



SWIM BC PROVINCIAL CHAMPIONSHIPS

2020-21 SWIM BC PROVINCIAL CHAMPIONSHIP TIME STANDARDS

	FEMALE							
	11 & 12		13 & 14		15 – 17		18 & O	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.93	29.91	29.19	28.58	28.43	27.75	28.16	27.47
100 Free	1:08.02	1:05.87	1:03.36	1:02.13	1:01.16	1:00.24	1:00.34	58.89
200 Free	2:29.34	2:23.77	2:17.16	2:14.56	2:12.43	2:10.16	2:10.36	2:07.06
400 Free	5:12.81	5:01.45	4:48.74	4:41.36	4:40.67	4:34.83	4:39.61	4:32.74
800 Free	10:42.32	10:26.65	10:02.01	9:45.35	9:45.34	9:31.64	9:42.34	9:27.70
1500 Free	20:20.41	19:50.64	19:25.82	18:42.67	18:38.15	18:16.12	18:30.56	18:06.12
50 Back	37.56	35.13	36.00	32.32	32.69	31.54	32.37	31.23
100 Back	1:19.06	1:15.01	1:12.55	1:10.03	1:09.00	1:07.02	1:08.31	1:06.36
200 Back	2:49.27	2:40.45	2:36.55	2:30.12	2:29.11	2:24.71	2:27.63	2:23.28
50 Breast	42.99	40.44	38.35	37.57	36.79	36.25	36.42	35.89
100 Breast	1:30.31	1:26.05	1:21.85	1:20.09	1:19.06	1:17.11	1:18.28	1:16.35
200 Breast	3:14.44	3:04.32	2:56.72	2:52.88	2:50.89	2:47.37	2:49.20	2:45.71
50 Fly	35.00	33.54	31.69	31.22	30.57	30.30	30.27	30.00
100 Fly	1:19.17	1:14.99	1:09.43	1:09.13	1:07.37	1:06.55	1:06.70	1:05.89
200 Fly	3:07.05	2:53.73	2:38.18	2:38.11	2:33.60	2:30.60	2:32.08	2:29.11
200 IM	2:48.76	2:41.36	2:36.58	2:32.13	2:30.32	2:26.64	2:28.83	2:25.19
400 IM	6:00.50	5:44.19	5:29.64	5:21.44	5:20.56	5:14.56	5:17.39	5:11.44

	MALE							
	11 & 12		13 & 14		15 – 17		18 & O	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.87	29.66	27.56	26.69	25.83	25.20	24.96	24.32
100 Free	1:08.16	1:05.41	1:00.29	58.60	56.04	54.96	53.84	52.39
200 Free	2:29.68	2:23.34	2:13.10	2:08.73	2:02.62	1:59.61	1:56.94	1:53.56
400 Free	5:13.35	5:00.05	4:43.88	4:35.49	4:25.70	4:16.76	4:12.72	4:03.86
800 Free	10:46.36	10:24.99	9:47.29	9:30.21	9:16.01	8:59.82	9:06.82	8:48.11
1500 Free	20:41.01	19:59.98	18:47.60	18:14.81	17:47.53	17:16.45	17:29.89	16:53.98
50 Back	38.57	35.26	33.44	31.32	30.35	29.26	29.77	27.92
100 Back	1:19.43	1:15.10	1:09.64	1:07.14	1:04.73	1:02.60	1:02.09	59.02
200 Back	2:49.42	2:40.78	2:31.40	2:24.57	2:20.91	2:16.05	2:15.46	2:08.88
50 Breast	44.29	40.41	37.47	35.25	33.56	32.82	32.60	31.71
100 Breast	1:29.98	1:25.23	1:18.47	1:15.16	1:12.45	1:10.54	1:09.82	1:07.99
200 Breast	3:14.21	3:02.82	2:51.51	2:43.84	2:39.58	2:34.48	2:35.90	2:29.78
50 Fly	36.88	34.04	31.05	29.79	27.87	27.60	26.84	26.41
100 Fly	1:19.52	1:15.97	1:07.63	1:05.97	1:01.39	1:00.98	58.40	57.43
200 Fly	3:11.45	2:54.97	2:38.77	2:31.34	2:21.40	2:17.77	2:12.43	2:09.08
200 IM	2:48.64	2:40.91	2:29.67	2:24.82	2:19.18	2:15.25	2:14.06	2:09.21
400 IM	5:58.57	5:41.49	5:17.98	5:07.15	5:01.45	4:52.18	4:52.41	4:42.89