



2025-2026 SWIM BC PROVINCIAL CHAMPIONSHIP TIME STANDARDS

FEMALE								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.29	29.70	29.07	28.50	28.46	27.90	28.25	27.70
100 Free	1:07.63	1:06.30	1:03.95	1:02.70	1:02.32	1:01.10	1:01.71	1:00.50
200 Free	2:25.76	2:22.90	2:17.39	2:14.70	2:13.93	2:11.30	2:12.60	2:10.00
400 Free	5:06.31	5:00.30	4:48.97	4:43.30	4:44.48	4:38.90	4:41.21	4:35.70
800 Free	10:31.18	10:18.80	9:56.90	9:45.20	9:43.85	9:32.40	9:43.24	9:31.80
1500 Free	20:28.49	20:04.40	19:20.05	18:57.30	19:04.75	18:42.30	18:36.39	18:14.50
50 Back	35.19	34.50	33.05	32.40	32.44	31.80	32.44	31.80
100 Back	1:15.99	1:14.50	1:11.30	1:09.90	1:09.87	1:08.50	1:09.26	1:07.90
200 Back	2:42.79	2:39.60	2:32.69	2:29.70	2:29.74	2:26.80	2:28.10	2:25.20
50 Breast	40.19	39.40	37.43	36.70	36.72	36.00	36.72	36.00
100 Breast	1:27.82	1:26.10	1:21.80	1:20.20	1:20.27	1:18.70	1:20.07	1:18.50
200 Breast	3:07.58	3:03.90	2:56.66	2:53.20	2:52.38	2:49.00	2:51.77	2:48.40
50 Fly	33.56	32.90	31.62	31.00	30.70	30.10	30.50	29.90
100 Fly	1:16.19	1:14.70	1:10.89	1:09.50	1:09.26	1:07.90	1:08.03	1:06.70
200 Fly	2:55.34	2:51.90	2:42.18	2:39.00	2:38.51	2:35.40	2:36.06	2:33.00
200 IM	2:44.02	2:40.80	2:36.06	2:33.00	2:31.67	2:28.70	2:29.74	2:26.80
400 IM	5:46.90	5:40.10	5:29.56	5:23.10	5:24.36	5:18.00	5:20.79	5:14.50

MALE								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.09	29.50	27.13	26.60	25.70	25.20	24.79	24.30
100 Free	1:07.32	1:06.00	59.67	58.50	56.41	55.30	54.88	53.80
200 Free	2:24.84	2:22.00	2:09.44	2:06.90	2:02.81	2:00.40	1:58.93	1:56.60
400 Free	5:04.27	4:58.30	4:38.15	4:32.70	4:23.57	4:18.40	4:13.37	4:08.40
800 Free	10:27.81	10:15.50	9:29.06	9:17.90	9:06.35	8:55.64	8:49.89	8:39.50
1500 Free	20:07.78	19:44.10	18:20.99	17:59.40	17:35.90	17:15.20	16:58.67	16:38.70
50 Back	35.09	34.40	31.52	30.90	29.48	28.90	28.36	27.80
100 Back	1:16.40	1:14.90	1:08.14	1:06.80	1:03.85	1:02.60	1:01.81	1:00.60
200 Back	2:41.77	2:38.60	2:27.39	2:24.50	2:18.92	2:16.20	2:13.72	2:11.10
50 Breast	39.47	38.70	35.09	34.40	32.84	32.20	31.93	31.30
100 Breast	1:27.21	1:25.50	1:16.19	1:14.70	1:12.01	1:10.60	1:09.46	1:08.10
200 Breast	3:06.35	3:02.70	2:45.34	2:42.10	2:36.77	2:33.70	2:33.20	2:30.20
50 Fly	33.35	32.70	29.89	29.30	28.05	27.50	27.03	26.50
100 Fly	1:16.09	1:14.60	1:07.12	1:05.80	1:02.93	1:01.70	1:00.28	59.10
200 Fly	2:53.60	2:50.20	2:33.31	2:30.30	2:23.51	2:20.70	2:16.99	2:14.30
200 IM	2:43.81	2:40.60	2:26.98	2:24.10	2:18.62	2:15.90	2:14.84	2:12.20
400 IM	5:45.58	5:38.80	5:11.61	5:05.50	5:00.29	4:54.40	4:48.66	4:43.00