

# 2014 / 2015 SwimBC & VIR standards

SHORT COURSE				
10&U	AAA		VIR	A
50 Free	0:38.63	n/a	0:42.11	0:46.32
100 Free	1:24.69	n/a	1:32.31	1:41.54
200 Free	3:06.09	n/a	3:22.84	3:43.12
400 Free	6:30.84	n/a	7:06.01	7:48.61
50 Back	0:45.65	n/a	0:49.75	0:54.73
100 Back	1:36.97	n/a	1:45.69	1:56.26
50 Breast	0:50.16	n/a	0:54.67	1:00.14
100 Breast	1:48.03	n/a	1:57.75	2:09.53
50 Fly	0:46.78	n/a	0:51.46	0:56.61
100 Fly	1:43.29	n/a	1:52.58	2:03.84
100 IM	1:35.94	n/a	1:45.54	1:56.09
200 IM	3:28.58	n/a	3:47.35	4:10.08

SHORT COURSE				
11&U	AAA	AA	VIR	A
50 Free	0:33.13	0:35.12	0:36.00	0:38.28
100 Free	1:12.64	1:16.99	1:18.91	1:23.92
200 Free	2:39.60	2:49.17	2:53.40	3:04.40
400 Free	5:35.19	5:55.31	6:04.19	6:27.28
800 Free	11:30.13	12:11.54	12:29.83	13:17.38
50 Back	0:39.15	0:41.50	0:42.54	n/a
100 Back	1:23.16	1:28.15	1:30.35	1:36.08
200 Back	2:56.28	3:06.86	3:11.53	3:23.67
50 Breast	0:43.02	0:45.60	0:46.74	n/a
100 Breast	1:32.65	1:38.21	1:40.67	1:47.05
200 Breast	3:18.20	3:30.09	3:35.34	3:49.00
50 Fly	0:40.12	0:42.53	0:43.59	n/a
100 Fly	1:28.59	1:33.90	1:36.25	1:42.35
200 Fly	3:27.44	3:39.89	3:45.39	3:59.68
200 IM	2:58.88	3:09.62	3:14.36	3:26.68
400 IM	6:29.33	6:52.69	7:03.01	7:29.83

SHORT COURSE				
12-13	AAA	AA	VIR	A
50 Free	0:29.86	0:31.65	0:32.44	0:34.50
100 Free	1:05.33	1:09.25	1:10.98	1:15.48
200 Free	2:21.84	2:30.35	2:34.11	2:43.88
400 Free	4:59.12	5:17.06	5:24.99	5:45.60
800 Free	10:25.96	11:03.52	11:20.11	12:03.24
50 Back	0:34.99	0:37.09	0:38.02	n/a
100 Back	1:14.33	1:18.79	1:20.76	1:25.88
200 Back	2:39.57	2:49.14	2:53.37	3:04.37
50 Breast	0:38.91	0:41.24	0:42.27	n/a
100 Breast	1:23.80	1:28.83	1:31.05	1:36.82
200 Breast	3:00.61	3:11.45	3:16.24	3:28.68
50 Fly	0:33.98	0:36.02	0:36.92	n/a
100 Fly	1:15.03	1:19.53	1:21.52	1:26.69
200 Fly	2:51.25	3:01.52	3:06.06	3:17.86
200 IM	2:40.07	2:49.67	2:53.91	3:04.94
400 IM	5:41.79	6:02.30	6:11.36	6:34.91

SHORT COURSE				
14-15	AAA	AA	VIR	A
50 Free	0:28.67	0:30.39	0:31.15	0:33.12
100 Free	1:02.21	1:05.94	1:07.59	1:11.87
200 Free	2:14.78	2:22.87	2:26.44	2:35.73
400 Free	4:45.26	5:02.37	5:09.93	5:29.59
800 Free	9:53.95	10:29.58	10:45.32	11:26.24
50 Back	0:33.36	0:35.36	0:36.24	n/a
100 Back	1:10.86	1:15.12	1:17.00	1:21.88
200 Back	2:32.14	2:41.26	2:45.29	2:55.78
50 Breast	0:37.43	0:39.68	0:40.67	n/a
100 Breast	1:20.61	1:25.45	1:27.59	1:33.14
200 Breast	2:53.26	3:03.65	3:08.24	3:20.18
50 Fly	0:31.87	0:33.78	0:34.62	n/a
100 Fly	1:10.37	1:14.59	1:16.45	1:21.30
200 Fly	2:40.34	2:49.96	2:54.21	3:05.26
200 IM	2:32.35	2:41.50	2:45.54	2:56.03
400 IM	5:25.45	5:44.98	5:53.60	6:16.03

SHORT COURSE				
16&O	AAA	AA	VIR	A
50 Free	0:28.53	0:30.24	0:31.00	0:32.96
100 Free	1:01.49	1:05.18	1:06.81	1:11.05
200 Free	2:13.69	2:21.71	2:25.25	2:34.46
400 Free	4:41.50	4:58.39	5:05.85	5:25.24
800 Free	9:53.95	10:29.58	10:45.32	11:26.24
50 Back	0:32.97	0:34.94	0:35.81	n/a
100 Back	1:10.03	1:14.23	1:16.09	1:20.91
200 Back	2:30.85	2:39.90	2:43.90	2:54.29
50 Breast	0:37.25	0:39.48	0:40.47	n/a
100 Breast	1:20.23	1:25.04	1:27.17	1:32.69
200 Breast	2:53.26	3:03.65	3:08.24	3:20.18
50 Fly	0:31.68	0:33.58	0:34.42	n/a
100 Fly	1:09.95	1:14.15	1:16.00	1:20.82
200 Fly	2:39.39	2:48.95	2:53.17	3:04.16
200 IM	2:32.04	2:41.16	2:45.19	2:55.66
400 IM	5:23.74	5:43.17	5:51.75	6:14.05

LONG COURSE				
10&U	AAA		VIR	A
50 Free	0:39.40	n/a	0:42.96	0:47.25
100 Free	1:26.38	n/a	1:34.16	1:43.58
200 Free	3:09.82	n/a	3:26.90	3:47.59
400 Free	6:38.65	n/a	7:14.53	7:57.99
50 Back	0:46.56	n/a	0:50.75	0:55.83
100 Back	1:38.90	n/a	1:47.80	1:58.58
50 Breast	0:51.16	n/a	0:55.77	1:01.35
100 Breast	1:50.20	n/a	2:00.11	2:12.12
50 Fly	0:47.72	n/a	0:52.49	0:57.74
100 Fly	1:45.36	n/a	1:54.84	2:06.32
100 IM	n/a	n/a	n/a	n/a
200 IM	3:32.75	n/a	3:51.90	4:15.09

LONG COURSE				
11&U	AAA	AA	VIR	A
50 Free	0:33.80	0:35.82	0:36.72	0:39.05
100 Free	1:14.09	1:18.53	1:20.49	1:25.60
200 Free	2:42.79	2:52.56	2:56.87	3:08.09
400 Free	5:41.90	6:02.41	6:11.47	6:35.03
800 Free	11:43.93	12:26.17	12:44.82	13:33.32
50 Back	0:39.93	0:42.33	0:43.39	n/a
100 Back	1:24.82	1:29.91	1:32.16	1:38.00
200 Back	2:59.80	3:10.59	3:15.35	3:27.75
50 Breast	0:43.88	0:46.51	0:47.67	n/a
100 Breast	1:34.51	1:40.18	1:42.68	1:49.19
200 Breast	3:22.16	3:34.29	3:39.65	3:53.58
50 Fly	0:40.92	0:43.38	0:44.46	n/a
100 Fly	1:30.36	1:35.78	1:38.17	1:44.40
200 Fly	3:31.59	3:44.29	3:49.90	4:04.48
200 IM	3:02.46	3:13.41	3:18.25	3:30.82
400 IM	6:37.11	7:00.94	7:11.46	7:38.83

LONG COURSE				
12-13	AAA	AA	VIR	A
50 Free	0:30.46	0:32.28	0:33.09	0:35.19
100 Free	1:06.64	1:10.64	1:12.41	1:16.99
200 Free	2:24.67	2:33.35	2:37.18	2:47.16
400 Free	5:05.10	5:23.41	5:31.50	5:52.51
800 Free	10:38.48	11:16.79	11:33.71	12:17.70
50 Back	0:35.69	0:37.83	0:38.78	n/a
100 Back	1:15.81	1:20.36	1:22.37	1:27.59
200 Back	2:42.76	2:52.53	2:56.84	3:08.05
50 Breast	0:39.69	0:42.07	0:43.12	n/a
100 Breast	1:25.47	1:30.60	1:32.86	1:38.76
200 Breast	3:04.22	3:15.28	3:20.16	3:32.85
50 Fly	0:34.66	0:36.74	0:37.66	n/a
100 Fly	1:16.53	1:21.13	1:23.16	1:28.43
200 Fly	2:54.67	3:05.15	3:09.78	3:21.82
200 IM	2:43.27	2:53.06	2:57.39	3:08.64
400 IM	5:48.63	6:09.55	6:18.79	6:42.81

LONG COURSE				
14-15	AAA	AA	VIR	A
50 Free	0:29.24	0:30.99	0:31.76	0:33.78
100 Free	1:03.45	1:07.26	1:08.94	1:13.31
200 Free	2:17.48	2:25.73	2:29.37	2:38.84
400 Free	4:50.96	5:08.42	5:16.13	5:36.18
800 Free	10:05.82	10:42.17	10:58.22	11:39.97
50 Back	0:34.03	0:36.07	0:36.97	n/a
100 Back	1:12.28	1:16.62	1:18.54	1:23.51
200 Back	2:35.18	2:44.49	2:48.60	2:59.29
50 Breast	0:38.18	0:40.47	0:41.48	n/a
100 Breast	1:22.23	1:27.16	1:29.34	1:35.01
200 Breast	2:56.72	3:07.33	3:12.01	3:24.19
50 Fly	0:32.51	0:34.46	0:35.32	n/a
100 Fly	1:11.77	1:16.08	1:17.98	1:22.93
200 Fly	2:43.55	2:53.36	2:57.69	3:08.97
200 IM	2:35.40	2:44.73	2:48.85	2:59.55
400 IM	5:31.96	5:51.88	6:00.68	6:23.55

LONG COURSE				
16&O	AAA	AA	VIR	A
50 Free	0:29.10	0:30.84	0:31.61	0:33.62
100 Free	1:02.72	1:06.48	1:08.14	1:12.47
200 Free	2:16.36	2:24.54	2:28.15	2:37.55
400 Free	4:47.13	5:04.35	5:11.96	5:31.74
800 Free	10:05.82	10:42.17	10:58.22	11:39.97
50 Back	0:33.63	0:35.64	0:36.53	n/a
100 Back	1:11.43	1:15.71	1:17.60	1:22.53
200 Back	2:33.87	2:43.10	2:47.18	2:57.78
50 Breast	0:37.99	0:40.27	0:41.28	n/a
100 Breast	1:21.83	1:26.74	1:28.91	1:34.55
200 Breast	2:56.72	3:07.33	3:12.01	3:24.19
50 Fly	0:32.31	0:34.25	0:35.11	n/a
100 Fly	1:11.35	1:15.63	1:17.52	1:22.43
200 Fly	2:42.58	2:52.33	2:56.64	3:07.84
200 IM	2:35.08	2:44.38	2:48.49	2:59.18
400 IM	5:30.22	5:50.03	5:58.78	6:21.53

VIR Championships entry: 1 x VIR standard

SwimBC AA Championships entry: 2 x AA standards STROKE 50s DO NOT COUNT FOR ENTRY

SwimBC AAA Championships entry: 2 x AAA standards

# 2014 / 2015 SwimBC & VIR standards

SHORT COURSE				
10&U	AAA		VIR	A
50 free	0:38.83	n/a	0:42.33	0:46.56
100 free	1:26.31	n/a	1:34.08	1:43.49
200 free	3:08.86	n/a	3:25.85	3:46.44
400 free	6:41.96	n/a	7:18.14	8:01.96
50 back	0:46.93	n/a	0:51.15	0:56.27
100 back	1:39.68	n/a	1:48.65	1:59.51
50 breast	0:52.59	n/a	0:57.32	1:03.05
100 breast	1:53.27	n/a	2:03.45	2:15.80
50 fly	0:48.31	n/a	0:52.67	0:57.93
100 fly	1:46.69	n/a	1:56.28	2:07.91
100 IM	1:39.15	n/a	1:48.79	1:59.67
200 IM	3:34.51	n/a	3:53.82	4:17.20
SHORT COURSE				
11&U	AAA	AA	VIR	A
50 Free	0:33.30	0:35.30	0:36.18	0:38.48
100 Free	1:14.02	1:18.46	1:20.42	1:25.53
200 Free	2:41.97	2:51.69	2:55.98	3:07.14
400 Free	5:44.74	6:05.42	6:14.56	6:38.31
800 Free	12:10.76	12:54.60	13:13.97	14:04.32
50 Back	0:40.24	0:42.66	0:43.73	n/a
100 Back	1:25.49	1:30.62	1:32.89	1:38.77
200 Back	3:03.03	3:14.01	3:18.86	3:31.47
50 Breast	0:45.10	0:47.81	0:49.01	n/a
100 Breast	1:37.14	1:42.97	1:45.54	1:52.23
200 Breast	3:28.70	3:41.22	3:46.75	4:01.13
50 Fly	0:41.44	0:43.92	0:45.02	n/a
100 Fly	1:31.50	1:36.99	1:39.41	1:45.71
200 Fly	3:32.82	3:45.59	3:51.23	4:05.89
200 IM	3:03.97	3:15.01	3:19.89	3:32.56
400 IM	6:32.33	6:55.87	7:06.27	7:33.29
SHORT COURSE				
12-13	AAA	AA	VIR	A
50 Free	0:29.30	0:31.06	0:31.84	0:33.86
100 Free	1:04.47	1:08.33	1:10.04	1:14.48
200 Free	2:20.42	2:28.85	2:32.57	2:42.25
400 Free	5:01.63	5:19.73	5:27.72	5:48.51
1500 Free	20:27.39	21:41.04	22:13.57	23:38.13
50 Back	0:35.06	0:37.16	0:38.09	n/a
100 Back	1:14.48	1:18.94	1:20.91	1:26.05
200 Back	2:39.48	2:49.05	2:53.28	3:04.26
50 Breast	0:39.06	0:41.41	0:42.45	n/a
100 Breast	1:24.14	1:29.19	1:31.42	1:37.21
200 Breast	3:02.20	3:13.14	3:17.97	3:30.52
50 Fly	0:34.34	0:36.40	0:37.31	n/a
100 Fly	1:15.83	1:20.38	1:22.39	1:27.61
200 Fly	2:58.60	3:09.32	3:14.05	3:26.36
200 IM	2:39.98	2:49.57	2:53.81	3:04.84
400 IM	5:46.30	6:07.08	6:16.26	6:40.11
SHORT COURSE				
14-15	AAA	AA	VIR	A
50 Free	0:26.45	0:28.03	0:28.73	0:30.56
100 Free	0:57.92	1:01.39	1:02.92	1:06.92
200 Free	2:06.33	2:13.90	2:17.25	2:25.96
400 Free	4:29.79	4:45.98	4:53.13	5:11.72
1500 Free	18:13.94	19:19.58	19:48.57	21:03.94
50 Back	0:31.27	0:33.15	0:33.98	n/a
100 Back	1:06.44	1:10.42	1:12.18	1:16.76
200 Back	2:23.28	2:31.88	2:35.68	2:45.55
50 Breast	0:35.16	0:37.27	0:38.20	n/a
100 Breast	1:15.73	1:20.27	1:22.28	1:27.50
200 Breast	2:45.39	2:55.31	2:59.69	3:11.09
50 Fly	0:29.75	0:31.53	0:32.32	n/a
100 Fly	1:05.68	1:09.62	1:11.36	1:15.89
200 Fly	2:31.92	2:41.03	2:45.06	2:55.52
200 IM	2:24.46	2:33.13	2:36.96	2:46.91
400 IM	5:08.28	5:26.78	5:34.95	5:56.19
SHORT COURSE				
16&O	AAA	AA	VIR	A
50 Free	0:26.06	0:27.62	0:28.31	0:30.11
100 Free	0:56.78	1:00.19	1:01.69	1:05.61
200 Free	2:04.96	2:12.46	2:15.77	2:24.38
400 Free	4:24.26	4:40.12	4:47.12	5:05.33
1500 Free	17:44.59	18:48.47	19:16.68	20:30.03
50 Back	0:30.32	0:32.14	0:32.94	n/a
100 Back	1:04.42	1:08.28	1:09.99	1:14.43
200 Back	2:19.96	2:28.35	2:32.06	2:41.71
50 Breast	0:34.05	0:36.10	0:37.00	n/a
100 Breast	1:13.34	1:17.74	1:19.68	1:24.74
200 Breast	2:40.24	2:49.86	2:54.11	3:05.15
50 Fly	0:28.39	0:30.09	0:30.84	n/a
100 Fly	1:02.68	1:06.44	1:08.10	1:12.41
200 Fly	2:25.22	2:33.93	2:37.78	2:47.79
200 IM	2:18.83	2:27.16	2:30.84	2:40.41
400 IM	4:59.63	5:17.61	5:25.55	5:46.20

LONG COURSE				
10&U	AAA		VIR	A
50 free	0:39.61	n/a	0:43.18	0:47.49
100 free	1:28.03	n/a	1:35.96	1:45.56
200 free	3:12.64	n/a	3:29.98	3:50.98
400 free	6:50.00	n/a	7:26.91	8:11.60
50 back	0:47.86	n/a	0:52.17	0:57.39
100 back	1:41.67	n/a	1:50.82	2:01.91
50 breast	0:53.64	n/a	0:58.47	1:04.31
100 breast	1:55.53	n/a	2:05.93	2:18.52
50 fly	0:49.28	n/a	0:53.72	0:59.10
100 fly	1:48.82	n/a	1:58.61	2:10.47
100 IM	n/a	n/a	n/a	n/a
200 IM	3:38.80	n/a	3:58.49	4:22.34
LONG COURSE				
11&U	AAA	AA	VIR	A
50 Free	0:33.97	0:36.01	0:36.91	0:39.25
100 Free	1:15.50	1:20.03	1:22.03	1:27.24
200 Free	2:45.21	2:55.13	2:59.51	3:10.89
400 Free	5:51.63	6:12.73	6:22.05	6:46.28
800 Free	12:25.37	13:10.10	13:29.85	14:21.20
50 Back	0:41.05	0:43.51	0:44.60	n/a
100 Back	1:27.20	1:32.43	1:34.74	1:40.75
200 Back	3:06.69	3:17.89	3:22.84	3:35.70
50 Breast	0:46.00	0:48.76	0:49.98	n/a
100 Breast	1:39.08	1:45.03	1:47.66	1:54.48
200 Breast	3:32.88	3:45.65	3:51.29	4:05.96
50 Fly	0:42.27	0:44.80	0:45.92	n/a
100 Fly	1:33.33	1:38.93	1:41.40	1:47.83
200 Fly	3:37.08	3:50.10	3:55.85	4:10.81
200 IM	3:07.65	3:18.91	3:23.88	3:36.81
400 IM	6:40.17	7:04.18	7:14.78	7:42.36
LONG COURSE				
12-13	AAA	AA	VIR	A
50 Free	0:29.89	0:31.68	0:32.47	0:34.53
100 Free	1:05.76	1:09.70	1:11.44	1:15.97
200 Free	2:23.23	2:31.83	2:35.63	2:45.49
400 Free	5:07.67	5:26.13	5:34.28	5:55.48
1500 Free	20:51.94	22:07.06	22:40.24	24:06.49
50 Back	0:35.76	0:37.91	0:38.86	n/a
100 Back	1:15.97	1:20.52	1:22.53	1:27.77
200 Back	2:42.67	2:52.43	2:56.74	3:07.95
50 Breast	0:39.85	0:42.24	0:43.30	n/a
100 Breast	1:25.82	1:30.97	1:33.24	1:39.16
200 Breast	3:05.85	3:17.00	3:21.92	3:34.73
50 Fly	0:35.03	0:37.13	0:38.06	n/a
100 Fly	1:17.35	1:21.99	1:24.04	1:29.37
200 Fly	3:02.17	3:13.11	3:17.94	3:30.48
200 IM	2:43.18	2:52.97	2:57.29	3:08.53
400 IM	5:53.23	6:14.42	6:23.78	6:48.12
LONG COURSE				
14-15	AAA	AA	VIR	A
50 Free	0:26.98	0:28.59	0:29.30	0:31.17
100 Free	0:59.08	1:02.62	1:04.19	1:08.26
200 Free	2:08.85	2:16.58	2:19.99	2:28.88
400 Free	4:35.19	4:51.70	4:58.99	5:17.95
1500 Free	18:35.82	19:42.77	20:12.34	21:29.22
50 Back	0:31.90	0:33.81	0:34.66	n/a
100 Back	1:07.76	1:11.83	1:13.63	1:18.30
200 Back	2:26.15	2:34.91	2:38.78	2:48.86
50 Breast	0:35.86	0:38.02	0:38.97	n/a
100 Breast	1:17.24	1:21.88	1:23.93	1:29.25
200 Breast	2:48.70	2:58.82	3:03.29	3:14.91
50 Fly	0:30.34	0:32.16	0:32.96	n/a
100 Fly	1:06.99	1:11.01	1:12.79	1:17.40
200 Fly	2:34.95	2:44.25	2:48.36	2:59.03
200 IM	2:27.35	2:36.19	2:40.09	2:50.25
400 IM	5:14.45	5:33.31	5:41.64	6:03.31
LONG COURSE				
16&O	AAA	AA	VIR	A
50 Free	0:26.58	0:28.18	0:28.88	0:30.71
100 Free	0:57.92	1:01.40	1:02.93	1:06.92
200 Free	2:07.46	2:15.11	2:18.49	2:27.27
400 Free	4:29.55	4:45.72	4:52.86	5:11.43
1500 Free	18:05.88	19:11.04	19:39.82	20:54.63
50 Back	0:30.93	0:32.79	0:33.61	n/a
100 Back	1:05.70	1:09.65	1:11.39	1:15.92
200 Back	2:22.76	2:31.32	2:35.10	2:44.94
50 Breast	0:34.73	0:36.82	0:37.74	n/a
100 Breast	1:14.81	1:19.30	1:21.28	1:26.43
200 Breast	2:43.45	2:53.26	2:57.59	3:08.85
50 Fly	0:28.95	0:30.69	0:31.46	n/a
100 Fly	1:03.93	1:07.76	1:09.45	1:13.86
200 Fly	2:28.12	2:37.01	2:40.94	2:51.14
200 IM	2:21.61	2:30.11	2:33.86	2:43.62
400 IM	5:05.63	5:23.96	5:32.06	5:53.12

VIR Championships entry: 1 x VIR standard

SwimBC AA Championships entry: 2 x AA standards STROKE 50s DO NOT COUNT FOR ENTRY

SwimBC AAA Championships entry: 2 x AAA standards