



**2022 - 2023 SWIM BC DIVISIONAL TIME STANDARDS  
- VANCOUVER & FRASER DIVISION –  
REVISED SUMMER 2023**

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:33.78	0:33.06	0:32.03	0:31.42	0:30.81	0:30.20
<b>100 Free</b>	1:14.37	1:12.92	1:09.67	1:08.34	1:06.66	1:05.35
<b>200 Free</b>	2:41.50	2:38.31	2:30.25	2:27.29	2:24.03	2:21.20
<b>400 Free</b>	5:40.62	5:33.93	5:14.57	5:08.45	5:04.82	4:58.86
<b>800 Free</b>	11:48.23	11:34.32	10:55.15	10:42.29	10:32.97	10:20.54
<b>1500 Free</b>	22:39.81	22:13.23	20:57.86	20:33.18	20:15.23	19:51.40
<b>50 Back</b>	0:39.76	0:39.04	0:36.31	0:35.60	0:35.05	0:34.34
<b>100 Back</b>	1:24.36	1:22.71	1:17.72	1:16.19	1:14.54	1:13.12
<b>200 Back</b>	3:01.59	2:58.09	2:47.08	2:43.81	2:40.59	2:37.46
<b>50 Breast</b>	0:45.73	0:44.60	0:41.41	0:40.39	0:39.69	0:38.78
<b>100 Breast</b>	1:37.64	1:35.28	1:29.35	1:27.11	1:25.35	1:23.22
<b>200 Breast</b>	3:30.33	3:25.18	3:13.29	3:08.60	3:04.33	2:59.78
<b>50 Fly</b>	0:38.01	0:37.18	0:35.19	0:34.48	0:33.43	0:32.83
<b>100 Fly</b>	1:24.25	1:22.61	1:17.52	1:15.99	1:13.93	1:12.52
<b>200 Fly</b>	3:09.52	3:05.81	2:55.85	2:52.38	2:44.43	2:41.20
<b>200 IM</b>	3:02.00	2:58.50	2:52.07	2:48.71	2:42.41	2:39.18
<b>400 IM</b>	6:27.69	6:20.07	6:00.57	5:53.53	5:49.36	5:42.49

ADVENT - Advent Swim Academy  
 AOSC - Abbotsford Olympian Swim Club  
 CHIN - Chinook Swim Club  
 DELTA - Delta Sungod Swim Club  
 DYNA - Dynamo Swim Club  
 GATOR - Killarney Gators Swim Club  
 HYACK - Hyack Swim Club  
 LOSC - Langley Olympians Swim Club  
 PSW - Pacific Sea Wolves  
 RIDGE - Ridge Meadows Swim Club  
 SFA - Simon Fraser Aquatics  
 SKSC - Surrey Knights Swim Club  
 SPART - Spartan Swim Club  
 VPSC - Vancouver Pacific Swim Club  
 WGB - Whitehorse Glacier Bears  
 WSWSC - Whistler Sea Wolves Swim Club

MALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:33.78	0:33.06	0:29.99	0:29.38	0:27.98	0:27.37
<b>100 Free</b>	1:13.65	1:12.20	1:05.48	1:04.26	1:00.80	0:59.69
<b>200 Free</b>	2:41.09	2:37.90	2:22.29	2:19.43	2:12.82	2:10.19
<b>400 Free</b>	5:39.18	5:32.48	5:08.96	5:02.84	4:43.81	4:38.26
<b>800 Free</b>	11:57.50	11:43.49	10:40.36	10:27.81	10:02.67	9:50.85
<b>1500 Free</b>	22:32.60	22:06.02	20:07.17	19:43.51	18:55.95	18:33.73
<b>50 Back</b>	0:40.27	0:39.55	0:35.09	0:34.37	0:32.02	0:31.41
<b>100 Back</b>	1:25.49	1:23.74	1:14.77	1:13.34	1:08.68	1:07.37
<b>200 Back</b>	3:01.59	2:57.98	2:42.18	2:39.02	2:29.58	2:26.65
<b>50 Breast</b>	0:45.22	0:44.08	0:39.27	0:38.35	0:36.26	0:35.35
<b>100 Breast</b>	1:36.92	1:34.55	1:24.46	1:22.42	1:18.17	1:16.36
<b>200 Breast</b>	3:28.16	3:23.01	3:04.01	2:59.52	2:49.68	2:45.54
<b>50 Fly</b>	0:38.21	0:37.39	0:33.46	0:32.84	0:30.91	0:30.30
<b>100 Fly</b>	1:24.36	1:22.71	1:13.24	1:11.81	1:08.28	1:06.96
<b>200 Fly</b>	3:15.19	3:11.37	2:48.10	2:44.83	2:32.41	2:29.38
<b>200 IM</b>	3:01.80	2:58.19	2:42.28	2:39.12	2:30.09	2:27.16
<b>400 IM</b>	6:32.22	6:24.60	5:44.56	5:37.82	5:23.40	5:17.04

*Revised standards, effective for Summer 2023 Divisionals.*