



2026 - 2027

SWIM BC TIME STANDARDS

PROVINCIAL CHAMPIONSHIPS

FEMALE								
EVENT	12 & Under		13 – 14		15 – 16		17 & Over	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:30.29	0:29.70	0:28.97	0:28.40	0:28.36	0:27.80	0:28.25	0:27.70
100 Free	1:07.32	1:06.00	1:03.34	1:02.10	1:01.40	1:00.20	1:01.40	1:00.20
200 Free	2:24.94	2:22.10	2:16.78	2:14.10	2:11.99	2:09.40	2:11.99	2:09.40
400 Free	5:06.31	5:00.30	4:48.97	4:43.30	4:41.93	4:36.40	4:41.21	4:35.70
800 Free	10:26.59	10:14.30	9:55.48	9:43.80	9:37.22	9:25.90	9:37.22	9:25.90
1500 Free	20:28.49	20:04.40	19:16.58	18:53.90	18:48.32	18:26.20	18:36.39	18:14.50
50 Back	0:35.19	0:34.50	0:32.95	0:32.30	0:32.33	0:31.70	0:32.33	0:31.70
100 Back	1:15.68	1:14.20	1:11.20	1:09.80	1:09.36	1:08.00	1:09.26	1:07.90
200 Back	2:41.87	2:38.70	2:32.59	2:29.60	2:29.33	2:26.40	2:28.10	2:25.20
50 Breast	0:40.19	0:39.40	0:37.43	0:36.70	0:36.62	0:35.90	0:36.62	0:35.90
100 Breast	1:27.41	1:25.70	1:21.80	1:20.20	1:19.76	1:18.20	1:19.76	1:18.20
200 Breast	3:07.27	3:03.60	2:56.46	2:53.00	2:52.18	2:48.80	2:51.77	2:48.40
50 Fly	0:33.56	0:32.90	0:31.52	0:30.90	0:30.50	0:29.90	0:30.50	0:29.90
100 Fly	1:15.99	1:14.50	1:10.48	1:09.10	1:08.24	1:06.90	1:08.03	1:06.70
200 Fly	2:55.34	2:51.90	2:40.55	2:37.40	2:36.16	2:33.10	2:33.71	2:30.70
200 IM	2:43.30	2:40.10	2:35.04	2:32.00	2:29.94	2:27.00	2:29.74	2:26.80
400 IM	5:46.90	5:40.10	5:29.05	5:22.60	5:22.42	5:16.10	5:20.50	5:14.22

MALE								
EVENT	12 & Under		13 – 14		15 – 16		17 & Over	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:30.09	0:29.50	0:27.13	0:26.60	0:25.70	0:25.20	0:24.79	0:24.30
100 Free	1:07.12	1:05.80	0:59.67	0:58.50	0:56.10	0:55.00	0:54.88	0:53.80
200 Free	2:24.84	2:22.00	2:09.44	2:06.90	2:02.20	1:59.80	1:58.93	1:56.60
400 Free	5:04.27	4:58.30	4:38.05	4:32.60	4:22.65	4:17.50	4:13.37	4:08.40
800 Free	10:27.81	10:15.50	9:29.06	9:17.90	9:04.88	8:54.20	8:49.89	8:39.50
1500 Free	19:59.62	19:36.10	18:20.99	17:59.40	17:32.03	17:11.40	16:58.67	16:38.70
50 Back	0:35.09	0:34.40	0:31.52	0:30.90	0:29.48	0:28.90	0:28.36	0:27.80
100 Back	1:16.30	1:14.80	1:07.93	1:06.60	1:03.65	1:02.40	1:01.81	1:00.60
200 Back	2:41.77	2:38.60	2:26.78	2:23.90	2:18.41	2:15.70	2:13.72	2:11.10
50 Breast	0:39.47	0:38.70	0:34.88	0:34.20	0:32.64	0:32.00	0:31.93	0:31.30
100 Breast	1:26.80	1:25.10	1:15.79	1:14.30	1:11.50	1:10.10	1:09.46	1:08.10
200 Breast	3:06.15	3:02.50	2:44.83	2:41.60	2:35.96	2:32.90	2:33.20	2:30.20
50 Fly	0:33.35	0:32.70	0:29.68	0:29.10	0:27.85	0:27.30	0:27.03	0:26.50
100 Fly	1:15.99	1:14.50	1:06.50	1:05.20	1:02.22	1:01.00	1:00.28	0:59.10
200 Fly	2:51.05	2:47.70	2:32.39	2:29.40	2:21.27	2:18.50	2:16.99	2:14.30
200 IM	2:43.81	2:40.60	2:26.37	2:23.50	2:18.01	2:15.30	2:14.74	2:12.10
400 IM	5:45.58	5:38.80	5:08.86	5:02.80	5:00.29	4:54.40	4:48.66	4:43.00