



2025-2026 SWIM BC DIVISIONAL TIME STANDARDS NORTH & INTERIOR DIVISION

FEMALE								
EVENT	12 & UNDER		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	35.19	34.50	32.54	31.90	31.31	30.70	31.11	30.50
100 Free	1:18.44	1:16.90	1:11.60	1:10.20	1:08.54	1:07.20	1:07.93	1:06.60
200 Free	2:49.12	2:45.80	2:33.92	2:30.90	2:27.29	2:24.40	2:25.86	2:23.00
400 Free	5:55.27	5:48.30	5:23.65	5:17.30	5:12.94	5:06.80	5:09.37	5:03.30
800 Free	12:12.16	11:57.80	11:08.51	10:55.40	10:42.19	10:29.60	10:41.58	10:29.00
1500 Free	23:45.04	23:17.10	21:39.28	21:13.80	20:59.19	20:34.50	20:28.08	20:04.00
50 Back	40.80	40.00	37.03	36.30	35.70	35.00	35.70	35.00
100 Back	1:28.13	1:26.40	1:19.87	1:18.30	1:16.91	1:15.40	1:16.19	1:14.70
200 Back	3:08.80	3:05.10	2:51.05	2:47.70	2:44.73	2:41.50	2:42.89	2:39.70
50 Breast	46.61	45.70	41.92	41.10	40.39	39.60	40.39	39.60
100 Breast	1:41.90	1:39.90	1:31.60	1:29.80	1:28.33	1:26.60	1:28.13	1:26.40
200 Breast	3:37.57	3:33.30	3:17.88	3:14.00	3:09.62	3:05.90	3:08.90	3:05.20
50 Fly	38.96	38.20	35.39	34.70	33.76	33.10	33.56	32.90
100 Fly	1:28.43	1:26.70	1:19.36	1:17.80	1:16.19	1:14.70	1:14.87	1:13.40
200 Fly	3:23.39	3:19.40	3:01.66	2:58.10	2:54.11	2:50.70	2:54.11	2:50.70
200 IM	3:10.23	3:06.50	2:54.83	2:51.40	2:46.77	2:43.50	2:44.73	2:41.50
400 IM	6:42.39	6:34.50	6:09.14	6:01.90	5:56.80	5:49.80	5:52.92	5:46.00

BVOSC	Bulkley Valley Otters Swim Club
CKSC	Kootenay Swim Club
CONNU	Fort St. John Inconnu
CSSSC	Columbia Shuswap Selkirk's Swim Club
CTSC	Cranbrook Tritons Swim Club
CVSC	Columbia Valley Swim Club
EVDSC	Elk Valley Dolphins Swim Club
KAJ	Kelowna AquaJets
KCS	Kamloops Classic Swimming
KISU	KISU Swim Club
KMSC	Kitimat Marlins Swim Club
PGB	Prince George Barracudas
PRASC	Prince Rupert Amateur Swim Club
SOSC	Summerland Orca Swim Club
TBSC	Terrace Blue Back Swim Club
VKSC	Vernon Kokanee Swim Club
WGB	Whitehorse Glacier Bears
WLBF	Williams Lake Blue Fins
WRSC	Waveriders Swim Club

MALE								
EVENT	12 & UNDER		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	35.19	34.50	30.70	30.10	28.56	28.00	27.54	27.00
100 Free	1:18.74	1:17.20	1:07.42	1:06.10	1:02.63	1:01.40	1:00.89	59.70
200 Free	2:49.42	2:46.10	2:26.27	2:23.40	2:16.27	2:13.60	2:11.99	2:09.40
400 Free	5:55.98	5:49.00	5:14.36	5:08.20	4:52.54	4:46.80	4:41.21	4:35.70
800 Free	12:14.50	12:00.10	10:43.01	10:30.40	10:06.49	9:54.60	9:48.13	9:36.60
1500 Free	23:33.11	23:05.40	20:44.09	20:19.70	19:32.08	19:09.10	18:50.77	18:28.60
50 Back	41.00	40.20	35.60	34.90	32.74	32.10	31.52	30.90
100 Back	1:29.35	1:27.60	1:17.01	1:15.50	1:10.89	1:09.50	1:08.65	1:07.30
200 Back	3:09.31	3:05.60	2:46.57	2:43.30	2:34.22	2:31.20	2:28.41	2:25.50
50 Breast	46.21	45.30	39.68	38.90	36.41	35.70	35.39	34.70
100 Breast	1:42.00	1:40.00	1:26.09	1:24.40	1:19.97	1:18.40	1:17.11	1:15.60
200 Breast	3:38.08	3:33.80	3:06.86	3:03.20	2:54.01	2:50.60	2:50.03	2:46.70
50 Fly	39.07	38.30	33.76	33.10	31.11	30.50	29.99	29.40
100 Fly	1:29.05	1:27.30	1:15.89	1:14.40	1:09.87	1:08.50	1:06.91	1:05.60
200 Fly	3:23.08	3:19.10	2:53.20	2:49.80	2:39.12	2:36.00	2:32.08	2:29.10
200 IM	3:11.66	3:07.90	2:46.06	2:42.80	2:33.82	2:30.80	2:29.63	2:26.70
400 IM	6:44.33	6:36.40	5:52.10	5:45.20	5:33.34	5:26.80	5:20.38	5:14.10