



2022-23 SWIM BC PROVINCIAL CHAMPIONSHIP TIME STANDARDS

WOMEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:30.90	0:30.30	0:29.30	0:28.70	0:28.70	0:28.20	0:28.20	0:27.70
100 Free	1:08.20	1:06.20	1:03.70	1:02.50	1:02.20	1:01.00	1:01.30	1:00.10
200 Free	2:28.10	2:23.70	2:17.40	2:14.70	2:14.40	2:11.70	2:12.40	2:09.70
400 Free	5:12.30	5:03.20	4:47.70	4:42.00	4:44.30	4:38.80	4:40.10	4:34.60
800 Free	10:44.70	10:30.40	9:59.10	9:47.40	9:50.40	9:38.90	9:41.60	9:30.20
1500 Free	20:37.70	20:13.30	19:10.40	18:47.80	18:53.60	18:31.40	18:36.80	18:14.80
50 Back	0:36.20	0:35.40	0:33.20	0:32.60	0:32.70	0:32.10	0:32.20	0:31.60
100 Back	1:16.80	1:15.10	1:11.00	1:09.70	1:09.60	1:08.20	1:08.50	1:07.20
200 Back	2:45.30	2:41.70	2:32.80	2:29.80	2:29.80	2:26.90	2:27.60	2:24.70
50 Breast	0:41.60	0:40.40	0:37.90	0:36.90	0:37.00	0:36.10	0:36.50	0:35.60
100 Breast	1:28.90	1:26.30	1:21.70	1:19.70	1:19.60	1:17.70	1:18.40	1:16.50
200 Breast	3:11.40	3:05.80	2:56.80	2:52.50	2:51.90	2:47.70	2:49.30	2:45.20
50 Fly	0:34.60	0:33.80	0:32.20	0:31.60	0:31.20	0:30.60	0:30.80	0:30.20
100 Fly	1:16.70	1:15.00	1:10.90	1:09.50	1:09.00	1:07.60	1:07.90	1:06.60
200 Fly	2:52.50	2:48.70	2:40.80	2:37.70	2:33.40	2:30.40	2:31.20	2:28.10
200 IM	2:45.70	2:42.00	2:37.40	2:34.30	2:31.50	2:28.50	2:29.20	2:26.30
400 IM	5:52.80	5:45.10	5:29.70	5:23.30	5:25.90	5:19.50	5:21.10	5:14.80

MEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:31.00	0:30.40	0:27.40	0:26.90	0:26.30	0:25.80	0:25.00	0:24.50
100 Free	1:06.20	1:06.20	0:59.90	0:58.80	0:57.30	0:56.20	0:54.50	0:53.50
200 Free	2:24.80	2:24.80	2:10.10	2:07.50	2:05.10	2:02.60	1:58.90	1:56.60
400 Free	5:04.90	5:04.90	4:42.50	4:37.00	4:27.40	4:22.10	4:14.30	4:09.20
800 Free	10:46.70	10:46.70	9:45.70	9:34.20	9:27.70	9:16.60	8:59.80	8:49.20
1500 Free	20:19.00	20:19.00	18:24.00	18:02.30	17:50.20	17:29.20	16:57.60	16:37.60
50 Back	0:36.20	0:36.20	0:32.10	0:31.40	0:30.20	0:29.60	0:28.70	0:28.10
100 Back	1:16.80	1:16.80	1:08.40	1:07.10	1:04.70	1:03.50	1:01.50	1:00.30
200 Back	2:43.20	2:43.20	2:28.30	2:25.40	2:20.90	2:18.20	2:14.00	2:11.40
50 Breast	0:40.40	0:40.40	0:35.90	0:35.10	0:34.10	0:33.30	0:32.50	0:31.70
100 Breast	1:26.70	1:26.70	1:17.20	1:15.30	1:13.70	1:11.90	1:10.00	1:08.30
200 Breast	3:06.20	3:06.20	2:48.20	2:44.10	2:39.80	2:35.90	2:32.00	2:28.20
50 Fly	0:34.30	0:34.30	0:30.60	0:30.00	0:29.10	0:28.50	0:27.60	0:27.10
100 Fly	1:15.90	1:15.90	1:07.00	1:05.70	1:04.30	1:03.10	1:01.20	1:00.00
200 Fly	2:55.50	2:55.50	2:33.70	2:30.70	2:23.50	2:20.70	2:16.50	2:13.80
200 IM	2:43.40	2:43.40	2:28.40	2:25.50	2:21.40	2:18.60	2:14.50	2:11.80
400 IM	5:52.60	5:52.60	5:15.10	5:08.90	5:04.70	4:58.70	4:49.60	4:44.00