



2025-2026 SWIM BC DIVISIONAL TIME STANDARDS

ISLAND & COASTAL VANCOUVER DIVISION

FEMALE								
EVENT	12 & UNDER		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	33.35	32.70	31.11	30.50	29.58	29.00	29.38	28.80
100 Free	1:14.36	1:12.90	1:08.44	1:07.10	1:04.77	1:03.50	1:04.16	1:02.90
200 Free	2:40.34	2:37.20	2:26.98	2:24.10	2:19.33	2:16.60	2:17.90	2:15.20
400 Free	5:36.91	5:30.30	5:09.16	5:03.10	4:55.90	4:50.10	4:52.43	4:46.70
800 Free	11:34.31	11:20.70	10:38.72	10:26.20	10:07.21	9:55.30	10:06.59	9:54.70
1500 Free	22:31.30	22:04.80	20:41.24	20:16.90	19:50.54	19:27.20	19:21.07	18:58.30
50 Back	38.76	38.00	35.39	34.70	33.76	33.10	33.76	33.10
100 Back	1:23.64	1:22.00	1:16.30	1:14.80	1:12.62	1:11.20	1:12.01	1:10.60
200 Back	2:59.11	2:55.60	2:43.40	2:40.20	2:35.75	2:32.70	2:34.02	2:31.00
50 Breast	44.17	43.30	40.09	39.30	38.15	37.40	38.15	37.40
100 Breast	1:36.59	1:34.70	1:27.52	1:25.80	1:23.44	1:21.80	1:23.23	1:21.60
200 Breast	3:26.35	3:22.30	3:09.01	3:05.30	2:59.32	2:55.80	2:58.60	2:55.10
50 Fly	36.92	36.20	33.86	33.20	31.93	31.30	31.72	31.10
100 Fly	1:23.84	1:22.20	1:15.89	1:14.40	1:12.01	1:10.60	1:10.79	1:09.40
200 Fly	3:12.88	3:09.10	2:51.77	2:48.40	2:43.20	2:40.00	2:42.28	2:39.10
200 IM	3:00.44	2:56.90	2:46.97	2:43.70	2:37.69	2:34.60	2:35.75	2:32.70
400 IM	6:21.58	6:14.10	5:52.61	5:45.70	5:37.31	5:30.70	5:33.64	5:27.10

ARBU	Arbutus Swim Club
CDSC	Canadian Dolphins Swim Club
CHENA	Chena Swim Team
COMOX	Comox Valley Aquatic Club
CRKW	Campbell River Killer Whales
DST	Duncan Swim Team
HST	Hollyburn Swim Team
ISC	Island Swimming Club
LCSC	Ladysmith-Chemainus Swim Club
NRST	Nanaimo Riptides Swim Team
RAC	Ravensong Aquatic Club
RAPID	Richmond Rapids Swim Club
SFC	Swim Faster Swim Club
SFU	Simon Fraser University
SQUP	Squamish Pirates Swim Club
TSUN	Port Alberni Tsunami
UBCT	UBC Thunderbirds
UVIC	University of Victoria Swim Team
UVPCS	UVic Pacific Coast Swimming
WDSC	Winkill Dolphins Swim Club
WIND	West Coast Wind
WSC	Wayland Swim Club
WVOSC	West Vancouver Otters Swim Club

MALE								
EVENT	12 & UNDER		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	33.35	32.70	29.07	28.50	27.03	26.50	26.01	25.50
100 Free	1:14.77	1:13.30	1:03.85	1:02.60	59.26	58.10	57.63	56.50
200 Free	2:40.75	2:37.60	2:18.52	2:15.80	2:08.93	2:06.40	2:04.85	2:02.40
400 Free	5:37.72	5:31.10	4:57.64	4:51.80	4:36.73	4:31.30	4:26.02	4:20.80
800 Free	11:36.86	11:23.20	10:08.94	9:57.00	9:33.65	9:22.40	9:16.41	9:05.50
1500 Free	22:20.69	21:54.40	19:38.10	19:15.00	18:28.74	18:07.00	17:49.57	17:28.60
50 Back	38.96	38.20	33.76	33.10	30.91	30.30	29.78	29.20
100 Back	1:24.76	1:23.10	1:12.93	1:11.50	1:07.01	1:05.70	1:04.87	1:03.60
200 Back	2:59.52	2:56.00	2:37.69	2:34.60	2:25.86	2:23.00	2:20.45	2:17.70
50 Breast	43.86	43.00	37.54	36.80	34.48	33.80	33.56	32.90
100 Breast	1:36.80	1:34.90	1:21.50	1:19.90	1:15.58	1:14.10	1:12.93	1:11.50
200 Breast	3:26.86	3:22.80	2:56.87	2:53.40	2:44.63	2:41.40	2:40.85	2:37.70
50 Fly	37.03	36.30	32.03	31.40	29.48	28.90	28.36	27.80
100 Fly	1:24.46	1:22.80	1:11.81	1:10.40	1:06.10	1:04.80	1:03.34	1:02.10
200 Fly	3:11.56	3:07.80	2:43.91	2:40.70	2:29.23	2:26.30	2:23.82	2:21.00
200 IM	3:01.87	2:58.30	2:37.28	2:34.20	2:25.55	2:22.70	2:21.58	2:18.80
400 IM	6:23.62	6:16.10	5:33.44	5:26.90	5:15.28	5:09.10	5:03.14	4:57.20