

OLYMPIC PROGRAM TIME STANDARDS

	WOMEN LONG COURSE										
	NEXT WAVE	NEXT WAVE	PROSPECTS	NEXT WAVE	PROSPECTS	NEXT WAVE	PROSPECTS	NEXT WAVE	ADVANCE	NEXT WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2025-26	2013	2012		2011		2010		2009		2008	
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
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.

OLYMPIC PROGRAM TIME STANDARDS

	WOMEN SHORT COURSE										
	NEXT WAVE	NEXT WAVE	PROSPECTS	NEXT WAVE	PROSPECTS	NEXT WAVE	PROSPECTS	NEXT WAVE	ADVANCE	NEXT WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2025-26	2013	2012		2011		2010		2009		2008	
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
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.

OLYMPIC PROGRAM TIME STANDARDS

MEN LONG COURSE											
	NEXT WAVE	NEXT WAVE	PROSPECTS	NEXT WAVE	PROSPECTS	NEXT WAVE	PROSPECTS	NEXT WAVE	ADVANCE	NEXT WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2025-26	2013	2012		2011		2010		2009		2008	
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
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

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OLYMPIC PROGRAM TIME STANDARDS

	MEN SHORT COURSE										
	NEXT WAVE	NEXT WAVE	PROSPECTS	NEXT WAVE	PROSPECTS	NEXT WAVE	PROSPECTS	NEXT WAVE	ADVANCE	NEXT WAVE	ADVANCE
Age Dec 31 st	12	13		14		15		16		17	
2025-26	2013	2012		2011		2010		2009		2008	
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
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

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OLYMPIC PROGRAM ON TRACK TIMES

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	2:06.51		14	4:25.42		14	9:04.09		14	17:12.17	
15			15	56.85		15	2:02.98	2:04.11	15	4:18.86	4:20.27	15	8:51.31	8:54.21	15	16:52.17	16:56.98
16	25.66		16	55.76	56.38	16	2:00.67	2:01.78	16	4:14.48	4:15.87	16	8:42.92	8:45.77	16	16:38.19	16:42.94
17	25.40	25.68	17	55.07	55.68	17	1:59.20	2:00.30	17	4:11.78	4:13.16	17	8:37.81	8:40.64	17	16:29.65	16:34.36
18	25.20	25.48	18	54.62	55.22	18	1:58.23	1:59.32	18	4:10.23	4:11.60	18	8:34.62	8:37.43	18	16:24.56	16:29.24
19	25.02	25.30	19	54.25	54.85	19		1:58.69	19		4:10.74	19		8:35.61	19		16:26.24
20	24.86	25.14	20		54.53	20		1:58.23	20		4:10.23	20		8:34.62	20		16:24.56
21		24.99	21		54.25	21			21		4:10.35	21		8:34.90	21		16:25.53
22		24.86	22			22		1:58.23	22		4:10.23	22		8:34.62	22		16:24.56
23			23		54.25	23			23			23			23		
24			24			24			24			24			24		
25			25			25			25			25			25		

50 Back			100 Back			200 Back			50 Breast			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	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13	1:05.85		13	2:23.84		13			13			13		
14			14	1:03.87	1:04.75	14	2:18.64	2:20.52	14			14			14		
15	29.29		15	1:02.34	1:03.20	15	2:14.97	2:16.80	15			15	1:09.68		15	2:31.21	
16	28.78	29.02	16	1:01.22	1:02.06	16	2:12.63	2:14.43	16	31.56		16	1:08.45	1:09.15	16	2:28.85	2:30.01
17	28.52	28.76	17	1:00.46	1:01.29	17	2:11.08	2:12.86	17	31.20	31.35	17	1:07.71	1:08.40	17	2:27.43	2:28.58
18	28.36	28.60	18		1:00.79	18		2:11.79	18	31.00	31.15	18	1:07.24	1:07.92	18	2:26.60	2:27.74
19	28.22	28.46	19		1:00.46	19		2:11.08	19	30.86	31.01	19	1:06.87	1:07.55	19	2:25.91	2:27.05
20		28.32	20			20		2:11.40	20	30.75	30.90	20		1:07.20	20		2:26.41
21		28.22	21		1:00.46	21		2:11.08	21		30.81	21		1:06.87	21		2:25.91
22			22			22			22		30.75	22		1:07.10	22		2:26.14
23			23			23			23		30.75	23		1:06.87	23		2:25.91
24			24			24			24		30.75	24			24		
25			25			25			25			25			25		

50 Fly			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	Track 1	Track 2	Track 3
13			13			13			13			13	5:09.36	
14			14			14	2:18.48		14			14	4:58.88	5:01.95
15			15	1:01.67		15	2:14.47	2:15.86	15	2:18.51		15	4:51.23	4:54.23
16			16	1:00.43	1:01.15	16	2:11.84	2:13.20	16	2:15.93	2:16.89	16	4:46.20	4:49.15
17	26.98		17	59.56	1:00.27	17	2:10.18	2:11.53	17	2:14.41	2:15.36	17	4:43.06	4:45.98
18	26.71	26.81	18	58.87	59.57	18	2:09.21	2:10.55	18	2:13.47	2:14.42	18		4:44.11
19	26.50	26.60	19	58.33	59.03	19		2:09.78	19	2:12.83	2:13.77	19		4:43.69
20	26.34	26.43	20		58.60	20		2:09.21	20		2:13.25	20		4:43.24
21	26.23	26.33	21		58.33	21			21		2:12.83	21		4:43.06
22		26.27	22			22		2:09.21	22			22		
23		26.23	23			23			23			23		
24			24			24			24			24		
25		26.23	25			25			25			25		

FEMALE



OLYMPIC PROGRAM ON TRACK TIMES

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	53.28		15	1:56.62		15	4:08.91		15	8:31.10		15	16:17.69	
16			16	51.48	52.43	16	1:52.75	1:54.33	16	4:00.79	4:03.63	16	8:14.62	8:20.18	16	15:46.32	15:53.70
17	23.44		17	50.09	51.02 51.44	17	1:49.93	1:51.47 1:52.04	17	3:54.84	3:57.61 3:58.24	17	8:02.43	8:07.85 8:09.69	17	15:24.14	15:31.34 15:33.06
18	22.91	23.09	18	49.07	49.98 50.39	18	1:48.02	1:49.53 1:50.09	18	3:50.84	3:53.56 3:54.18	18	7:54.03	7:59.36 8:01.16	18	15:10.35	15:17.45 15:19.13
19	22.52	22.69 22.74	19	48.34	49.23 49.64	19	1:46.70	1:48.20 1:48.75	19	3:48.15	3:50.84 3:51.45	19	7:48.66	7:53.93 7:55.71	19	15:01.89	15:08.92 15:10.59
20	22.24	22.41 22.46	20		48.72 49.12	20		1:47.30 1:47.84	20		3:49.11 3:49.72	20		7:50.66 7:52.43	20		15:04.13 15:05.79
21	22.05	22.22 22.27	21		48.34 48.74	21		1:46.70 1:47.24	21		3:48.15 3:48.75	21		7:48.66 7:50.42	21		15:01.89 15:03.55
22		22.11 22.15	22			48.49	22		1:46.88	22				7:49.18	22		15:02.44
23		22.05 22.09	23			48.34	23		1:46.70	23				7:48.66	23		15:01.89
24			24				24			24					24		
25			25				25			25					25		
26			26				26			26					26		

50 Back			100 Back			200 Back			50 Breast			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	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15			15	2:07.63		15			15			15	2:23.31	
16	27.26		16	57.82		16	2:03.66	2:04.75	16			16	1:04.06		16	2:18.55	2:20.95
17	26.47	26.73	17	56.23	56.79	17	2:00.86	2:01.93 2:02.23	17			17	1:02.45	1:03.26	17	2:14.89	2:17.24 2:18.23
18	25.85	26.10 26.15	18	55.17	55.72 55.86	18	1:59.15	2:00.21 2:00.51	18	28.68		18	1:01.25	1:02.05 1:02.46	18	2:12.22	2:14.51 2:15.48
19	25.40	25.64 25.69	19	54.43	54.98 55.12	19	1:58.07	1:59.12 1:59.41	19	28.17	28.40	19	1:00.37	1:01.16 1:01.57	19	2:10.32	2:12.58 2:13.54
20	25.11	25.35 25.40	20	53.94	54.48 54.62	20		1:58.48 1:58.77	20	27.79	28.01 28.07	20	59.75	1:00.53 1:00.93	20		2:11.26 2:12.21
21		25.19 25.24	21		54.15 54.28	21		1:58.07 1:58.36	21	27.53	27.75 27.81	21		1:00.09 1:00.48	21		2:10.32 2:11.26
22		25.11 25.15	22		53.94 54.08	22			22	27.33	27.55 27.61	22		59.75 1:00.14	22		2:10.66
23			23			53.97	23		1:58.07	23				59.91	23		2:10.32
24			24			53.94	24			24				59.75	24		
25			25				25			25					25		
26			26				26			26					26		

50 Fly			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	Track 1	Track 2	Track 3
15			15			15	2:07.69		15			15	4:38.79	
16			16	55.15		16	2:03.12	2:04.65	16	2:06.50		16	4:30.33	4:34.00
17	24.61		17	53.75	54.31	17	1:59.88	2:01.37 2:01.77	17	2:03.32	2:04.42	17	4:24.32	4:27.91 4:28.61
18	24.10		18	52.83	53.38 53.52	18	1:57.84	1:59.30 1:59.70	18	2:01.30	2:02.39 2:02.59	18	4:20.41	4:23.94 4:24.63
19	23.75	23.96 24.04	19	52.22	52.76 52.90	19	1:56.51	1:57.95 1:58.35	19	1:59.95	2:01.03 2:01.22	19	4:17.48	4:20.98 4:21.66
20	23.52	23.73 23.81	20	51.77	52.31 52.45	20		1:57.06 1:57.45	20	1:59.05	2:00.12 2:00.31	20		4:18.85 4:19.53
21	23.36	23.57 23.64	21		51.99 52.13	21		1:56.51 1:56.90	21		1:59.49 1:59.69	21		4:17.48 4:18.15
22		23.45 23.52	22		51.77 51.90	22			22		1:59.05 1:59.24	22		4:17.46
23			23			51.79	23		1:56.51	23				4:17.48
24			24			51.77	24			24				
25			25				25			25				
26			26				26			26				

MALE

