



2023 - 2024 SWIM BC DIVISIONAL TIME STANDARDS ISLAND & COASTAL VANCOUVER DIVISION

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	33.90	33.20	31.30	30.70	30.20	29.50
100 Free	1:15.30	1:13.80	1:09.10	1:07.70	1:05.70	1:04.50
200 Free	2:42.40	2:39.30	2:28.50	2:25.60	2:21.30	2:18.60
400 Free	5:41.30	5:34.70	5:12.10	5:06.00	4:59.00	4:53.20
800 Free	11:43.50	11:29.70	10:44.50	10:31.90	10:16.00	10:04.00
1500 Free	22:49.20	22:22.30	20:52.80	20:28.30	20:01.90	19:38.40
50 Back	39.30	38.50	35.60	34.80	34.10	33.50
100 Back	1:24.80	1:23.10	1:17.00	1:15.50	1:13.40	1:11.90
200 Back	3:01.40	2:57.90	2:44.70	2:41.50	2:37.20	2:34.10
50 Breast	45.50	44.00	40.90	39.50	39.40	38.10
100 Breast	1:39.20	1:35.90	1:29.30	1:26.30	1:25.60	1:22.60
200 Breast	3:32.10	3:25.00	3:12.10	3:05.70	3:03.60	2:57.50
50 Fly	37.50	36.70	34.20	33.50	32.70	32.00
100 Fly	1:25.00	1:23.30	1:16.60	1:15.10	1:13.10	1:11.60
200 Fly	3:11.60	3:07.80	2:51.70	2:48.40	2:43.20	2:40.00
200 IM	3:02.80	2:59.20	2:48.70	2:45.30	2:40.00	2:36.90
400 IM	6:26.50	6:19.00	5:55.50	5:48.50	5:40.60	5:33.90

- ARBU – Arbutus Swim Club
- CDSC - Canadian Dolphins Swim Club
- CHENA - Chena Swim Team
- COMOX - Comox Valley Aquatic Club
- CRKW - Campbell River Killer Whales
- DST - Duncan Swim Team
- HST - Hollyburn Swim Team
- ISC - Island Swimming Club
- LCSC - Ladysmith-Chemainus Swim Club
- NRST - Nanaimo Riptides Swim Team
- RAC - Ravensong Aquatic Club
- RAPID - Richmond Rapids Swim Club
- SFC - Swim Faster Swim Club
- SFU – Simon Fraser University
- SQUP - Squamish Pirates Swim Club
- TSUN - Port Alberni Tsunami
- UBCT – UBC Thunderbirds
- UVIC - University of Victoria Swim Team
- UVPCS - UVic Pacific Coast Swimming
- WDSC - Winskill Dolphins Swim Club
- WIND - West Coast Wind
- WSC - Wayland Swim Club
- WVOSC - West Vancouver Otters Swim Club

MALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	34.00	33.30	29.30	28.80	27.20	26.70
100 Free	1:15.70	1:14.30	1:05.10	1:03.80	1:00.10	0:58.90
200 Free	2:43.00	2:39.80	2:21.20	2:18.30	2:10.30	2:07.80
400 Free	5:42.50	5:35.80	5:02.20	4:56.20	4:38.70	4:33.20
800 Free	11:52.70	11:38.70	10:29.10	10:16.80	9:47.70	9:36.10
1500 Free	22:39.50	22:12.80	19:54.20	19:30.70	18:34.70	18:12.80
50 Back	39.60	38.80	34.20	33.50	31.30	30.70
100 Back	1:26.00	1:24.30	1:14.00	1:12.60	1:07.70	1:06.40
200 Back	3:02.10	2:58.50	2:39.20	2:36.10	2:26.60	2:23.70
50 Breast	45.20	43.70	38.90	37.60	35.70	34.40
100 Breast	1:39.60	1:36.20	1:24.20	1:21.40	1:17.50	1:14.90
200 Breast	3:32.80	3:25.60	3:02.40	2:56.30	2:47.70	2:42.00
50 Fly	37.70	37.00	32.60	32.00	30.00	29.30
100 Fly	1:25.70	1:24.00	1:12.50	1:11.10	1:06.70	1:05.40
200 Fly	3:11.60	3:07.80	2:43.90	2:40.70	2:29.20	2:26.30
200 IM	3:04.40	3:00.80	2:39.80	2:36.70	2:27.40	2:24.50
400 IM	6:29.00	6:21.40	5:39.90	5:33.20	5:15.30	5:09.10