



2022-23 SEASON PROVINCIAL TEAMS

WOMEN											
LONG COURSE CONSIDERATION TIMES AND TIME STANDARDS											
	2010	2009		2008		2007		2006		2005	
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
50 Free	0:30.31	0:29.25	0:28.37	0:28.55	0:27.71	0:27.96	0:27.16	0:27.60	0:26.65	0:27.36	0:26.62
100 Free	1:05.60	1:03.61	1:01.71	1:01.90	1:00.09	1:00.62	0:58.88	0:59.88	0:57.82	0:58.93	0:57.32
200 Free	2:23.46	2:17.96	2:13.83	2:14.20	2:10.27	2:11.50	2:07.74	2:09.49	2:05.01	2:07.55	2:04.05
400 Free	5:04.26	4:51.94	4:43.22	4:45.13	4:36.80	4:39.18	4:31.20	4:35.07	4:25.58	4:31.99	4:24.54
800 Free	10:31.56	10:03.93	9:45.89	9:49.29	9:32.07	9:37.77	9:21.26	9:31.97	9:12.23	9:24.43	9:08.96
1500 Free	20:12.59	19:19.54	18:44.90	18:51.43	18:18.37	18:29.32	17:57.62	18:18.17	17:40.27	18:03.69	17:33.99
5000 Free	--	--	--	--	--	1:02:33.21	1:00:45.96	1:01:55.48	0:59:47.23	1:00:30.36	0:58:50.88
50 Back	0:35.43	0:33.55	0:32.55	0:32.44	0:31.50	0:31.77	0:30.86	0:31.39	0:30.31	0:31.03	0:30.18
100 Back	1:14.96	1:11.50	1:09.35	1:08.80	1:06.79	1:07.61	1:05.67	1:06.61	1:04.31	1:05.54	1:03.75
200 Back	2:41.90	2:33.08	2:28.50	2:27.93	2:23.61	2:25.92	2:21.75	2:23.48	2:18.53	2:21.60	2:17.71
50 Breast	0:39.40	0:37.43	0:36.31	0:36.05	0:34.99	0:35.38	0:34.37	0:34.98	0:33.77	0:34.58	0:33.63
100 Breast	1:25.80	1:21.53	1:19.09	1:18.49	1:16.19	1:16.84	1:14.64	1:15.68	1:13.07	1:15.23	1:13.16
200 Breast	3:03.89	2:57.01	2:51.72	2:49.82	2:44.86	2:45.40	2:40.67	2:42.84	2:37.21	2:41.78	2:37.34
50 Fly	0:32.75	0:31.36	0:30.43	0:30.48	0:29.59	0:29.89	0:29.04	0:29.38	0:28.37	0:29.06	0:28.25
100 Fly	1:12.83	1:09.41	1:07.33	1:07.24	1:05.27	1:05.72	1:03.84	1:04.53	1:02.30	1:03.93	1:02.17
200 Fly	2:44.54	2:35.87	2:31.22	2:30.29	2:25.90	2:26.62	2:22.43	2:25.40	2:20.38	2:23.12	2:19.20
200 IM	2:43.87	2:36.01	2:31.36	2:31.93	2:27.49	2:28.06	2:23.82	2:26.25	2:21.20	2:24.29	2:20.34
400 IM	5:47.48	5:31.19	5:21.30	5:22.52	5:13.10	5:15.34	5:06.32	5:11.86	5:01.10	5:08.28	4:59.83

Three standards must be achieved for consideration.

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WOMEN											
SHORT COURSE CONSIDERATION TIMES AND TIME STANDARDS											
	2010	2009		2008		2007		2006		2005	
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
50 Free	0:29.91	0:28.98	0:28.12	0:28.30	0:27.47	0:27.87	0:27.07	0:27.36	0:26.41	0:27.13	0:26.39
100 Free	1:05.19	1:03.00	1:01.12	1:01.62	0:59.82	0:59.88	0:58.17	0:59.26	0:57.21	0:58.59	0:56.99
200 Free	2:21.62	2:17.29	2:13.19	2:12.86	2:08.98	2:10.15	2:06.44	2:07.99	2:03.58	2:06.46	2:03.00
400 Free	4:59.96	4:50.30	4:41.63	4:42.61	4:34.35	4:37.35	4:29.43	4:32.38	4:22.98	4:29.67	4:22.28
800 Free	10:25.03	10:00.89	9:42.93	9:43.97	9:26.91	9:34.34	9:17.92	9:25.61	9:06.08	9:20.97	9:05.60
1500 Free	20:00.04	19:13.70	18:39.23	18:41.21	18:08.45	18:22.72	17:51.20	18:05.96	17:28.47	17:57.05	17:27.55
5000 Free	--	--	--	--	--	1:02:10.88	1:00:24.24	1:01:14.17	0:59:07.33	1:00:08.13	0:58:29.29
50 Back	0:34.29	0:32.76	0:31.79	0:31.69	0:30.77	0:31.37	0:30.48	0:30.83	0:29.77	0:30.45	0:29.62
100 Back	1:12.75	1:10.17	1:08.08	1:07.70	1:05.72	1:06.55	1:04.65	1:05.61	1:03.35	1:04.58	1:02.80
200 Back	2:37.23	2:31.50	2:26.98	2:25.92	2:21.66	2:23.59	2:19.48	2:21.28	2:16.41	2:19.67	2:15.84
50 Breast	0:39.21	0:37.05	0:35.94	0:35.91	0:34.85	0:35.32	0:34.31	0:34.76	0:33.56	0:34.32	0:33.38
100 Breast	1:23.74	1:20.07	1:17.67	1:17.47	1:15.20	1:16.24	1:14.05	1:14.69	1:12.12	1:14.14	1:12.11
200 Breast	3:01.20	2:53.72	2:48.52	2:48.05	2:43.13	2:44.41	2:39.71	2:41.34	2:35.76	2:39.65	2:35.28
50 Fly	0:32.72	0:31.46	0:30.53	0:30.70	0:29.81	0:29.96	0:29.10	0:29.43	0:28.42	0:29.19	0:28.38
100 Fly	1:12.63	1:10.16	1:08.06	1:07.57	1:05.60	1:05.87	1:03.99	1:05.06	1:02.81	1:04.19	1:02.42
200 Fly	2:44.11	2:37.54	2:32.83	2:30.32	2:25.92	2:26.70	2:22.50	2:24.66	2:19.67	2:23.28	2:19.35
200 IM	2:39.63	2:35.31	2:30.67	2:30.00	2:25.62	2:26.98	2:22.78	2:24.82	2:19.83	2:22.77	2:18.85
400 IM	5:41.39	5:30.40	5:20.54	5:18.19	5:08.89	5:13.14	5:04.19	5:07.33	4:56.72	5:04.60	4:56.26

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2022-23 SEASON PROVINCIAL TEAMS

MEN											
LONG COURSE CONSIDERATION TIMES AND TIME STANDARDS											
	2010	2009		2008		2007		2006		2005	
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
50 Free	0:29.77	0:28.04	0:27.20	0:26.80	0:26.02	0:25.72	0:24.99	0:25.19	0:24.31	0:24.92	0:24.24
100 Free	1:05.29	1:01.53	0:59.69	0:58.35	0:56.64	0:56.38	0:54.77	0:54.86	0:52.96	0:54.26	0:52.77
200 Free	2:23.10	2:13.70	2:09.70	2:06.90	2:03.20	2:03.33	1:59.80	2:00.48	1:56.31	1:58.90	1:55.65
400 Free	5:03.44	4:43.29	4:34.83	4:30.72	4:22.81	4:22.78	4:15.27	4:16.45	4:07.61	4:14.22	4:07.26
800 Free	10:46.89	9:56.96	9:39.13	9:31.48	9:14.78	9:16.29	9:00.38	9:02.61	8:43.89	9:00.91	8:46.08
1500 Free	20:19.40	18:45.28	18:11.67	17:57.25	17:25.79	17:28.62	16:58.64	17:02.84	16:27.54	16:59.63	16:31.68
5000 Free	--	--	--	--	--	0:59:07.83	0:57:26.40	0:57:40.60	0:55:41.16	0:56:55.77	0:55:22.14
50 Back	0:35.10	0:32.58	0:31.61	0:31.07	0:30.16	0:29.89	0:29.04	0:28.90	0:27.91	0:28.41	0:27.62
100 Back	1:14.68	1:09.79	1:07.71	1:05.58	1:03.67	1:02.98	1:01.17	1:01.53	0:59.41	1:00.70	0:59.04
200 Back	2:41.57	2:29.87	2:25.39	2:22.47	2:18.31	2:17.08	2:13.17	2:13.30	2:08.69	2:11.72	2:08.11
50 Breast	0:38.86	0:36.16	0:35.08	0:33.94	0:32.94	0:32.69	0:31.75	0:31.86	0:30.77	0:31.29	0:30.44
100 Breast	1:23.92	1:18.26	1:15.93	1:13.69	1:11.54	1:10.68	1:08.66	1:08.96	1:06.59	1:08.09	1:06.23
200 Breast	3:03.08	2:49.75	2:44.68	2:39.95	2:35.28	2:34.26	2:29.85	2:30.60	2:25.40	2:28.89	2:24.82
50 Fly	0:32.62	0:30.43	0:29.52	0:28.91	0:28.07	0:27.83	0:27.04	0:27.18	0:26.25	0:26.58	0:25.84
100 Fly	1:12.38	1:06.60	1:04.61	1:03.06	1:01.21	1:01.03	0:59.29	0:59.52	0:57.47	0:58.66	0:57.05
200 Fly	2:44.24	2:29.01	2:24.56	2:20.99	2:16.87	2:17.20	2:13.28	2:13.51	2:08.91	2:12.74	2:09.10
200 IM	2:41.71	2:30.29	2:25.80	2:22.72	2:18.55	2:18.70	2:14.74	2:15.62	2:10.95	2:14.38	2:10.70
400 IM	5:44.30	5:20.84	5:11.26	5:04.32	4:55.43	4:55.41	4:46.96	4:48.50	4:38.55	4:47.51	4:39.63

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	2010	2009		2008		2007		2006		2005	
	PACIFIC WAVE	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	PROSPECTS	PACIFIC WAVE	ADVANCE	PACIFIC WAVE	ADVANCE
50 Free	0:29.10	0:27.38	0:26.57	0:26.36	0:25.59	0:25.32	0:24.60	0:24.75	0:23.90	0:24.43	0:23.75
100 Free	1:03.46	0:59.96	0:58.17	0:57.60	0:55.92	0:55.21	0:53.63	0:53.84	0:51.99	0:53.27	0:51.81
200 Free	2:18.86	2:11.03	2:07.12	2:05.01	2:01.37	2:00.84	1:57.38	1:57.51	1:53.45	1:56.02	1:52.84
400 Free	4:56.78	4:40.92	4:32.52	4:26.54	4:18.75	4:17.95	4:10.57	4:11.68	4:02.98	4:09.02	4:02.20
800 Free	10:32.15	9:52.21	9:34.53	9:21.66	9:05.26	9:07.76	8:52.09	8:54.33	8:35.89	8:50.34	8:35.80
1500 Free	19:51.62	18:36.33	18:02.99	17:38.75	17:07.83	17:12.54	16:43.02	16:47.23	16:12.47	16:39.71	16:12.30
5000 Free	--	--	--	--	--	0:58:13.43	0:56:33.54	0:56:47.78	0:54:50.18	0:55:49.02	0:54:17.21
50 Back	0:33.94	0:31.58	0:30.64	0:30.04	0:29.16	0:29.06	0:28.23	0:27.86	0:26.90	0:27.55	0:26.79
100 Back	1:12.00	1:07.54	1:05.53	1:04.09	1:02.22	1:01.90	1:00.13	0:59.72	0:57.66	0:58.99	0:57.38
200 Back	2:34.38	2:25.80	2:21.45	2:18.94	2:14.88	2:14.46	2:10.62	2:09.98	2:05.50	2:08.66	2:05.13
50 Breast	0:37.90	0:35.23	0:34.18	0:33.51	0:32.53	0:32.21	0:31.29	0:31.32	0:30.23	0:30.64	0:29.80
100 Breast	1:21.27	1:15.64	1:13.39	1:11.99	1:09.88	1:09.29	1:07.31	1:07.64	1:05.31	1:06.34	1:04.52
200 Breast	2:56.08	2:44.50	2:39.58	2:36.83	2:32.25	2:31.11	2:26.79	2:26.66	2:21.61	2:24.49	2:20.53
50 Fly	0:32.16	0:30.15	0:29.25	0:28.66	0:27.82	0:27.62	0:26.83	0:26.86	0:25.94	0:26.40	0:25.68
100 Fly	1:11.10	1:06.29	1:04.31	1:02.75	1:00.92	1:00.95	0:59.21	0:59.34	0:57.29	0:58.15	0:56.56
200 Fly	2:39.17	2:29.17	2:24.71	2:21.07	2:16.95	2:16.63	2:12.73	2:12.38	2:07.81	2:10.03	2:06.46
200 IM	2:37.00	2:27.39	2:22.98	2:20.55	2:16.44	2:15.70	2:11.82	2:12.28	2:07.72	2:11.22	2:07.62
400 IM	5:33.51	5:14.59	5:05.19	5:00.94	4:52.15	4:49.99	4:41.71	4:43.32	4:33.54	4:40.48	4:32.80

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