2:21.60	2:17.71
50 Breast	0:39.08	0:37.14	0:35.80	0:35.77	0:34.74	0:35.12	0:34.37	0:34.72	0:33.77	0:34.58	0:33.63
100 Breast	1:25.11	1:20.90	1:17.98	1:17.88	1:15.66	1:16.27	1:14.64	1:15.13	1:13.07	1:15.23	1:13.16
200 Breast	3:02.42	2:55.63	2:49.30	2:48.52	2:43.71	2:44.16	2:40.67	2:41.65	2:37.21	2:41.78	2:37.34
50 Fly	0:32.48	0:31.12	0:30.00	0:30.25	0:29.39	0:29.67	0:29.04	0:29.17	0:28.37	0:29.06	0:28.25
100 Fly	1:12.25	1:08.86	1:06.38	1:06.72	1:04.81	1:05.22	1:03.84	1:04.07	1:02.30	1:03.93	1:02.17
200 Fly	2:43.22	2:34.66	2:29.09	2:29.14	2:24.88	2:25.53	2:22.43	2:24.34	2:20.38	2:23.12	2:19.20
200 IM	2:42.55	2:34.79	2:29.22	2:30.77	2:26.46	2:26.95	2:23.82	2:25.19	2:21.20	2:24.29	2:20.34
400 IM	5:44.70	5:28.60	5:16.77	5:20.06	5:10.91	5:12.98	5:06.32	5:09.58	5:01.10	5:08.28	4:59.83

Time Standards in three events must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 3: PROSPECTS AND ADVANCE TIME STANDARDS

	WOMEN SHORT COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2024-25	2012	2011		2010		2009		2008		2007	
50 Free	0:29.67	0:28.75	0:27.72	0:28.08	0:27.28	0:27.66	0:27.07	0:27.16	0:26.41	0:27.13	0:26.39
100 Free	1:04.67	1:02.51	1:00.26	1:01.15	0:59.40	0:59.44	0:58.17	0:58.83	0:57.21	0:58.59	0:56.99
200 Free	2:20.49	2:16.22	2:11.31	2:11.85	2:08.08	2:09.19	2:06.44	2:07.06	2:03.58	2:06.46	2:03.00
400 Free	4:57.55	4:48.03	4:37.66	4:40.45	4:32.43	4:35.29	4:29.43	4:30.39	4:22.98	4:29.67	4:22.28
800 Free	10:20.02	9:56.19	9:34.72	9:39.51	9:22.95	9:30.05	9:17.92	9:21.48	9:06.08	9:20.97	9:05.60
1500 Free	19:50.44	19:04.68	18:23.47	18:32.66	18:00.86	18:14.49	17:51.20	17:58.02	17:28.47	17:57.07	17:27.55
5000 Free	--	--	--	--	--	--	1:02:29.21	--	1:01:09.66	--	1:01:06.42
50 Back	0:34.02	0:32.51	0:31.34	0:31.45	0:30.55	0:31.14	0:30.48	0:30.60	0:29.77	0:30.45	0:29.62
100 Back	1:12.17	1:09.63	1:07.12	1:07.19	1:05.27	1:06.05	1:04.65	1:05.13	1:03.35	1:04.58	1:02.80
200 Back	2:35.97	2:30.32	2:24.90	2:24.81	2:20.67	2:22.52	2:19.48	2:20.25	2:16.41	2:19.67	2:15.84
50 Breast	0:38.89	0:36.76	0:35.43	0:35.63	0:34.61	0:35.05	0:34.31	0:34.50	0:33.56	0:34.32	0:33.38
100 Breast	1:23.07	1:19.45	1:16.59	1:16.87	1:14.68	1:15.67	1:14.05	1:14.15	1:12.12	1:14.14	1:12.11
200 Breast	2:59.75	2:52.36	2:46.15	2:46.76	2:41.99	2:43.18	2:39.71	2:40.16	2:35.76	2:39.65	2:35.28
50 Fly	0:32.46	0:31.22	0:30.09	0:30.47	0:29.59	0:29.73	0:29.10	0:29.22	0:28.42	0:29.19	0:28.38
100 Fly	1:12.04	1:09.61	1:07.11	1:07.06	1:05.14	1:05.38	1:03.99	1:04.58	1:02.81	1:04.19	1:02.42
200 Fly	2:42.80	2:36.31	2:30.68	2:29.17	2:24.90	2:25.60	2:22.50	2:23.61	2:19.67	2:23.28	2:19.35
200 IM	2:38.35	2:34.10	2:28.56	2:28.86	2:24.60	2:25.88	2:22.78	2:23.77	2:19.83	2:22.77	2:18.85
400 IM	5:38.65	5:27.82	5:16.02	5:15.76	5:06.73	5:10.80	5:04.19	5:05.08	4:56.72	5:04.60	4:56.26

Time Standards in three events must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 3: PROSPECTS AND ADVANCE TIME STANDARDS

	MEN LONG COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2024-25	2012	2011		2010		2009		2008		2007	
50 Free	0:29.52	0:27.82	0:26.82	0:26.59	0:25.83	0:25.52	0:24.99	0:25.00	0:24.31	0:24.92	0:24.24
100 Free	1:04.77	1:01.05	0:58.85	0:57.91	0:56.25	0:55.95	0:54.77	0:54.46	0:52.96	0:54.26	0:52.77
200 Free	2:21.96	2:12.65	2:07.87	2:05.94	2:02.34	2:02.41	1:59.80	1:59.60	1:56.31	1:58.90	1:55.65
400 Free	5:01.01	4:41.08	4:30.96	4:28.65	4:20.97	4:20.82	4:15.27	4:14.59	4:07.61	4:14.22	4:07.26
800 Free	10:41.71	9:52.30	9:30.97	9:27.11	9:10.90	9:12.14	9:00.38	8:58.65	8:43.89	9:00.92	8:46.08
1500 Free	20:09.64	18:36.49	17:56.29	17:49.03	17:18.47	17:20.79	16:58.64	16:55.36	16:27.54	16:59.63	16:31.68
5000 Free	--	--	--	--	--	--	--	--	57:36.37	--	57:50.89
50 Back	0:34.81	0:32.33	0:31.16	0:30.84	0:29.95	0:29.67	0:29.04	0:28.69	0:27.91	0:28.41	0:27.62
100 Back	1:14.09	1:09.25	1:06.76	1:05.08	1:03.22	1:02.50	1:01.17	1:01.08	0:59.41	1:00.70	0:59.04
200 Back	2:40.27	2:28.69	2:23.35	2:21.39	2:17.34	2:16.06	2:13.17	2:12.32	2:08.69	2:11.72	2:08.11
50 Breast	0:38.55	0:35.87	0:34.59	0:33.68	0:32.72	0:32.44	0:31.75	0:31.63	0:30.77	0:31.29	0:30.44
100 Breast	1:23.25	1:17.66	1:14.86	1:13.13	1:11.04	1:10.16	1:08.66	1:08.46	1:06.59	1:08.09	1:06.23
200 Breast	3:01.62	2:48.43	2:42.36	2:38.73	2:34.19	2:33.11	2:29.85	2:29.51	2:25.40	2:28.89	2:24.82
50 Fly	0:32.36	0:30.20	0:29.11	0:28.69	0:27.87	0:27.62	0:27.04	0:26.98	0:26.25	0:26.58	0:25.84
100 Fly	1:11.80	1:06.08	1:03.69	1:02.58	1:00.79	1:00.58	0:59.29	0:59.09	0:57.47	0:58.66	0:57.05
200 Fly	2:42.92	2:27.85	2:22.53	2:19.92	2:15.92	2:16.18	2:13.28	2:12.54	2:08.91	2:12.74	2:09.10
200 IM	2:40.41	2:29.12	2:23.75	2:21.64	2:17.58	2:17.67	2:14.74	2:14.64	2:10.95	2:14.38	2:10.70
400 IM	5:41.54	5:18.33	5:06.88	5:01.99	4:53.36	4:53.21	4:46.96	4:46.40	4:38.55	4:47.51	4:39.63

Time Standards in three events must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 3: PROSPECTS AND ADVANCE TIME STANDARDS

	MEN SHORT COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
	12	13		14		15		16		17	
Age Dec 31 st	2024-25	2012	2011	2010		2009		2008		2007	
50 Free	0:28.87	0:27.16	0:26.19	0:26.15	0:25.41	0:25.13	0:24.60	0:24.57	0:23.90	0:24.43	0:23.75
100 Free	1:02.95	0:59.50	0:57.35	0:57.16	0:55.53	0:54.80	0:53.63	0:53.45	0:51.99	0:53.27	0:51.81
200 Free	2:17.76	2:10.02	2:05.33	2:04.06	2:00.51	1:59.93	1:57.38	1:56.66	1:53.45	1:56.02	1:52.84
400 Free	4:54.40	4:38.72	4:28.69	4:24.50	4:16.94	4:16.02	4:10.57	4:09.83	4:02.98	4:09.02	4:02.20
800 Free	10:27.09	9:47.59	9:26.43	9:17.38	9:01.44	9:03.67	8:52.09	8:50.43	8:35.89	8:50.34	8:35.80
1500 Free	19:42.09	18:27.61	17:47.74	17:30.68	17:00.64	17:04.83	16:43.02	16:39.87	16:12.47	16:39.71	16:12.30
5000 Free	--	--	--	--	--	--	--	--	56:27.20	--	56:41.50
50 Back	0:33.67	0:31.33	0:30.21	0:29.81	0:28.96	0:28.84	0:28.23	0:27.66	0:26.90	0:27.55	0:26.79
100 Back	1:11.42	1:07.01	1:04.60	1:03.60	1:01.79	1:01.44	1:00.13	0:59.28	0:57.66	0:58.99	0:57.38
200 Back	2:33.14	2:24.66	2:19.45	2:17.88	2:13.94	2:13.46	2:10.62	2:09.03	2:05.50	2:08.66	2:05.13
50 Breast	0:37.60	0:34.96	0:33.71	0:33.26	0:32.31	0:31.97	0:31.29	0:31.09	0:30.23	0:30.64	0:29.80
100 Breast	1:20.62	1:15.06	1:12.35	1:11.44	1:09.40	1:08.78	1:07.31	1:07.15	1:05.31	1:06.34	1:04.52
200 Breast	2:54.68	2:43.21	2:37.33	2:35.62	2:31.18	2:29.98	2:26.79	2:25.59	2:21.61	2:24.49	2:20.53
50 Fly	0:31.90	0:29.91	0:28.83	0:28.44	0:27.63	0:27.42	0:26.83	0:26.66	0:25.94	0:26.40	0:25.68
100 Fly	1:10.53	1:05.77	1:03.40	1:02.28	1:00.50	1:00.50	0:59.21	0:58.91	0:57.29	0:58.15	0:56.56
200 Fly	2:37.89	2:28.00	2:22.67	2:19.99	2:15.99	2:15.61	2:12.73	2:11.41	2:07.81	2:10.03	2:06.46
200 IM	2:35.74	2:26.23	2:20.97	2:19.48	2:15.48	2:14.68	2:11.82	2:11.32	2:07.72	2:11.22	2:07.62
400 IM	5:30.84	5:12.13	5:00.89	4:58.64	4:50.11	4:47.83	4:41.71	4:41.26	4:33.54	4:40.48	4:32.80

Time Standards in three events must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 4: PARA PERFORM TIME STANDARDS

	FEMALE PARA PERFORM CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:02.08	2:02.08	1:24.28	1:24.28	1:06.68	1:06.68	0:49.41	0:49.41	0:44.14	0:44.14	0:39.03	0:39.03	0:36.85	0:36.85	0:34.72	0:34.72	0:32.00	0:31.36	0:29.95	0:29.34
100 Free	4:22.97	4:22.97	3:03.13	3:03.13	2:38.86	2:38.86	2:02.08	2:02.08	1:37.99	1:37.99	1:27.56	1:27.56	1:20.55	1:20.55	1:14.19	1:14.19	1:08.10	1:06.74	1:05.20	1:03.89
200 Free	9:37.57	9:37.57	6:34.44	6:34.44	5:52.87	5:52.87	5:05.21	5:05.21	3:40.80	3:40.80	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:07.68	6:07.68	5:58.25	5:58.25	5:32.47	5:32.47	5:14.12	5:07.84	4:58.70	4:52.72
50 Back	2:20.87	2:20.87	1:47.99	1:47.99	1:17.18	1:17.18	1:05.22	1:05.22	0:52.76	0:52.76	--	--	--	--	--	--	--	--	--	--
100 Back	4:41.74	4:41.74	3:42.90	3:42.90	--	--	--	--	--	--	1:37.88	1:37.88	1:33.57	1:33.57	1:26.76	1:26.76	1:18.76	1:17.19	1:16.98	1:15.44
50 Breast	2:49.04	2:49.04	1:38.60	1:38.60	1:11.20	1:11.20	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:29.26	2:29.26	2:03.53	2:03.53	1:53.38	1:53.38	1:48.90	1:48.90	1:35.54	1:35.54	1:27.47	1:25.73	--	--
50 Fly	2:16.18	2:16.18	2:02.08	2:02.08	1:29.22	1:29.22	1:15.13	1:15.13	0:58.46	0:58.46	0:43.88	0:43.88	0:41.58	0:41.58	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:24.21	1:24.21	1:15.08	1:13.59	1:12.67	1:11.22
150 IM	8:55.31	8:55.31	7:30.78	7:30.78	4:41.74	4:41.74	3:50.94	3:50.94	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	4:50.44	4:50.44	3:31.02	3:31.02	3:28.84	3:28.84	3:13.29	3:13.29	2:52.03	2:48.59	2:42.10	2:38.86

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:34.84	0:34.14	0:32.39	0:31.74	0:29.83	0:29.23	0:30.04	0:29.45
100 Free	1:17.97	1:16.40	1:10.30	1:08.89	1:05.27	1:03.96	1:05.74	1:04.42
200 Free	--	--	--	--	--	--	2:22.78	2:19.92
400 Free	6:09.40	6:02.01	5:42.78	5:35.93	5:08.90	5:02.72	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:31.18	1:29.36	1:24.68	1:22.99	1:15.44	1:13.93	1:17.04	1:15.51
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:44.45	1:42.37	1:34.54	1:32.65	1:28.49	1:26.73	1:28.91	1:27.14
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:29.22	1:27.43	1:21.70	1:20.06	1:17.04	1:15.51	1:14.36	1:12.87
150 IM	--	--	--	--	--	--	--	--
200 IM	3:16.74	3:12.80	3:03.13	2:59.46	2:45.78	2:42.46	2:46.67	2:43.33

APPENDIX 4: PARA PERFORM TIME STANDARDS

	MALE PARA PERFORM CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:34.61	1:34.61	1:07.61	1:07.61	0:56.32	0:56.32	0:44.38	0:44.38	0:37.39	0:37.39	0:32.39	0:32.39	0:30.93	0:30.93	0:29.58	0:29.58	0:28.05	0:27.49	0:26.30	0:25.78
100 Free	3:31.31	3:31.31	2:30.25	2:30.25	2:06.78	2:06.78	1:40.89	1:40.89	1:23.37	1:23.37	1:13.84	1:13.84	1:08.55	1:08.55	1:03.83	1:03.83	1:00.58	0:59.36	0:57.10	0:55.96
200 Free	7:54.26	7:54.26	5:38.99	5:38.99	4:53.07	4:53.07	3:44.41	3:44.41	3:08.25	3:08.25	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	5:49.65	5:49.65	5:19.20	5:19.20	4:59.84	4:59.84	4:38.72	4:33.15	4:29.06	4:23.68
50 Back	1:44.87	1:44.87	1:17.02	1:17.02	1:01.01	1:01.01	0:54.41	0:54.41	0:43.46	0:43.46	--	--	--	--	--	--	--	--	--	--
100 Back	3:37.54	3:37.54	2:45.47	2:45.47	--	--	--	--	--	--	1:27.75	1:27.75	1:22.17	1:22.17	1:15.19	1:15.19	1:08.53	1:07.16	1:05.94	1:04.63
50 Breast	3:35.99	3:35.99	3:24.92	3:24.92	0:58.26	0:58.26	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:02.09	2:02.09	1:52.39	1:52.39	1:31.49	1:31.49	1:29.37	1:29.37	1:21.43	1:21.43	1:15.90	1:14.38	--	--
50 Fly	1:03.62	1:03.62	0:56.35	0:56.35	0:51.18	0:51.18	0:46.03	0:46.03	0:41.95	0:41.95	0:36.12	0:36.12	0:33.98	0:33.98	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:08.63	1:08.63	1:06.19	1:04.87	1:02.99	1:01.72
150 IM	10:38.62	10:38.62	8:45.91	8:45.91	4:52.33	4:52.33	3:15.98	3:15.98	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	4:50.44	4:50.44	3:11.96	3:11.96	2:57.05	2:57.05	2:39.68	2:39.68	2:31.35	2:28.31	2:23.55	2:20.68

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:29.40	0:28.81	0:27.68	0:27.13	0:26.40	0:25.87	0:26.28	0:25.76
100 Free	1:03.38	1:02.12	0:59.87	0:58.67	0:56.35	0:55.23	0:57.28	0:56.13
200 Free	--	--	--	--	--	--	2:05.29	2:02.78
400 Free	5:34.46	5:27.78	4:32.35	4:26.91	4:43.69	4:38.01	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:21.56	1:19.93	1:11.25	1:09.83	1:06.71	1:05.38	1:06.53	1:05.20
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:28.37	1:26.60	1:18.68	1:17.11	1:16.59	1:15.06	1:12.48	1:11.03
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:22.87	1:21.21	1:06.19	1:04.87	1:02.93	1:01.67	1:01.85	1:00.60
150 IM	--	--	--	--	--	--	--	--
200 IM	2:55.54	2:52.02	2:30.25	2:27.24	2:26.16	2:23.23	2:22.22	2:19.38

APPENDIX 5: PARA ADVANCE TIME STANDARDS

	FEMALE PARA ADVANCE CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:10.99	2:10.99	1:30.43	1:30.43	1:11.55	1:11.55	0:53.02	0:53.02	0:47.36	0:47.36	0:41.88	0:41.88	0:39.54	0:39.54	0:37.25	0:37.25	0:34.34	0:33.65	0:32.13	0:31.48
100 Free	4:42.16	4:42.16	3:16.49	3:16.49	2:50.45	2:50.45	2:10.99	2:10.99	1:45.14	1:45.14	1:33.95	1:33.95	1:26.44	1:26.44	1:19.60	1:19.60	1:13.07	1:11.61	1:09.96	1:08.56
200 Free	10:19.71	10:19.71	7:03.22	7:03.22	6:18.62	6:18.62	5:27.48	5:27.48	3:56.92	3:56.92	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:34.52	6:34.52	6:24.39	6:24.39	5:56.73	5:56.73	5:37.04	5:30.30	5:20.49	5:14.09
50 Back	2:31.15	2:31.15	1:55.88	1:55.88	1:22.81	1:22.81	1:09.98	1:09.98	0:56.61	0:56.61	--	--	--	--	--	--	--	--	--	--
100 Back	5:02.31	5:02.31	3:59.16	3:59.16	--	--	--	--	--	--	1:45.03	1:45.03	1:40.40	1:40.40	1:33.10	1:33.10	1:24.52	1:22.82	1:22.60	1:20.95
50 Breast	3:01.38	3:01.38	1:45.80	1:45.80	1:16.40	1:16.40	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:40.15	2:40.15	2:12.55	2:12.55	2:01.66	2:01.66	1:56.85	1:56.85	1:42.51	1:42.51	1:33.86	1:31.98	--	--
50 Fly	2:26.11	2:26.11	2:10.99	2:10.99	1:35.72	1:35.72	1:20.62	1:20.62	1:02.73	1:02.73	0:47.09	0:47.09	0:44.61	0:44.61	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:30.36	1:30.36	1:20.57	1:18.95	1:17.98	1:16.42
150 IM	9:34.37	9:34.37	8:03.68	8:03.68	5:02.31	5:02.31	4:07.80	4:07.80	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:11.64	5:11.64	3:46.41	3:46.41	3:44.08	3:44.08	3:27.40	3:27.40	3:04.59	3:00.90	2:53.94	2:50.46

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:37.38	0:36.63	0:34.76	0:34.07	0:32.00	0:31.36	0:32.24	0:31.59
100 Free	1:23.66	1:21.99	1:15.43	1:13.92	1:10.03	1:08.63	1:10.54	1:09.13
200 Free	--	--	--	--	--	--	2:33.20	2:30.13
400 Free	6:36.36	6:28.43	6:07.81	6:00.44	5:31.45	5:24.81	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:37.83	1:35.88	1:30.86	1:29.04	1:20.95	1:19.32	1:22.67	1:21.01
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:52.08	1:49.83	1:41.43	1:39.40	1:34.95	1:33.05	1:35.40	1:33.50
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:35.72	1:33.81	1:27.66	1:25.91	1:22.67	1:21.01	1:19.78	1:18.18
150 IM	--	--	--	--	--	--	--	--
200 IM	3:31.10	3:26.88	3:16.49	3:12.56	2:57.87	2:54.32	2:58.82	2:55.25

APPENDIX 5: PARA ADVANCE TIME STANDARDS

	MALE PARA ADVANCE CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:41.51	1:41.51	1:12.54	1:12.54	1:00.44	1:00.44	0:47.62	0:47.62	0:40.11	0:40.11	0:34.76	0:34.76	0:33.19	0:33.19	0:31.74	0:31.74	0:30.10	0:29.50	0:28.23	0:27.66
100 Free	3:46.73	3:46.73	2:41.21	2:41.21	2:16.04	2:16.04	1:48.25	1:48.25	1:29.45	1:29.45	1:19.22	1:19.22	1:13.55	1:13.55	1:08.49	1:08.49	1:04.99	1:03.69	1:01.27	1:00.04
200 Free	8:28.87	8:28.87	6:03.73	6:03.73	5:14.46	5:14.46	4:00.78	4:00.78	3:21.99	3:21.99	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:15.17	6:15.17	5:42.49	5:42.49	5:21.72	5:21.72	4:59.06	4:53.08	4:48.69	4:42.92
50 Back	1:52.53	1:52.53	1:22.63	1:22.63	1:05.46	1:05.46	0:58.37	0:58.37	0:46.64	0:46.64	--	--	--	--	--	--	--	--	--	--
100 Back	3:53.42	3:53.42	2:57.55	2:57.55	--	--	--	--	--	--	1:34.15	1:34.15	1:28.16	1:28.16	1:20.67	1:20.67	1:13.54	1:12.07	1:10.75	1:09.35
50 Breast	3:51.76	3:51.76	3:39.88	3:39.88	1:02.51	1:02.51	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:11.00	2:11.00	2:00.60	2:00.60	1:38.16	1:38.16	1:35.90	1:35.90	1:27.38	1:27.38	1:21.44	1:19.81	--	--
50 Fly	1:08.26	1:08.26	1:00.46	1:00.46	0:54.92	0:54.92	0:49.38	0:49.38	0:45.01	0:45.01	0:38.75	0:38.75	0:36.46	0:36.46	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:13.64	1:13.64	1:11.02	1:09.60	1:07.58	1:06.23
150 IM	11:25.22	11:25.22	9:24.30	9:24.30	5:13.66	5:13.66	3:30.28	3:30.28	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:11.64	5:11.64	3:25.97	3:25.97	3:09.98	3:09.98	2:51.34	2:51.34	2:42.39	2:39.14	2:34.03	2:30.95

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:31.55	0:30.92	0:29.70	0:29.11	0:28.32	0:27.75	0:28.20	0:27.64
100 Free	1:08.01	1:06.65	1:04.23	1:02.95	1:00.46	0:59.25	1:01.46	1:00.23
200 Free	--	--	--	--	--	--	2:14.44	2:11.74
400 Free	5:58.87	5:51.69	4:52.22	4:46.38	5:04.39	4:58.30	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:27.52	1:25.76	1:16.46	1:14.93	1:11.58	1:10.15	1:11.38	1:09.95
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:34.82	1:32.92	1:24.43	1:22.74	1:22.18	1:20.53	1:17.77	1:16.21
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:28.91	1:27.13	1:11.02	1:09.60	1:07.53	1:06.17	1:06.36	1:05.03
150 IM	--	--	--	--	--	--	--	--
200 IM	3:08.35	3:04.59	2:41.21	2:37.99	2:36.83	2:33.69	2:32.60	2:29.55

APPENDIX 6: PARA PROSPECTS TIME STANDARDS

	FEMALE PARA PROSPECTS CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:23.25	2:23.25	1:38.89	1:38.89	1:18.24	1:18.24	0:57.98	0:57.98	0:51.80	0:51.80	0:45.79	0:45.79	0:43.24	0:43.24	0:40.74	0:40.74	0:37.55	0:36.80	0:35.14	0:34.43
100 Free	5:08.55	5:08.55	3:34.87	3:34.87	3:06.40	3:06.40	2:23.25	2:23.25	1:54.97	1:54.97	1:42.74	1:42.74	1:34.52	1:34.52	1:27.05	1:27.05	1:19.90	1:18.30	1:16.50	1:14.97
200 Free	11:17.69	11:17.69	7:42.81	7:42.81	6:54.04	6:54.04	5:58.12	5:58.12	4:19.08	4:19.08	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	7:11.42	7:11.42	7:00.35	7:00.35	6:30.10	6:30.10	6:08.57	6:01.20	5:50.47	5:43.47
50 Back	2:45.28	2:45.28	2:06.71	2:06.71	1:30.56	1:30.56	1:16.53	1:16.53	1:01.91	1:01.91	--	--	--	--	--	--	--	--	--	--
100 Back	5:30.58	5:30.58	4:21.52	4:21.52	--	--	--	--	--	--	1:54.85	1:54.85	1:49.79	1:49.79	1:41.81	1:41.81	1:32.42	1:30.57	1:30.33	1:28.53
50 Breast	3:18.35	3:18.35	1:55.69	1:55.69	1:23.54	1:23.54	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:55.13	2:55.13	2:24.95	2:24.95	2:13.04	2:13.04	2:07.78	2:07.78	1:52.10	1:52.10	1:42.64	1:40.58	--	--
50 Fly	2:39.78	2:39.78	2:23.25	2:23.25	1:44.68	1:44.68	1:28.16	1:28.16	1:08.59	1:08.59	0:51.49	0:51.49	0:48.78	0:48.78	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:38.82	1:38.82	1:28.10	1:26.34	1:25.27	1:23.57
150 IM	10:28.10	10:28.10	8:48.92	8:48.92	5:30.58	5:30.58	4:30.97	4:30.97	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:40.79	5:40.79	4:07.60	4:07.60	4:05.05	4:05.05	3:46.79	3:46.79	3:21.86	3:17.82	3:10.21	3:06.41

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:40.88	0:40.06	0:38.01	0:37.25	0:35.00	0:34.30	0:35.25	0:34.54
100 Free	1:31.48	1:29.66	1:22.48	1:20.83	1:16.58	1:15.05	1:17.14	1:15.59
200 Free	--	--	--	--	--	--	2:47.52	2:44.18
400 Free	7:13.43	7:04.76	6:42.21	6:34.17	6:02.45	5:55.20	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:46.99	1:44.85	1:39.36	1:37.37	1:28.52	1:26.75	1:30.40	1:28.59
50 Breast	--	--	--	--	--	--	--	--
100 Breast	2:02.56	2:00.11	1:50.92	1:48.71	1:43.84	1:41.76	1:44.33	1:42.25
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:44.68	1:42.58	1:35.86	1:33.94	1:30.40	1:28.59	1:27.25	1:25.50
150 IM	--	--	--	--	--	--	--	--
200 IM	3:50.84	3:46.23	3:34.87	3:30.57	3:14.51	3:10.62	3:15.56	3:11.64

APPENDIX 6: PARA PROSPECTS TIME STANDARDS

	MALE PARA PROSPECTS CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:51.01	1:51.01	1:19.32	1:19.32	1:06.09	1:06.09	0:52.08	0:52.08	0:43.87	0:43.87	0:38.01	0:38.01	0:36.29	0:36.29	0:34.71	0:34.71	0:32.92	0:32.26	0:30.86	0:30.25
100 Free	4:07.94	4:07.94	2:56.30	2:56.30	2:28.76	2:28.76	1:58.39	1:58.39	1:37.82	1:37.82	1:26.63	1:26.63	1:20.44	1:20.44	1:14.89	1:14.89	1:11.07	1:09.66	1:07.00	1:05.66
200 Free	9:16.47	9:16.47	6:37.75	6:37.75	5:43.87	5:43.87	4:23.30	4:23.30	3:40.88	3:40.88	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:50.26	6:50.26	6:14.53	6:14.53	5:51.81	5:51.81	5:27.03	5:20.49	5:15.70	5:09.38
50 Back	2:03.06	2:03.06	1:30.37	1:30.37	1:11.58	1:11.58	1:03.83	1:03.83	0:51.00	0:51.00	--	--	--	--	--	--	--	--	--	--
100 Back	4:15.25	4:15.25	3:14.16	3:14.16	--	--	--	--	--	--	1:42.95	1:42.95	1:36.41	1:36.41	1:28.21	1:28.21	1:20.41	1:18.81	1:17.38	1:15.83
50 Breast	4:13.44	4:13.44	4:00.45	4:00.45	1:08.36	1:08.36	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:23.26	2:23.26	2:11.87	2:11.87	1:47.34	1:47.34	1:44.86	1:44.86	1:35.55	1:35.55	1:29.06	1:27.28	--	--
50 Fly	1:14.64	1:14.64	1:06.12	1:06.12	1:00.06	1:00.06	0:54.00	0:54.00	0:49.22	0:49.22	0:42.37	0:42.37	0:39.87	0:39.87	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:20.53	1:20.53	1:17.67	1:16.11	1:13.90	1:12.42
150 IM	12:29.31	12:29.31	10:17.08	10:17.08	5:43.00	5:43.00	3:49.95	3:49.95	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:40.79	5:40.79	3:45.24	3:45.24	3:27.74	3:27.74	3:07.37	3:07.37	2:57.58	2:54.03	2:48.44	2:45.07

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:40.88	0:40.06	0:38.01	0:37.25	0:35.00	0:34.30	0:35.25	0:34.54
100 Free	1:31.48	1:29.66	1:22.48	1:20.83	1:16.58	1:15.05	1:17.14	1:15.59
200 Free	--	--	--	--	--	--	2:47.52	2:44.18
400 Free	7:13.43	7:04.76	6:42.21	6:34.17	6:02.45	5:55.20	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:46.99	1:44.85	1:39.36	1:37.37	1:28.52	1:26.75	1:30.40	1:28.59
50 Breast	--	--	--	--	--	--	--	--
100 Breast	2:02.56	2:00.11	1:50.92	1:48.71	1:43.84	1:41.76	1:44.33	1:42.25
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:44.68	1:42.58	1:35.86	1:33.94	1:30.40	1:28.59	1:27.25	1:25.50
150 IM	--	--	--	--	--	--	--	--
200 IM	3:50.84	3:46.23	3:34.87	3:30.57	3:14.51	3:10.62	3:15.56	3:11.64

APPENDIX 7: SWIM BC POINTS 1500 FREE & 5 KM POOL SWIM

WOMEN												MEN									
1500 FREE						5 KM POOL SWIM						1500 FREE				5 KM POOL SWIM					
2009		2008		2007		2009		2008		2007		2008		2007		2008		2007			
SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
16:14.04	16:08.23	16:11.48	16:00.68	16:05.74	15:59.83	57:35.84	57:15.25	56:40.18	56:02.36	56:20.07	55:59.40	130.0	15:04.84	14:51.04	15:08.64	14:50.88	52:46.94	51:43.56	53:00.24	51:56.66	
16:19.09	16:13.25	16:16.52	16:05.66	16:10.74	16:04.80	57:53.75	57:33.05	56:57.80	56:19.79	56:37.58	56:16.80	128.0	15:09.53	14:55.65	15:13.35	14:55.50	53:03.34	51:59.64	53:16.72	52:12.81	
16:24.24	16:18.37	16:21.66	16:10.74	16:15.85	16:09.88	58:12.03	57:51.23	57:15.78	56:37.57	56:55.46	56:34.58	126.0	15:14.32	15:00.37	15:18.15	15:00.21	53:20.10	52:16.06	53:33.54	52:29.30	
16:29.50	16:23.60	16:26.91	16:15.93	16:21.07	16:15.07	58:30.71	58:09.79	57:34.16	56:55.74	57:13.73	56:52.73	124.0	15:19.21	15:05.18	15:23.06	15:05.02	53:37.21	52:32.83	53:50.73	52:46.14	
16:34.88	16:28.95	16:32.27	16:21.24	16:26.40	16:20.37	58:49.79	58:28.76	57:52.93	57:14.31	57:32.39	57:11.28	122.0	15:24.21	15:10.10	15:28.08	15:09.94	53:54.70	52:49.96	54:08.29	53:03.35	
16:40.38	16:34.41	16:37.75	16:26.66	16:31.85	16:25.78	59:09.29	58:48.14	58:12.12	57:33.28	57:51.46	57:30.23	120.0	15:29.31	15:15.13	15:33.21	15:14.97	54:12.57	53:07.48	54:26.23	53:20.93	
16:46.00	16:40.00	16:43.36	16:32.20	16:37.42	16:31.32	59:29.23	59:07.96	58:31.74	57:52.68	58:10.97	57:49.62	118.0	15:34.53	15:20.27	15:38.45	15:20.11	54:30.84	53:25.39	54:44.58	53:38.92	
16:51.75	16:45.71	16:49.09	16:37.87	16:43.12	16:36.99	59:49.62	59:28.24	58:51.81	58:12.53	58:30.92	58:09.44	116.0	15:39.87	15:25.53	15:43.81	15:25.37	54:49.53	53:43.70	55:03.35	53:57.31	
16:57.63	16:51.56	16:54.96	16:43.67	16:48.96	16:42.78	1:00:10.49	59:48.98	59:12.34	58:32.83	58:51.33	58:29.73	114.0	15:45.34	15:30.91	15:49.30	15:30.75	55:08.66	54:02.45	55:22.56	54:16.13	
17:03.65	16:57.55	17:00.96	16:49.61	16:54.93	16:48.72	1:00:31.86	1:00:10.22	59:33.36	58:53.62	59:12.22	58:50.50	112.0	15:50.93	15:36.42	15:54.92	15:36.26	55:28.24	54:21.63	55:42.22	54:35.40	
17:09.82	17:03.68	17:07.12	16:55.69	17:01.04	16:54.79	1:00:53.74	1:00:31.97	59:54.89	59:14.91	59:33.62	59:11.77	110.0	15:56.66	15:42.06	16:00.67	15:41.90	55:48.29	54:41.28	56:02.35	54:55.13	
17:16.14	17:09.96	17:13.42	17:01.93	17:07.31	17:01.02	1:01:16.15	1:00:54.25	1:00:16.94	59:36.72	59:55.55	59:33.56	108.0	16:02.53	15:47.84	16:06.56	15:47.67	56:08.83	55:01.41	56:22.98	55:15.35	
17:22.61	17:16.39	17:19.88	17:08.31	17:13.73	17:07.40	1:01:39.13	1:01:17.09	1:00:39.55	59:59.07	1:00:18.02	59:55.89	106.0	16:08.54	15:53.76	16:12.60	15:53.60	56:29.89	55:22.05	56:44.13	55:36.07	
17:29.25	17:23.00	17:26.50	17:14.86	17:20.31	17:13.94	1:02:02.69	1:01:40.51	1:01:02.73	1:00:22.00	1:00:41.07	1:00:18.80	104.0	16:14.71	15:59.84	16:18.80	15:59.67	56:51.48	55:43.21	57:05.81	55:57.32	
17:36.07	17:29.77	17:33.29	17:21.58	17:27.07	17:20.66	1:02:26.87	1:02:04.54	1:01:26.52	1:00:45.52	1:01:04.71	1:00:42.30	102.0	16:21.04	16:06.07	16:25.16	16:05.90	57:13.63	56:04.92	57:28.06	56:19.12	
17:43.06	17:36.72	17:40.27	17:28.48	17:34.00	17:27.55	1:02:51.68	1:02:29.21	1:01:50.93	1:01:09.66	1:01:28.98	1:01:06.42	100.0	16:27.54	16:12.47	16:31.68	16:12.30	57:36.37	56:27.20	57:50.89	56:41.50	
17:50.24	17:43.86	17:47.43	17:35.57	17:41.12	17:34.63	1:03:17.17	1:02:54.54	1:02:16.01	1:01:34.46	1:01:53.91	1:01:31.19	98.0	16:34.21	16:19.04	16:38.38	16:18.87	57:59.73	56:50.09	58:14.34	57:04.48	
17:57.62	17:51.20	17:54.80	17:42.85	17:48.44	17:41.90	1:03:43.35	1:03:20.58	1:02:41.77	1:01:59.94	1:02:19.52	1:01:56.65	96.0	16:41.07	16:25.79	16:45.27	16:25.62	58:23.72	57:13.61	58:38.44	57:28.10	
18:05.21	17:58.74	18:02.37	17:50.33	17:55.97	17:49.38	1:04:10.28	1:03:47.34	1:03:08.26	1:02:26.13	1:02:45.86	1:02:22.83	94.0	16:48.12	16:32.74	16:52.35	16:32.56	58:48.40	57:37.79	59:03.22	57:52.39	
18:13.02	18:06.50	18:10.15	17:58.03	18:03.71	17:57.07	1:04:37.98	1:04:14.88	1:03:35.52	1:02:53.09	1:03:12.95	1:02:49.75	92.0	16:55.37	16:39.88	16:59.63	16:39.70	59:13.78	58:02.66	59:28.71	58:17.37	
18:21.06	18:14.49	18:18.17	18:05.96	18:11.67	18:04.99	1:05:06.50	1:04:43.22	1:04:03.57	1:03:20.83	1:03:40.84	1:03:17.47	90.0	17:02.84	16:47.23	17:07.13	16:47.05	59:39.92	58:28.27	59:54.95	58:43.08	
18:29.34	18:22.72	18:26.43	18:14.12	18:19.88	18:13.15	1:05:35.87	1:05:12.42	1:04:32.47	1:03:49.41	1:04:09.57	1:03:46.03	88.0	17:10.53	16:54.80	17:14.85	16:54.63	1:00:06.83	58:54.65	1:00:21.99	59:09.57	
18:37.87	18:31.20	18:34.94	18:22.54	18:28.34	18:21.56	1:06:06.15	1:05:42.52	1:05:02.26	1:04:18.87	1:04:39.18	1:04:15.46	86.0	17:18.46	17:02.61	17:22.81	17:02.43	1:00:34.58	59:21.84	1:00:49.85	59:36.88	
18:46.67	18:39.95	18:43.72	18:31.22	18:37.07	18:30.24	1:06:37.38	1:06:13.56	1:05:32.99	1:04:49.25	1:05:09.73	1:04:45.82	84.0	17:26.63	17:10.66	17:31.02	17:10.48	1:01:03.20	59:49.89	1:01:18.59	1:00:05.05	
18:55.76	18:48.99	18:52.78	18:40.18	18:46.08	18:39.19	1:07:09.62	1:06:45.61	1:06:04.71	1:05:20.62	1:05:41.26	1:05:17.16	82.0	17:35.08	17:18.98	17:39.50	17:18.79	1:01:32.74	1:00:18.84	1:01:48.26	1:00:34.12	
19:05.15	18:58.32	19:02.14	18:49.44	18:55.39	18:48.44	1:07:42.92	1:07:18.71	1:06:37.48	1:05:53.02	1:06:13.83	1:05:49.53	80.0	17:43.80	17:27.56	17:48.26	17:27.38	1:02:03.26	1:00:48.75	1:02:18.90	1:01:04.16	