



PROVINCIAL TEAM STANDARDS 2023-24 & 2024-25 SEASONS

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	
2023-24	2011		2010		2009		2008		2007		2006	
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	

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PROVINCIAL TEAM STANDARDS 2023-24 & 2024-25 SEASONS

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	
2023-24	2011		2010		2009		2008		2007		2006	
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	

Three standards must be achieved for consideration. For detailed information on program eligibility and pre-requisites please visit swimbc.ca.



PROVINCIAL TEAM STANDARDS 2023-24 & 2024-25 SEASONS

	MEN LONG COURSE										
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
Age Dec 31st	12	13		14		15		16		17	
2023-24	2011	2010		2009		2008		2007		2006	
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

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PROVINCIAL TEAM STANDARDS 2023-24 & 2024-25 SEASONS

MEN 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	
2023-24	2011		2010		2009		2008		2007		2006	
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	

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