



2024 - 2025 SWIM BC DIVISIONAL TIME STANDARDS ISLAND & COASTAL VANCOUVER DIVISION

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	33.86	33.20	31.31	30.70	30.09	29.50
100 Free	1:15.28	1:13.80	1:09.05	1:07.70	1:05.79	1:04.50
200 Free	2:42.49	2:39.30	2:28.51	2:25.60	2:21.37	2:18.60
400 Free	5:41.39	5:34.70	5:12.12	5:06.00	4:59.06	4:53.20
800 Free	11:43.49	11:29.70	10:44.54	10:31.90	10:16.08	10:04.00
1500 Free	22:49.15	22:22.30	20:52.87	20:28.30	20:01.97	19:38.40
50 Back	39.27	38.50	35.50	34.80	34.17	33.50
100 Back	1:24.76	1:23.10	1:17.01	1:15.50	1:13.34	1:11.90
200 Back	3:01.46	2:57.90	2:44.73	2:41.50	2:37.18	2:34.10
50 Breast	44.88	44.00	40.29	39.50	38.86	38.10
100 Breast	1:37.82	1:35.90	1:28.03	1:26.30	1:24.25	1:22.60
200 Breast	3:29.10	3:25.00	3:09.41	3:05.70	3:01.05	2:57.50
50 Fly	37.43	36.70	34.17	33.50	32.64	32.00
100 Fly	1:24.97	1:23.30	1:16.60	1:15.10	1:13.03	1:11.60
200 Fly	3:11.56	3:07.80	2:51.77	2:48.40	2:43.20	2:40.00
200 IM	3:02.78	2:59.20	2:48.61	2:45.30	2:40.04	2:36.90
400 IM	6:26.58	6:19.00	5:55.47	5:48.50	5:40.58	5:33.90

- ARBU – Arbutus Swim Club
- CDSC - Canadian Dolphins Swim Club
- CHENA - Chena Swim Team
- COMOX - Comox Valley Aquatic Club
- CRKW - Campbell River Killer Whales
- DST - Duncan Swim Team
- HST - Hollyburn Swim Team
- ISC - Island Swimming Club
- LCSC - Ladysmith-Chemainus Swim Club
- NRST - Nanaimo Riptides Swim Team
- RAC - Ravensong Aquatic Club
- RAPID - Richmond Rapids Swim Club
- SFC - Swim Faster Swim Club
- SFU – Simon Fraser University
- SQUP - Squamish Pirates Swim Club
- TSUN - Port Alberni Tsunami
- UBCT – UBC Thunderbirds
- UVIC - University of Victoria Swim Team
- UVPCS - UVic Pacific Coast Swimming
- WDSC - Winskill Dolphins Swim Club
- WIND - West Coast Wind
- WSC - Wayland Swim Club
- WVOSC - West Vancouver Otters Swim Club

MALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	33.97	33.30	29.38	28.80	27.23	26.70
100 Free	1:15.79	1:14.30	1:05.08	1:03.80	1:00.08	0:58.90
200 Free	2:43.00	2:39.80	2:21.07	2:18.30	2:10.36	2:07.80
400 Free	5:42.52	5:35.80	5:02.12	4:56.20	4:38.66	4:33.20
800 Free	11:52.67	11:38.70	10:29.14	10:16.80	9:47.62	9:36.10
1500 Free	22:39.46	22:12.80	19:54.11	19:30.70	18:34.66	18:12.80
50 Back	39.58	38.80	34.17	33.50	31.31	30.70
100 Back	1:25.99	1:24.30	1:14.05	1:12.60	1:07.73	1:06.40
200 Back	3:02.07	2:58.50	2:39.22	2:36.10	2:26.57	2:23.70
50 Breast	44.57	43.70	38.35	37.60	35.09	34.40
100 Breast	1:38.12	1:36.20	1:23.03	1:21.40	1:16.40	1:14.90
200 Breast	3:29.71	3:25.60	2:59.83	2:56.30	2:45.24	2:42.00
50 Fly	37.74	37.00	32.64	32.00	29.89	29.30
100 Fly	1:25.68	1:24.00	1:12.52	1:11.10	1:06.71	1:05.40
200 Fly	3:11.56	3:07.80	2:43.91	2:40.70	2:29.23	2:26.30
200 IM	3:04.42	3:00.80	2:39.83	2:36.70	2:27.39	2:24.50
400 IM	6:29.03	6:21.40	5:39.86	5:33.20	5:15.28	5:09.10