



Canadian Sport Institute Pacific and Swim BC Athlete and Coach Nomination Criteria

Criteria Approved October 7 2022:

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	Signature

PURPOSE

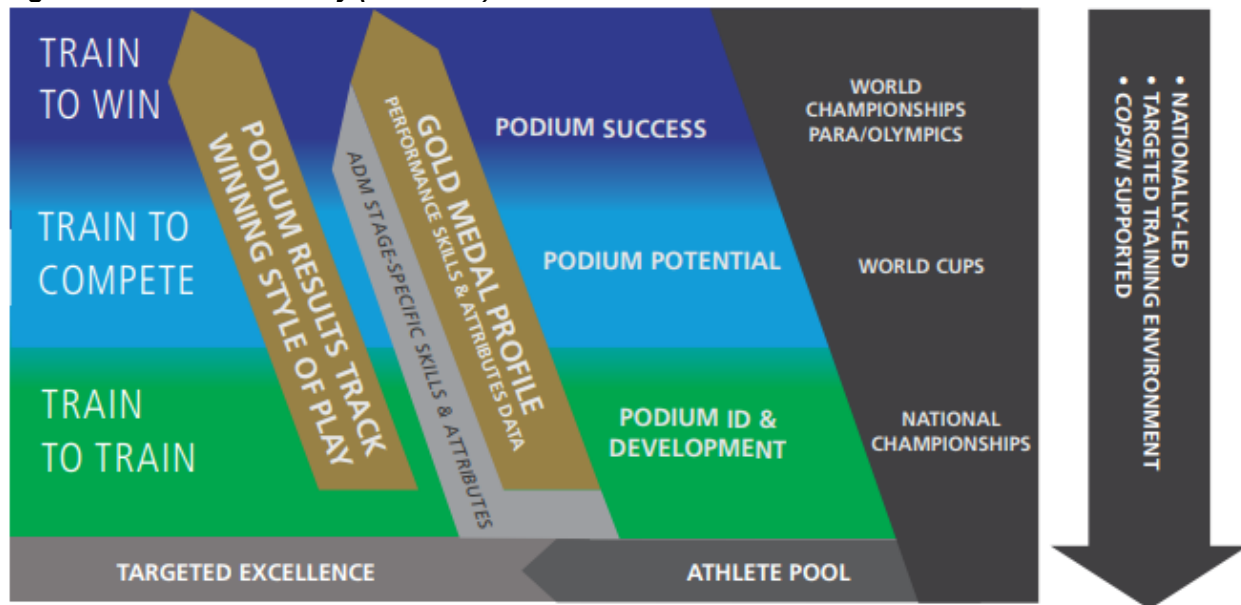
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and **Swim BC**, collaborates to deliver programs and services to place BC athletes¹ onto National Teams, and ensure athletes and coaches have every advantage 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 centres 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 click on the following for an outline of Canadian Sport Institute athlete and coach benefits, programs, and services. 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 the Swim BC Technical Director, cory.beatt@swimbc.ca. 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 Technical Director 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, by contacting the PSO/DSO Technical Representative.

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 centre. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local centre 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:

- Pool Swimming
- Para-Swimming
- Open Water Swimming

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

- | | |
|----------------------------|---|
| • 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 / Open Water Advance |
| • Provincial Development 2 | Swim BC Prospects / Para Prospects |
| • Coaches | |

NOMINATION PROCESS

Swim BC has updated its process for the identification, completion of pre-requisites, nomination, and programming of athletes and their coaches.

Beginning this cycle, Swim BC will be utilizing our 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
- 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 swimmer (or swimmer contact), 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 their coaches will be required complete their registration with their local Canadian Sport Institute / PacificSport Centre.

Podium / Canadian Elite (Sport Canada AAP Carded)

Swim BC Elite / Para Elite

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.

**Note, it is the responsibility of Swim BC, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

Canadian Development**Swim BC Perform / Para 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.

*Swim BC Sport-Specific Criteria:***Pool Swimming: Performance Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2004 and older, and have achieved a minimum of one Swimming Canada On-Track 3 time standard (Appendix 2) between September 1, 2021, and August 31, 2022, will receive automatic selection to the Swim BC Perform Provincial Team.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2004 and older, and have achieved a minimum of one Swimming Canada On-Track 3 time standard (Appendix 2) at any point through the current 2022 – 2023 season (September 1, 2022 through August 31, 2023) **or** has been selected to a Canadian Senior National team during the 2022 – 2023 season (September 1, 2022 through August 31, 2023) will be selected as a Fast Track athlete to the Swim BC Perform team.

Pool Swimming: Nomination

Selected swimmers will receive an invitation for nomination for the Swim BC Perform team. The following pre-requisites will need to be met for nomination:

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: Performance Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2008 and older, have an International Level Sportclass Classification, and have achieved a minimum of one Swim BC Para Perform time standard (Appendix 3) between September 1, 2021, and August 31, 2022, will be selected to the Swim BC Para Perform Provincial Team.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2008 and older, have an International Level Sportclass Classification, and have been selected to a Canadian Senior National team during the 2022 – 2023 season (September 1, 2022 through August 31, 2023) will be selected to the Swim BC Para Perform team.

Para Swimming: Nomination

Selected swimmers will receive an invitation for nomination for the Swim BC Para Perform team. The following pre-requisites will need to be met for nomination:

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****Open Water Swimming: Performance Identification**Priority 1

Swimmers who meet the residency requirements, who are year of birth 2004 and older, and have been selected to a Canadian Senior National to represent Canada internationally at a FINA sanctioned Open Water event between September 1, 2021, and August 31, 2022, will be selected to the Swim BC Open Water Perform Provincial Team.

Priority 2

Any swimmers who meet the residency requirements, who are year of birth 2004 and older, and have been selected to a Canadian Senior National to represent Canada internationally at a FINA sanctioned Open Water event during the 2022 – 2023 season (September 1, 2022 through August 31, 2023) will be selected to the Swim BC Open Water Perform team.

Open Water Swimming: Nomination

Selected swimmers will receive an invitation for nomination for the Swim BC Open Water Perform team. The following pre-requisites will need to be met for nomination:

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**Swim BC Advance / Para 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).*

*Swim BC Sport-Specific Criteria:***Pool Swimming: Performance Identification**Priority 1

Swimmers who meet the age and residency requirements and who achieve three or more Swim BC Advance *time standards* (Appendix 4) between September 1, 2021, and August 31, 2022, will be selected to the Swim BC Advance Provincial Team.

Priority 2

Swimmers who meet the age and residency requirements and who achieve three or more Swim BC Pacific Wave *consideration times* (Appendix 4) between September 1, 2021, and August 31, 2022, will be ranked by their top scoring Pacific Wave swim. The top ranked swimmers will be selected up to a grand total of 10 Women and 10 Men, inclusive of the priority one swimmers above.

Additionally, any swimmer who achieve three or more Swim BC Advance *time standards* (Appendix 4) at any point through the current 2022 – 2023 season (September 1, 2022 through August 31, 2023) will be selected to the Swim BC Advance team in addition to the 10 Women and 10 Men identified above.

Pool Swimming: Nomination

Selected swimmers will receive an invitation for nomination for the Swim BC Advance team. The following pre-requisites will need to be met for nomination:

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**Swim BC Advance / Para Advance****Para Swimming: Performance Identification**

Swimmers who meet the residency requirements, who are year of birth 2008 to 1997, have a Level 3 Sportclass Classification, and have achieved a minimum of one Swim BC Para Advance time standard (Appendix 5) between September 1, 2021, and August 31, 2022, will be selected to the Swim BC Para Advance Provincial Team.

Para Swimming: Nomination

Selected swimmers will receive an invitation for nomination for the Swim BC Para Advance team. The following pre-requisites will need to be met for nomination:

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**Swim BC Advance / Para Advance****Open Water Swimming: Performance Identification**

Swimmers who meet the residency requirements, who are women year of birth 2007 to 2005 or men year of birth 2006 to 2005, who achieve the Swim BC Advance 5km *time standard* (Appendix 4), are ranked top 5 women or top 5 men in this event, and who have competed in a FINA or Swimming Canada sanctioned Open Water event in since September 1, 2021 will be selected to the Swim BC Advance Provincial Team.

The 5 km pool swim must follow the protocol and submitted to Swim BC prior to March 31, 2023.

Open Water Swimming: Nomination

Selected swimmers will receive an invitation for nomination for the Swim BC Open Water Advance team. The following pre-requisites will need to be met for nomination:

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**Swim BC 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 appropriate² 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, **OR**;

*Swim BC Sport-Specific Criteria:***Pool Swimming: Performance Identification**Priority 1

Swimmers who meet the age and residency requirements and who achieve three or more Swim BC Prospects *time standards* (Appendix 4) between September 1, 2021, and August 31, 2022, will be selected to the Swim BC Prospects Provincial Team.

Priority 2

Swimmers who meet the age and residency requirements and who achieve three or more Swim BC Pacific Wave *consideration times* (Appendix 4) between September 1, 2021, and August 31, 2022, will be ranked by their top scoring Pacific Wave swim. The top ranked swimmers will be selected up to a grand total of 30 Women and 30 Men.

Additionally, any swimmer who meets the age and residency requirements and who achieve three or more Swim BC Prospects *time standards* (Appendix 4) at any point through the current 2022 – 2023 season (September 1, 2022 through August 31, 2023) will be selected to the Swim BC Prospects team in addition to the 30 Women and 30 Men identified above.

Pool Swimming: Nomination

Selected swimmers will receive an invitation for nomination for the Swim BC Advance team. The following pre-requisites will need to be met for nomination:

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

² Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

Provincial Development 2**Swim BC Prospects / Para Prospects****Para Swimming: Performance Identification**

Swimmers who meet the residency requirements, who are year of birth 2008 to 1997, have a Level 2 Sportclass Classification, and have achieved a minimum of one Swim BC Para Prospects time standard (Appendix 6) between September 1, 2021, and August 31, 2022, will be selected to the Swim BC Para Advance Provincial Team.

Para Swimming: Nomination

Selected swimmers will receive an invitation for nomination for the Swim BC Para Prospects team. The following pre-requisites will need to be met for nomination:

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 Nomination

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:

1. Minimum 18 Years of Age
2. Registered with Canadian Swimming Coaches Association Level A1, A2, or B
3. Successfully Completed Canadian Swimming Coaches Association Screening Questions
4. Current Criminal Record Check (*Valid 5 Years*)
5. Coaches Association of Canada 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. Completion of CCES True Sport Clean 101
15. Upload of a Headshot Photo
16. Completion of the Swim BC Provincial Team Intake form

APPENDIX 1 – Sport-Specific 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

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Video Race Analysis at BC Provincial Champs
- CSI Pacific Member Benefits

Canadian Development

Swim BC Perform

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Video Race Analysis at BC Provincial Champs
- CSI Pacific Member Benefits

Provincial Development 1

Swim BC Advance

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Three Advance In-Person Swim Camps
- Video Race Analysis at BC Provincial Champs
- CSI Pacific Member Benefits

Provincial Development 2

Swim BC Prospects

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Virtual Olympian Mentorship
- One Prospects In-Person Swim Camp
- Video Race Analysis at BC Provincial Champs
- CSI Pacific Member Benefits

APPENDIX 1 – Sport-Specific Benefits, Programs, and Services**Para Swimming****Podium / Canadian Elite (Sport Canada AAP Carded)****Swim BC Para Elite**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Video Race Analysis at BC Provincial Champs
- CSI Pacific Member Benefits

Canadian Development**Swim BC Para Perform**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Virtual Paralympian or Olympian Mentorship
- Video Race Analysis at BC Provincial Champs
- CSI Pacific Member Benefits

Provincial Development 1**Swim BC Para Advance**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Virtual Paralympian or Olympian Mentorship
- One Prospects West In-Person Swim Camp
- Video Race Analysis at BC Provincial Champs
- CSI Pacific Member Benefits

Provincial Development 2**Swim BC Para Prospects**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Virtual Paralympian or Olympian Mentorship
- One Prospects West In-Person Swim Camp
- Video Race Analysis at BC Provincial Champs
- CSI Pacific Member Benefits

APPENDIX 1 – Sport-Specific Benefits, Programs, and Services**Open Water Swimming****Podium / Canadian Elite (Sport Canada AAP Carded)****Swim BC Open Water Elite**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Open Water In-Person Swim Camp
- CSI Pacific Member Benefits

Canadian Development**Swim BC Open Water Perform**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Open Water In-Person Swim Camp
- CSI Pacific Member Benefits

Provincial Development 1**Swim BC Open Water Advance**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Benchmark Training Sets
- Virtual Olympian Mentorship
- Open Water In-Person Swim Camp
- Pan Provincial Open Water Swim Camp (4 Bursaries Available)
- CSI Pacific Member Benefits

APPENDIX 1 – Sport-Specific Benefits, Programs, and Services**Coaches****Podium / Canadian Elite (Sport Canada AAP Carded)****Swim BC Elite**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Swim Camps / Provincial Teams
- CSI Pacific Member Benefits

Canadian Development**Swim BC Perform**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Swim Camps / Provincial Teams
- CSI Pacific Member Benefits

Provincial Development 1**Swim BC Advance**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Swim Camps / Provincial Teams
- CSI Pacific Member Benefits

Provincial Development 2**Swim BC Prospects**

- Swim BC Learning and Development Hub
- Golden Flipper Challenge
- Swim Camps / Provincial Teams
- CSI Pacific Member Benefits

APPENDIX 2 – Swimming Canada Female On-Track Times

Swimming Canada
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	2:06.04		14	4:25.34		14	9:05.02		14	17:32.31	
15			15	56.72		15	2:03.07	2:04.33	15	4:19.49	4:21.36	15	8:54.41	8:58.12	15	16:52.49	17:02.47
16	25.87		16	55.69	56.33	16	2:00.88	2:02.11	16	4:15.22	4:17.05	16	8:46.58	8:50.23	16	16:39.09	16:48.94
17	25.60	25.88	17	55.06	55.69	17	1:59.54	2:00.76	17	4:12.38	4:14.20	17	8:41.35	8:44.97	17	16:29.57	16:39.33
18	25.39	25.67	18	54.62	55.26	18	1:58.66	1:59.87	18	4:10.57	4:12.37	18	8:37.90	8:41.49	18		16:33.34
19	25.21	25.48	19	54.25	54.88	19		1:59.17	1:59.56	19		4:11.26	8:39.24	8:40.47	19		16:29.57
20	25.04	25.31	20		54.54	20		1:58.66	1:59.04	20		4:10.57	8:37.90	8:39.13	20		16:31.30
21		25.16	21		54.25	21			1:58.77	21			8:38.37		21		16:29.57
22		25.04	22			22			1:58.66	22			8:37.90		22		
23			23			23				23					23		
24			24			24				24					24		

100 Back			200 Back		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13	1:06.23		13	2:23.07	
14	1:04.08	1:04.90	14	2:18.68	2:20.67
15	1:02.45	1:03.26	15	2:15.28	2:17.22
16	1:01.31	1:02.10	16	2:12.78	2:14.68
17	1:00.59	1:01.37	17	2:11.08	2:12.96
18		1:00.92	18		2:11.81
19		1:00.59	19		2:11.08
20			20		2:11.44
21			21		2:11.08
22			22		
23			23		

100 Fly			200 Fly		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13	2:17.02	
14			14	2:14.27	2:15.64
15	1:01.43		15	2:12.08	2:13.42
16	1:00.36	1:01.02	16	2:10.43	2:11.75
17	59.50	1:00.15	17	2:09.21	2:10.53
18	58.82	59.46	18		2:09.73
19	58.33	58.96	19		2:09.21
20		58.60	20		2:09.37
21		58.33	21		2:09.21
22			22		
23			23		

100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13		
14			14		
15	1:10.28		15	2:31.29	
16	1:09.00	1:09.69	16	2:28.81	2:29.84
17	1:08.21	1:08.90	17	2:27.37	2:28.39
18	1:07.76	1:08.44	18	2:26.54	2:27.56
19	1:07.43	1:08.11	19	2:25.91	2:26.92
20		1:07.78	20		2:26.35
21		1:07.43	21		2:25.91
22			22		2:26.15
23			23		2:25.91

200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13		
14			14	5:00.73	
15	2:19.04		15	4:53.44	4:55.04
16	2:16.60	2:17.48	16	4:48.26	4:49.84
17	2:14.87	2:15.75	17	4:45.02	4:46.58
18	2:13.74	2:14.61	18	4:43.06	4:44.61
19	2:12.98	2:13.84	19		4:43.53
20		2:13.33	20		4:43.06
21		2:12.98	21		4:43.27
22			22		4:43.06
23			23		

FEMALE



APPENDIX 2 – Swimming Canada Male On-Track Times

Swimming Canada
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	53.92		15	1:56.18		15	4:06.50		15	8:27.22		15	16:09.86	
16			16	51.93	52.79	16	1:52.95	1:54.68	16	3:59.91	4:02.89	16	8:14.46	8:18.89	16	15:45.47	15:53.94
17	23.45		17	50.45	51.29	17	1:50.39	1:52.08	17	3:54.73	3:57.65	17	8:04.70	8:09.04	17	15:26.80	15:35.10
18	22.97	23.19	18	49.44	50.27	18	1:48.44	1:50.10	18	3:50.84	3:53.71	18	7:57.65	8:01.93	18	15:13.33	15:21.51
19	22.62	22.83	19	48.77	49.58	19	1:47.06	1:48.70	19	3:48.15	3:50.99	19	7:53.11	7:57.35	19	15:04.64	15:12.75
20	22.36	22.57	20		49.11	20		1:47.72	20		3:49.22	20		7:54.60	20		15:07.49
21	22.18	22.39	21		48.77	21		1:47.06	21		3:48.15	21		7:53.11	21		15:04.64
22		22.26	22			22		1:47.31	22		3:48.37	22		7:53.23	22		15:04.87
23		22.18	23			23		1:47.06	23		3:48.15	23		7:53.11	23		15:04.64
24			24			24			24			24			24		
25			25			25			25			25			25		

100 Back			200 Back		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:07.75	
16	57.97		16	2:03.70	2:04.82
17	56.36	56.95	17	2:00.86	2:01.96
18	55.27	55.84	18	1:59.10	2:00.19
19	54.53	55.10	19	1:58.07	1:59.15
20	54.03	54.59	20		1:58.50
21		54.24	21		1:58.07
22		54.03	22		1:58.10
23			23		1:58.07
24			24		

100 Fly			200 Fly		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:06.70	
16	55.56		16	2:03.08	2:04.73
17	54.06	54.64	17	2:00.26	2:01.87
18	53.06	53.63	18	1:58.15	1:59.74
19	52.41	52.98	19	1:56.71	1:58.27
20	51.96	52.52	20		1:57.30
21		52.19	21		1:56.71
22		51.96	22		1:56.81
23			23		1:56.71
24			24		

100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:22.22	
16	1:04.09		16	2:18.19	2:20.80
17	1:02.60	1:03.52	17	2:14.91	2:17.46
18	1:01.40	1:02.30	18	2:12.30	2:14.80
19	1:00.46	1:01.35	19	2:10.32	2:12.78
20	59.75	1:00.63	20		2:11.29
21		1:00.12	21		2:10.32
22		59.75	22		2:10.73
23			23		2:10.32
24			24		

200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	4:37.43	
16	2:07.39		16	4:30.59	4:34.39
17	2:04.44	2:05.54	17	4:25.05	4:28.78
18	2:02.25	2:03.33	18	4:20.70	4:24.37
19	2:00.75	2:01.82	19	4:17.48	4:21.10
20	1:59.76	2:00.82	20		4:18.82
21		2:00.17	21		4:17.48
22		1:59.76	22		4:17.67
23			23		4:17.48
24			24		

MALE



APPENDIX 3 – Swim BC Female Para Perform Consideration Times

	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 3 – Swim BC Male Para Perform Consideration Times

	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 4 – Swim BC Female Pacific Wave Consideration Times, Prospects Time Standards, and Advance Time Standards

WOMEN 2022-23 SEASON											
LONG COURSE CONSIDERATION TIMES AND TIME STANDARDS											
	2010	2009		2008		2007		2006		2005	
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
50 Free	0:30.31	0:29.25	0:28.37	0:28.55	0:27.71	0:27.96	0:27.16	0:27.60	0:26.65	0:27.36	0:26.62
100 Free	1:05.60	1:03.61	1:01.71	1:01.90	1:00.09	1:00.62	0:58.88	0:59.88	0:57.82	0:58.93	0:57.32
200 Free	2:23.46	2:17.96	2:13.83	2:14.20	2:10.27	2:11.50	2:07.74	2:09.49	2:05.01	2:07.55	2:04.05
400 Free	5:04.26	4:51.94	4:43.22	4:45.13	4:36.80	4:39.18	4:31.20	4:35.07	4:25.58	4:31.99	4:24.54
800 Free	10:31.56	10:03.93	9:45.89	9:49.29	9:32.07	9:37.77	9:21.26	9:31.97	9:12.23	9:24.43	9:08.96
1500 Free	20:12.59	19:19.54	18:44.90	18:51.43	18:18.37	18:29.32	17:57.62	18:18.17	17:40.27	18:03.69	17:33.99
5000 Free	--	--	--	--	--	1:02:33.21	1:00:45.96	1:01:55.48	0:59:47.23	1:00:30.36	0:58:50.88
50 Back	0:35.43	0:33.55	0:32.55	0:32.44	0:31.50	0:31.77	0:30.86	0:31.39	0:30.31	0:31.03	0:30.18
100 Back	1:14.96	1:11.50	1:09.35	1:08.80	1:06.79	1:07.61	1:05.67	1:06.61	1:04.31	1:05.54	1:03.75
200 Back	2:41.90	2:33.08	2:28.50	2:27.93	2:23.61	2:25.92	2:21.75	2:23.48	2:18.53	2:21.60	2:17.71
50 Breast	0:39.40	0:37.43	0:36.31	0:36.05	0:34.99	0:35.38	0:34.37	0:34.98	0:33.77	0:34.58	0:33.63
100 Breast	1:25.80	1:21.53	1:19.09	1:18.49	1:16.19	1:16.84	1:14.64	1:15.68	1:13.07	1:15.23	1:13.16
200 Breast	3:03.89	2:57.01	2:51.72	2:49.82	2:44.86	2:45.40	2:40.67	2:42.84	2:37.21	2:41.78	2:37.34
50 Fly	0:32.75	0:31.36	0:30.43	0:30.48	0:29.59	0:29.89	0:29.04	0:29.38	0:28.37	0:29.06	0:28.25
100 Fly	1:12.83	1:09.41	1:07.33	1:07.24	1:05.27	1:05.72	1:03.84	1:04.53	1:02.30	1:03.93	1:02.17
200 Fly	2:44.54	2:35.87	2:31.22	2:30.29	2:25.90	2:26.62	2:22.43	2:25.40	2:20.38	2:23.12	2:19.20
200 IM	2:43.87	2:36.01	2:31.36	2:31.93	2:27.49	2:28.06	2:23.82	2:26.25	2:21.20	2:24.29	2:20.34
400 IM	5:47.48	5:31.19	5:21.30	5:22.52	5:13.10	5:15.34	5:06.32	5:11.86	5:01.10	5:08.28	4:59.83

For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 4 – Swim BC Female Pacific Wave Consideration Times, Prospects Time Standards, and Advance Time Standards

WOMEN 2022-23 SEASON											
SHORT COURSE CONSIDERATION TIMES AND TIME STANDARDS											
	2010	2009		2008		2007		2006		2005	
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
50 Free	0:29.91	0:28.98	0:28.12	0:28.30	0:27.47	0:27.87	0:27.07	0:27.36	0:26.41	0:27.13	0:26.39
100 Free	1:05.19	1:03.00	1:01.12	1:01.62	0:59.82	0:59.88	0:58.17	0:59.26	0:57.21	0:58.59	0:56.99
200 Free	2:21.62	2:17.29	2:13.19	2:12.86	2:08.98	2:10.15	2:06.44	2:07.99	2:03.58	2:06.46	2:03.00
400 Free	4:59.96	4:50.30	4:41.63	4:42.61	4:34.35	4:37.35	4:29.43	4:32.38	4:22.98	4:29.67	4:22.28
800 Free	10:25.03	10:00.89	9:42.93	9:43.97	9:26.91	9:34.34	9:17.92	9:25.61	9:06.08	9:20.97	9:05.60
1500 Free	20:00.04	19:13.70	18:39.23	18:41.21	18:08.45	18:22.72	17:51.20	18:05.96	17:28.47	17:57.05	17:27.55
5000 Free	--	--	--	--	--	1:02:10.88	1:00:24.24	1:01:14.17	0:59:07.33	1:00:08.13	0:58:29.29
50 Back	0:34.29	0:32.76	0:31.79	0:31.69	0:30.77	0:31.37	0:30.48	0:30.83	0:29.77	0:30.45	0:29.62
100 Back	1:12.75	1:10.17	1:08.08	1:07.70	1:05.72	1:06.55	1:04.65	1:05.61	1:03.35	1:04.58	1:02.80
200 Back	2:37.23	2:31.50	2:26.98	2:25.92	2:21.66	2:23.59	2:19.48	2:21.28	2:16.41	2:19.67	2:15.84
50 Breast	0:39.21	0:37.05	0:35.94	0:35.91	0:34.85	0:35.32	0:34.31	0:34.76	0:33.56	0:34.32	0:33.38
100 Breast	1:23.74	1:20.07	1:17.67	1:17.47	1:15.20	1:16.24	1:14.05	1:14.69	1:12.12	1:14.14	1:12.11
200 Breast	3:01.20	2:53.72	2:48.52	2:48.05	2:43.13	2:44.41	2:39.71	2:41.34	2:35.76	2:39.65	2:35.28
50 Fly	0:32.72	0:31.46	0:30.53	0:30.70	0:29.81	0:29.96	0:29.10	0:29.43	0:28.42	0:29.19	0:28.38
100 Fly	1:12.63	1:10.16	1:08.06	1:07.57	1:05.60	1:05.87	1:03.99	1:05.06	1:02.81	1:04.19	1:02.42
200 Fly	2:44.11	2:37.54	2:32.83	2:30.32	2:25.92	2:26.70	2:22.50	2:24.66	2:19.67	2:23.28	2:19.35
200 IM	2:39.63	2:35.31	2:30.67	2:30.00	2:25.62	2:26.98	2:22.78	2:24.82	2:19.83	2:22.77	2:18.85
400 IM	5:41.39	5:30.40	5:20.54	5:18.19	5:08.89	5:13.14	5:04.19	5:07.33	4:56.72	5:04.60	4:56.26

For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 4 – Swim BC MALE Pacific Wave Consideration Times, Prospects Time Standards, and Advance Time Standards

MEN 2022-23 SEASON											
LONG COURSE CONSIDERATION TIMES AND TIME STANDARDS											
	2010	2009		2008		2007		2006		2005	
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
50 Free	0:29.77	0:28.04	0:27.20	0:26.80	0:26.02	0:25.72	0:24.99	0:25.19	0:24.31	0:24.92	0:24.24
100 Free	1:05.29	1:01.53	0:59.69	0:58.35	0:56.64	0:56.38	0:54.77	0:54.86	0:52.96	0:54.26	0:52.77
200 Free	2:23.10	2:13.70	2:09.70	2:06.90	2:03.20	2:03.33	1:59.80	2:00.48	1:56.31	1:58.90	1:55.65
400 Free	5:03.44	4:43.29	4:34.83	4:30.72	4:22.81	4:22.78	4:15.27	4:16.45	4:07.61	4:14.22	4:07.26
800 Free	10:46.89	9:56.96	9:39.13	9:31.48	9:14.78	9:16.29	9:00.38	9:02.61	8:43.89	9:00.91	8:46.08
1500 Free	20:19.40	18:45.28	18:11.67	17:57.25	17:25.79	17:28.62	16:58.64	17:02.84	16:27.54	16:59.63	16:31.68
5000 Free	--	--	--	--	--	0:59:07.83	0:57:26.40	0:57:40.60	0:55:41.16	0:56:55.77	0:55:22.14
50 Back	0:35.10	0:32.58	0:31.61	0:31.07	0:30.16	0:29.89	0:29.04	0:28.90	0:27.91	0:28.41	0:27.62
100 Back	1:14.68	1:09.79	1:07.71	1:05.58	1:03.67	1:02.98	1:01.17	1:01.53	0:59.41	1:00.70	0:59.04
200 Back	2:41.57	2:29.87	2:25.39	2:22.47	2:18.31	2:17.08	2:13.17	2:13.30	2:08.69	2:11.72	2:08.11
50 Breast	0:38.86	0:36.16	0:35.08	0:33.94	0:32.94	0:32.69	0:31.75	0:31.86	0:30.77	0:31.29	0:30.44
100 Breast	1:23.92	1:18.26	1:15.93	1:13.69	1:11.54	1:10.68	1:08.66	1:08.96	1:06.59	1:08.09	1:06.23
200 Breast	3:03.08	2:49.75	2:44.68	2:39.95	2:35.28	2:34.26	2:29.85	2:30.60	2:25.40	2:28.89	2:24.82
50 Fly	0:32.62	0:30.43	0:29.52	0:28.91	0:28.07	0:27.83	0:27.04	0:27.18	0:26.25	0:26.58	0:25.84
100 Fly	1:12.38	1:06.60	1:04.61	1:03.06	1:01.21	1:01.03	0:59.29	0:59.52	0:57.47	0:58.66	0:57.05
200 Fly	2:44.24	2:29.01	2:24.56	2:20.99	2:16.87	2:17.20	2:13.28	2:13.51	2:08.91	2:12.74	2:09.10
200 IM	2:41.71	2:30.29	2:25.80	2:22.72	2:18.55	2:18.70	2:14.74	2:15.62	2:10.95	2:14.38	2:10.70
400 IM	5:44.30	5:20.84	5:11.26	5:04.32	4:55.43	4:55.41	4:46.96	4:48.50	4:38.55	4:47.51	4:39.63

For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 4 – Swim BC Male Pacific Wave Consideration Times, Prospects Time Standards, and Advance Time Standards

MEN 2022-23 SEASON											
SHORT COURSE CONSIDERATION TIMES AND TIME STANDARDS											
	2010	2009		2008		2007		2006		2005	
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
50 Free	0:29.10	0:27.38	0:26.57	0:26.36	0:25.59	0:25.32	0:24.60	0:24.75	0:23.90	0:24.43	0:23.75
100 Free	1:03.46	0:59.96	0:58.17	0:57.60	0:55.92	0:55.21	0:53.63	0:53.84	0:51.99	0:53.27	0:51.81
200 Free	2:18.86	2:11.03	2:07.12	2:05.01	2:01.37	2:00.84	1:57.38	1:57.51	1:53.45	1:56.02	1:52.84
400 Free	4:56.78	4:40.92	4:32.52	4:26.54	4:18.75	4:17.95	4:10.57	4:11.68	4:02.98	4:09.02	4:02.20
800 Free	10:32.15	9:52.21	9:34.53	9:21.66	9:05.26	9:07.76	8:52.09	8:54.33	8:35.89	8:50.34	8:35.80
1500 Free	19:51.62	18:36.33	18:02.99	17:38.75	17:07.83	17:12.54	16:43.02	16:47.23	16:12.47	16:39.71	16:12.30
5000 Free	--	--	--	--	--	0:58:13.43	0:56:33.54	0:56:47.78	0:54:50.18	0:55:49.02	0:54:17.21
50 Back	0:33.94	0:31.58	0:30.64	0:30.04	0:29.16	0:29.06	0:28.23	0:27.86	0:26.90	0:27.55	0:26.79
100 Back	1:12.00	1:07.54	1:05.53	1:04.09	1:02.22	1:01.90	1:00.13	0:59.72	0:57.66	0:58.99	0:57.38
200 Back	2:34.38	2:25.80	2:21.45	2:18.94	2:14.88	2:14.46	2:10.62	2:09.98	2:05.50	2:08.66	2:05.13
50 Breast	0:37.90	0:35.23	0:34.18	0:33.51	0:32.53	0:32.21	0:31.29	0:31.32	0:30.23	0:30.64	0:29.80
100 Breast	1:21.27	1:15.64	1:13.39	1:11.99	1:09.88	1:09.29	1:07.31	1:07.64	1:05.31	1:06.34	1:04.52
200 Breast	2:56.08	2:44.50	2:39.58	2:36.83	2:32.25	2:31.11	2:26.79	2:26.66	2:21.61	2:24.49	2:20.53
50 Fly	0:32.16	0:30.15	0:29.25	0:28.66	0:27.82	0:27.62	0:26.83	0:26.86	0:25.94	0:26.40	0:25.68
100 Fly	1:11.10	1:06.29	1:04.31	1:02.75	1:00.92	1:00.95	0:59.21	0:59.34	0:57.29	0:58.15	0:56.56
200 Fly	2:39.17	2:29.17	2:24.71	2:21.07	2:16.95	2:16.63	2:12.73	2:12.38	2:07.81	2:10.03	2:06.46
200 IM	2:37.00	2:27.39	2:22.98	2:20.55	2:16.44	2:15.70	2:11.82	2:12.28	2:07.72	2:11.22	2:07.62
400 IM	5:33.51	5:14.59	5:05.19	5:00.94	4:52.15	4:49.99	4:41.71	4:43.32	4:33.54	4:40.48	4:32.80

For detailed information on program eligibility and pre-requisites please visit swimbc.ca.

APPENDIX 5 – Swim BC Female Para Advance Consideration Times

	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 – Swim BC Male Para Advance Consideration Times

	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 – Swim BC Female Para Prospects Consideration Times

	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 – Swim BC Male Para Prospects Consideration Times

	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