



2023 Vancouver Island Regional Championships

January 27-29, 2023

Sanctioned by Swim BC: #38507

Vancouver Island Region (VIR) Time Standards									VIR dequalifying standards				
Female	10&Under		11-12yrs		13-14yrs		15&Over		14&Under		15&Over		
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
50 Freestyle	00:48.00	00:49.00	00:37.00	00:38.00	00:33.00	00:34.00	00:31.00	00:32.00	00:27.34	00:27.90	00:26.51	00:27.04	50 Freestyle
100 Freestyle	01:46.00	01:48.00	01:19.00	01:21.00	01:11.00	01:13.00	01:07.00	01:09.00	00:59.14	01:00.35	00:57.19	00:58.33	100 Freestyle
200 Freestyle	03:42.00	03:46.00	02:54.00	02:58.00	02:38.00	02:42.00	02:26.00	02:30.00	02:08.07	02:10.68	02:03.86	02:06.34	200 Freestyle
400 Freestyle			06:00.00	06:08.00	05:28.00	05:36.00	05:04.00	05:12.00	04:32.38	04:37.94	04:22.43	04:27.68	400 Freestyle
800 Freestyle			12:30.00	12:46.00	11:28.00	11:44.00	10:38.00	10:54.00	09:24.23	09:35.74	09:02.03	09:12.87	800 Freestyle
1500 Freestyle													1500 Freestyle
50 Backstroke	00:55.00	00:56.00											50 Backstroke
100 Backstroke	01:58.00	02:00.00	01:32.00	01:34.00	01:22.00	01:24.00	01:16.00	01:18.00	01:06.57	01:07.93	01:03.52	01:04.79	100 Backstroke
200 Backstroke			03:16.00	03:20.00	02:56.00	03:00.00	02:44.00	02:48.00	02:23.79	02:26.72	02:18.32	02:21.09	200 Backstroke
50 Breaststroke	01:00.00	01:01.00											50 Breaststroke
100 Breaststroke	02:10.00	02:12.00	01:42.00	01:44.00	01:34.00	01:36.00	01:27.00	01:29.00	01:16.32	01:17.88	01:11.99	01:13.43	100 Breaststroke
200 Breaststroke			03:36.00	03:40.00	03:20.00	03:24.00	03:06.00	03:10.00	02:44.68	02:48.04	02:36.44	02:39.57	200 Breaststroke
50 Butterfly	00:57.00	00:58.00											50 Butterfly
100 Butterfly	02:06.00	02:08.00	01:34.00	01:36.00	01:22.00	01:24.00	01:16.00	01:18.00	01:04.86	01:06.18	01:02.59	01:03.84	100 Butterfly
200 Butterfly			03:24.00	03:28.00	03:00.00	03:04.00	02:48.00	02:52.00	02:26.94	02:29.94	02:21.19	02:24.01	200 Butterfly
100 Individual Medley	01:56.00												100 Individual Medley
200 Individual Medley	04:10.00	04:14.00	03:12.00	03:16.00	02:56.00	03:00.00	02:46.00	02:50.00	02:25.91	02:28.79	02:20.27	02:23.08	200 Individual Medley
400 Individual Medley			06:40.00	06:48.00	06:08.00	06:16.00	05:48.00	05:56.00	05:09.45	05:15.77	04:58.24	05:04.20	400 Individual Medley

Vancouver Island Region (VIR) Time Standards									VIR dequalifying standards				
Male	10&Under		11-12yrs		13-14yrs		15&Over		14&Under		15&Over		
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
50 Freestyle	00:48.00	00:49.00	00:37.00	00:38.00	00:33.00	00:34.00	00:30.00	00:31.00	00:25.76	00:26.29	00:23.19	00:23.65	50 Freestyle
100 Freestyle	01:46.00	01:48.00	01:19.00	01:21.00	01:11.00	01:13.00	01:05.00	01:07.00	00:56.11	00:57.26	00:00.58	00:51.59	100 Freestyle
200 Freestyle	03:42.00	03:46.00	02:54.00	02:58.00	02:38.00	02:42.00	02:22.00	02:26.00	02:03.07	02:05.58	01:50.61	01:52.82	200 Freestyle
400 Freestyle			06:00.00	06:08.00	05:28.00	05:36.00	04:56.00	05:04.00	04:23.36	04:28.73	03:56.53	04:01.26	400 Freestyle
800 Freestyle			12:30.00	12:46.00									800 Freestyle
1500 Freestyle					22:30.00	23:00.00	21:00.00	21:30.00	17:39.14	18:00.75	15:54.21	16:13.29	1500 Freestyle
50 Backstroke	00:55.00	00:56.00											50 Backstroke
100 Backstroke	01:58.00	02:00.00	01:32.00	01:34.00	01:22.00	01:24.00	01:14.00	01:16.00	01:03.88	01:05.18	00:56.07	00:57.19	100 Backstroke
200 Backstroke			03:16.00	03:20.00	02:56.00	03:00.00	02:40.00	02:44.00	02:19.06	02:21.90	02:02.42	02:04.87	200 Backstroke
50 Breaststroke	01:00.00	01:01.00											50 Breaststroke
100 Breaststroke	02:10.00	02:12.00	01:42.00	01:44.00	01:34.00	01:36.00	01:25.00	01:27.00	01:12.28	01:13.75	01:03.05	01:04.31	100 Breaststroke
200 Breaststroke			03:36.00	03:40.00	03:20.00	03:24.00	03:02.00	03:06.00	02:38.21	02:41.44	02:17.47	02:20.22	200 Breaststroke
50 Butterfly	00:57.00	00:58.00											50 Butterfly
100 Butterfly	02:06.00	02:08.00	01:34.00	01:36.00	01:22.00	01:24.00	01:14.00	01:16.00	01:01.55	01:02.81	00:55.37	00:56.48	100 Butterfly
200 Butterfly			03:24.00	03:28.00	03:00.00	03:04.00	02:44.00	02:48.00	02:20.66	02:23.53	02:03.10	02:05.56	200 Butterfly
100 Individual Medley	01:56.00												100 Individual Medley
200 Individual Medley	04:10.00	04:14.00	03:12.00	03:16.00	02:56.00	03:00.00	02:42.00	02:46.00	02:19.47	02:22.32	02:04.49	02:06.98	200 Individual Medley
400 Individual Medley			06:40.00	06:48.00	06:08.00	06:16.00	05:40.00	05:48.00	04:59.70	05:05.82	04:26.27	04:32.05	400 Individual Medley

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The Nanaimo Riptides Swim Team gratefully acknowledges the financial support of the Province of British Columbia