



2025-2026 SWIM BC DIVISIONAL TIME STANDARDS VANCOUVER & FRASER 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

ADVENT Advent Swim Academy
 CHIN Chinook Swim Club
 DELTA Delta Sungod Swim Club
 DYNA Dynamo Swim Club
 GATOR Killarney Gators Swim Club
 HYACK Hyack Swim Club
 OS Olympians Swimming
 PSW Pacific Sea Wolves
 RIDGE Ridge Meadows Swim Club
 SKSC Surrey Knights Swim Club
 SPART Spartan Swim Club
 VPSC Vancouver Pacific Swim Club
 WSWSC Whistler Sea Wolves 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