



2023-24 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	30.80	30.20	29.40	28.80	29.00	28.40	28.70	28.10
100 Free	1:07.20	1:05.90	1:04.00	1:02.70	1:02.60	1:01.40	1:02.00	1:00.80
200 Free	2:25.00	2:22.20	2:17.50	2:14.80	2:14.60	2:12.00	2:13.00	2:10.30
400 Free	5:04.70	4:58.80	4:49.00	4:43.30	4:44.80	4:39.20	4:41.40	4:35.90
800 Free	10:28.10	10:15.80	9:56.80	9:45.10	9:46.70	9:35.20	9:46.10	9:34.70
1500 Free	20:22.50	19:58.50	19:20.00	18:57.30	19:04.70	18:42.30	18:42.10	18:20.10
50 Back	35.70	35.00	33.40	32.70	32.80	32.20	32.80	32.20
100 Back	1:15.70	1:14.20	1:11.30	1:09.90	1:09.90	1:08.50	1:09.60	1:08.20
200 Back	2:42.00	2:38.80	2:32.50	2:29.50	2:29.70	2:26.80	2:28.40	2:25.50
50 Breast	41.40	40.00	38.40	37.10	37.90	36.60	37.90	36.60
100 Breast	1:28.60	1:25.60	1:22.70	1:19.90	1:21.50	1:18.70	1:21.50	1:18.70
200 Breast	3:09.40	3:03.00	2:57.90	2:51.90	2:54.90	2:49.00	2:54.90	2:49.00
50 Fly	34.10	33.40	32.10	31.50	31.40	30.80	31.30	30.70
100 Fly	1:15.90	1:14.40	1:10.90	1:09.50	1:09.60	1:08.20	1:08.30	1:07.00
200 Fly	2:51.10	2:47.70	2:39.00	2:35.90	2:35.40	2:32.40	2:33.80	2:30.80
200 IM	2:43.20	2:40.00	2:36.20	2:33.10	2:32.40	2:29.40	2:29.80	2:26.90
400 IM	5:45.10	5:38.40	5:29.20	5:22.70	5:24.40	5:18.00	5:21.20	5:14.90

MEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.90	30.30	27.50	27.00	26.20	25.70	25.80	25.30
100 Free	1:07.60	1:06.30	1:00.30	0:59.10	0:57.20	0:56.10	0:56.00	0:54.90
200 Free	2:25.50	2:22.70	2:10.70	2:08.10	2:04.10	2:01.70	2:01.30	1:58.90
400 Free	5:05.80	4:59.80	4:39.80	4:34.30	4:25.40	4:20.20	4:18.50	4:13.40
800 Free	10:36.30	10:23.80	9:42.50	9:31.10	9:19.70	9:08.70	9:07.00	8:56.30
1500 Free	20:13.80	19:50.00	18:25.70	18:04.00	17:41.60	17:20.80	17:19.80	16:59.40
50 Back	36.00	35.30	32.10	31.50	30.10	29.50	29.60	29.00
100 Back	1:16.80	1:15.30	1:08.50	1:07.20	1:04.50	1:03.20	1:03.00	1:01.80
200 Back	2:42.60	2:39.40	2:27.40	2:24.50	2:19.60	2:16.90	2:16.40	2:13.70
50 Breast	41.10	39.70	36.50	35.30	34.30	33.10	33.70	32.50
100 Breast	1:28.90	1:25.90	1:18.00	1:15.40	1:13.80	1:11.30	1:12.50	1:10.10
200 Breast	3:10.00	3:03.60	2:48.90	2:43.20	2:39.70	2:34.30	2:38.70	2:33.30
50 Fly	34.30	33.60	30.60	30.00	28.80	28.20	28.10	27.50
100 Fly	1:16.50	1:15.00	1:07.10	1:05.80	1:03.50	1:02.30	1:01.80	1:00.60
200 Fly	2:51.10	2:47.70	2:31.80	2:28.80	2:22.10	2:19.30	2:18.10	2:15.40
200 IM	2:44.60	2:41.40	2:28.00	2:25.10	2:20.40	2:17.60	2:17.50	2:14.80
400 IM	5:47.30	5:40.50	5:14.70	5:08.50	5:00.30	4:54.40	4:54.50	4:48.70



2023-24 SWIM BC OPEN WATER CHAMPIONSHIP TIME STANDARDS

WOMEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
800 Free	12:30.00	12:30.00	11:30.00	11:30.00	11:00.00	11:00.00	11:00.00	11:00.00
1500 Free	24:00.00	24:00.00	22:00.00	22:00.00	21:00.00	21:00.00	21:00.00	21:00.00

MEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
800 Free	12:30.00	12:30.00	11:30.00	11:30.00	11:00.00	11:00.00	11:00.00	11:00.00
1500 Free	24:00.00	24:00.00	22:00.00	22:00.00	21:00.00	21:00.00	21:00.00	21:00.00