

2018-2019 Swim BC Time Standards

GIRLS	Swim BC Age Group Championships						Swim BC Provincial Championships				Prov. Champs & Sr. Circuit	
	10 & U		11		12		14 & U		15-18		Senior / Open	
	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
50 Free	0:35.13	0:35.83	0:34.30	0:34.99	0:31.69	0:32.32	0:29.59	0:30.19	0:28.73	0:29.32	0:27.86	0:28.43
100 Free	1:19.40	1:20.99	1:15.92	1:17.44	1:09.91	1:11.31	1:04.26	1:05.57	1:01.91	1:03.18	1:00.08	1:01.31
200 Free	2:55.31	2:58.82	2:47.15	2:50.49	2:32.42	2:35.47	2:20.19	2:23.05	2:14.73	2:17.48	2:10.20	2:12.86
400 Free	6:15.54	6:23.05	5:57.01	6:04.15	5:27.87	5:34.43	4:58.64	5:04.73	4:45.09	4:50.91	4:36.56	4:42.20
800 Free							10:08.34	10:20.76	9:48.61	10:00.62	9:26.16	9:37.71
1500 Free							19:22.70	19:46.43	18:55.66	19:18.84	17:56.86	18:18.84
50 Back											0:32.32	0:32.98
100 Back	1:28.60	1:30.37	1:27.14	1:28.88	1:19.57	1:21.16	1:14.20	1:15.71	1:11.00	1:12.45	1:08.57	1:09.97
200 Back	3:17.78	3:21.74	3:08.04	3:11.80	2:53.80	2:57.28	2:39.34	2:42.59	2:33.56	2:36.69	2:28.31	2:31.34
50 Breast											0:36.02	0:36.75
100 Breast	1:43.69	1:45.76	1:37.98	1:39.94	1:30.43	1:32.24	1:25.21	1:26.95	1:22.35	1:24.03	1:17.96	1:19.55
200 Breast	3:44.15	3:48.63	3:32.89	3:37.24	3:14.20	3:18.08	2:59.48	3:03.14	2:57.40	3:01.02	2:48.35	2:51.79
50 Fly											0:29.81	0:30.42
100 Fly	1:34.67	1:36.56	1:30.93	1:32.75	1:21.25	1:22.87	1:14.08	1:15.59	1:09.39	1:10.81	1:06.05	1:07.40
200 Fly	3:34.17	3:38.45	3:32.89	3:37.15	3:15.26	3:19.17	2:54.35	2:57.91	2:44.46	2:47.82	2:30.30	2:33.37
200 IM	3:21.74	3:25.77	3:16.03	3:19.95	3:01.65	3:05.28	2:39.22	2:42.47	2:33.88	2:37.02	2:28.12	2:31.14
400 IM	6:45.50	6:53.61	6:35.69	6:43.60	6:09.18	6:16.56	5:38.96	5:45.88	5:31.72	5:38.49	5:16.37	5:22.83

BOYS	Swim BC Age Group Championships						Swim BC Provincial Championships				Prov. Champs & Sr. Circuit	
	11 & U		12		13		15 & U		16-18		Senior / Open	
	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
50 Free	0:34.45	0:35.14	0:31.84	0:32.48	0:29.28	0:29.87	0:27.31	0:27.87	0:26.02	0:26.55	0:25.06	0:25.57
100 Free	1:15.97	1:17.49	1:10.46	1:11.87	1:04.22	1:05.50	1:00.24	1:01.47	0:56.53	0:57.68	0:54.33	0:55.44
200 Free	2:47.58	2:50.93	2:34.87	2:37.97	2:20.30	2:23.11	2:13.53	2:16.26	2:05.78	2:08.35	1:58.71	2:01.13
400 Free	5:56.97	6:04.11	5:31.76	5:38.40	5:01.81	5:07.85	4:42.73	4:48.50	4:30.30	4:35.82	4:18.96	4:24.25
800 Free							9:41.01	9:52.87	9:16.30	9:27.65	8:27.01	8:37.36
1500 Free							18:38.57	19:01.40	17:52.59	18:14.48	17:01.28	17:22.12
50 Back											0:30.13	0:30.74
100 Back	1:27.66	1:29.41	1:20.94	1:22.56	1:15.82	1:17.34	1:11.12	1:12.57	1:07.91	1:09.30	1:03.34	1:04.63
200 Back	3:09.76	3:13.56	2:51.53	2:54.96	2:42.17	2:45.41	2:35.67	2:38.85	2:30.10	2:33.16	2:19.03	2:21.87
50 Breast											0:32.88	0:33.55
100 Breast	1:40.45	1:42.46	1:33.47	1:35.34	1:25.45	1:27.16	1:19.58	1:21.20	1:17.88	1:19.47	1:11.45	1:12.91
200 Breast	3:35.86	3:40.18	3:18.71	3:22.68	3:03.15	3:06.81	2:53.44	2:56.98	2:49.12	2:52.57	2:37.05	2:40.26
50 Fly											0:27.14	0:27.69
100 Fly	1:32.17	1:34.01	1:22.95	1:24.61	1:14.22	1:15.70	1:08.00	1:09.39	1:03.42	1:04.71	0:59.51	1:00.72
200 Fly	3:23.33	3:27.40	3:19.11	3:23.09	2:57.26	3:00.81	2:38.50	2:41.73	2:33.58	2:36.71	2:16.68	2:19.47
200 IM	3:09.39	3:13.18	3:04.36	3:08.05	2:53.26	2:56.73	2:28.84	2:31.88	2:22.69	2:25.60	2:16.22	2:19.00
400 IM	6:46.58	6:54.71	6:25.15	6:32.85	5:52.85	5:59.91	5:20.35	5:26.89	5:15.28	5:21.71	4:55.99	5:02.03