



2016-2017 SWIM BC GIRLS TIME STANDARDS

SHORT COURSE				LONG COURSE			
11 & U	AAA	AA	A	11 & U	AAA	AA	A
50 Free	:32.51	:34.46	:37.56	50 Free	:33.17	:35.16	:38.32
100 Free	1:11.61	1:15.91	1:22.74	100 Free	1:13.08	1:17.46	1:24.43
200 Free	2:36.31	2:45.69	3:00.61	200 Free	2:39.50	2:49.08	3:04.29
400 Free	5:31.69	5:51.59	6:23.23	400 Free	5:38.46	5:58.76	6:31.05
800 Free	11:29.85	12:11.24	13:17.05	800 Free	11:43.93	12:26.17	13:33.32
100 Back	1:22.21	1:27.14	1:34.98	100 Back	1:23.88	1:28.92	1:36.92
200 Back	2:55.70	3:06.24	3:23.00	200 Back	2:59.29	3:10.04	3:27.15
100 Breast	1:32.44	1:37.98	1:46.80	100 Breast	1:34.32	1:39.98	1:48.98
200 Breast	3:16.80	3:28.61	3:47.38	200 Breast	3:20.82	3:32.86	3:52.02
100 Fly	1:25.78	1:30.93	1:39.11	100 Fly	1:27.53	1:32.79	1:41.14
200 Fly	3:20.84	3:32.89	3:52.06	200 Fly	3:24.94	3:37.24	3:56.79
200 IM	2:56.39	3:06.97	3:23.80	200 IM	2:59.99	3:10.79	3:27.96
400 IM	6:23.49	6:46.50	7:23.08	400 IM	6:31.32	6:54.79	7:32.13
SHORT COURSE				LONG COURSE			
12-13	AAA	AA	A	12-13	AAA	AA	A
50 Free	:29.49	:31.26	:34.08	50 Free	:30.10	:31.90	:34.77
100 Free	1:04.08	1:08.96	1:15.17	100 Free	1:05.39	1:10.37	1:16.70
200 Free	2:19.14	2:31.64	2:45.28	200 Free	2:21.98	2:34.73	2:48.66
400 Free	4:56.25	5:22.53	5:51.56	400 Free	5:02.30	5:29.11	5:58.73
800 Free	10:21.19	11:05.03	12:04.88	800 Free	10:33.86	11:18.60	12:19.67
100 Back	1:12.98	1:19.60	1:26.76	100 Back	1:14.47	1:21.22	1:28.53
200 Back	2:36.18	2:48.89	3:04.09	200 Back	2:39.37	2:52.34	3:07.85
100 Breast	1:23.20	1:30.00	1:38.10	100 Breast	1:24.89	1:31.84	1:40.11
200 Breast	2:59.48	3:13.98	3:31.44	200 Breast	3:03.14	3:17.94	3:35.75
100 Fly	1:13.30	1:18.17	1:25.21	100 Fly	1:14.80	1:19.77	1:26.95
200 Fly	2:47.83	3:03.05	3:19.53	200 Fly	2:51.26	3:06.79	3:23.60
200 IM	2:37.07	2:49.47	3:04.72	200 IM	2:40.28	2:52.93	3:08.49
400 IM	5:38.09	6:01.44	6:33.97	400 IM	5:44.99	6:08.82	6:42.01
SHORT COURSE				LONG COURSE			
14-15	AAA	AA	A	14-15	AAA	AA	A
50 Free	:28.19	:29.88	:32.57	50 Free	:28.77	:30.49	:34.77
100 Free	1:01.17	1:04.84	1:10.67	100 Free	1:02.42	1:06.16	1:16.70
200 Free	2:13.29	2:21.29	2:34.00	200 Free	2:16.01	2:24.17	2:48.66
400 Free	4:42.96	4:59.94	5:26.93	400 Free	4:48.73	5:06.06	5:58.73
800 Free	9:47.30	10:22.54	11:18.57	800 Free	9:59.29	10:35.25	12:19.67
100 Back	1:09.64	1:13.82	1:20.47	100 Back	1:11.07	1:15.33	1:28.53
200 Back	2:30.62	2:39.66	2:54.03	200 Back	2:33.70	2:42.92	3:07.85
100 Breast	1:19.80	1:24.59	1:32.20	100 Breast	1:21.43	1:26.32	1:40.11
200 Breast	2:51.97	3:02.29	3:18.69	200 Breast	2:55.48	3:06.01	3:35.75
100 Fly	1:08.94	1:13.07	1:19.65	100 Fly	1:10.34	1:14.56	1:26.95
200 Fly	2:36.90	2:46.31	3:01.28	200 Fly	2:40.10	2:49.71	3:23.60
200 IM	2:30.27	2:39.28	2:53.62	200 IM	2:33.33	2:42.54	3:08.49
400 IM	5:22.06	5:41.38	6:12.10	400 IM	5:28.63	5:48.35	6:42.01
SHORT COURSE				LONG COURSE			
16 & O/Sr.	AAA	AA	A	16 & O/Sr.	AAA	AA	A
50 Free	:28.14	:29.82	:32.51	50 Free	:28.71	:30.43	:33.17
100 Free	1:00.54	1:04.18	1:09.95	100 Free	1:01.78	1:05.49	1:11.38
200 Free	2:11.77	2:19.68	2:32.25	200 Free	2:14.46	2:22.53	2:35.36
400 Free	4:38.09	4:54.78	5:21.31	400 Free	4:43.77	5:00.79	5:27.86
800 Free	9:44.98	10:20.08	11:15.88	800 Free	9:56.92	10:32.73	11:29.68
100 Back	1:09.03	1:13.17	1:19.75	100 Back	1:10.44	1:14.66	1:21.38
200 Back	2:28.75	2:37.68	2:51.87	200 Back	2:31.79	2:40.89	2:55.37
100 Breast	1:18.96	1:23.70	1:31.23	100 Breast	1:20.57	1:25.40	1:33.09
200 Breast	2:51.26	3:01.54	3:17.87	200 Breast	2:54.75	3:05.24	3:21.91
100 Fly	1:08.54	1:12.65	1:19.19	100 Fly	1:09.94	1:14.13	1:20.80
200 Fly	2:35.77	2:45.11	2:59.97	200 Fly	2:38.95	2:48.48	3:03.65
200 IM	2:29.00	2:37.94	2:52.15	200 IM	2:32.04	2:41.16	2:55.67
400 IM	5:18.14	5:37.23	6:07.58	400 IM	5:24.63	5:44.11	6:15.08



2016-2017 SWIM BC BOYS TIME STANDARDS

SHORT COURSE				LONG COURSE			
11 & U	AAA	AA	A	11 & U	AAA	AA	A
50 Free	:32.40	:34.35	:37.44	50 Free	:33.06	:35.05	:38.20
100 Free	1:11.67	1:15.97	1:22.80	100 Free	1:13.13	1:17.52	1:24.49
200 Free	2:38.09	2:47.58	3:02.66	200 Free	2:41.32	2:51.00	3:06.39
400 Free	5:36.76	5:56.97	6:29.09	400 Free	5:43.63	6:04.25	6:37.03
800 Free	11:48.41	12:30.92	13:38.50	800 Free	12:02.87	12:46.24	13:55.21
100 Back	1:22.70	1:27.66	1:35.55	100 Back	1:24.38	1:29.45	1:37.50
200 Back	2:59.02	3:09.76	3:26.84	200 Back	3:02.67	3:13.64	3:31.06
100 Breast	1:34.76	1:40.45	1:49.49	100 Breast	1:36.70	1:42.50	1:51.72
200 Breast	3:23.64	3:35.86	3:55.29	200 Breast	3:27.80	3:40.27	4:00.09
100 Fly	1:26.96	1:32.17	1:40.47	100 Fly	1:28.73	1:34.05	1:42.52
200 Fly	3:22.38	3:34.52	3:53.83	200 Fly	3:26.51	3:38.90	3:58.60
200 IM	2:58.99	3:09.72	3:26.80	200 IM	3:02.64	3:13.60	3:31.02
400 IM	6:23.57	6:46.58	7:23.18	400 IM	6:31.40	6:54.88	7:32.22
SHORT COURSE				LONG COURSE			
12 & 13	AAA	AA	A	12 & 13	AAA	AA	A
50 Free	:28.71	31.10	33.89	50 Free	:29.30	31.73	34.59
100 Free	1:02.86	1:09.03	1:15.24	100 Free	1:04.14	1:10.44	1:16.78
200 Free	2:17.50	2:31.83	2:45.50	200 Free	2:20.31	2:34.93	2:48.87
400 Free	4:56.17	5:25.25	5:54.52	400 Free	5:02.22	5:31.89	6:01.76
1500 Free	20:09.72	21:22.31	23:17.72	1500 Free	20:34.41	21:48.48	23:46.24
100 Back	1:12.56	1:19.35	1:26.49	100 Back	1:14.04	1:20.97	1:28.26
200 Back	2:37.47	2:48.17	3:03.30	200 Back	2:40.68	2:51.60	3:07.04
100 Breast	1:22.81	1:31.64	1:39.89	100 Breast	1:24.51	1:33.51	1:41.93
200 Breast	2:59.30	3:14.20	3:31.67	200 Breast	3:02.96	3:18.16	3:35.99
100 Fly	1:14.04	1:18.48	1:25.55	100 Fly	1:15.55	1:20.08	1:27.29
200 Fly	2:53.71	3:04.13	3:20.71	200 Fly	2:57.26	3:07.89	3:24.80
200 IM	2:36.99	2:52.19	3:07.68	200 IM	2:40.19	2:55.70	3:11.51
400 IM	5:40.80	6:09.15	6:42.37	400 IM	5:47.75	6:16.68	6:50.58
SHORT COURSE				LONG COURSE			
14 & 15	AAA	AA	A	14 & 15	AAA	AA	A
50 Free	:26.07	:27.64	:30.12	50 Free	:26.60	:28.20	:30.74
100 Free	:56.92	1:00.33	1:05.76	100 Free	:58.08	1:01.56	1:07.11
200 Free	2:04.72	2:12.21	2:24.11	200 Free	2:07.27	2:14.91	2:27.05
400 Free	4:28.37	4:44.47	5:10.07	400 Free	4:33.85	4:50.28	5:16.40
1500 Free	18:11.98	19:17.50	21:01.67	1500 Free	18:34.26	19:41.12	21:27.42
100 Back	1:05.48	1:09.41	1:15.65	100 Back	1:06.82	1:10.82	1:17.20
200 Back	2:22.06	2:30.58	2:44.13	200 Back	2:24.95	2:33.65	2:47.48
100 Breast	1:14.26	1:18.72	1:25.81	100 Breast	1:15.78	1:20.33	1:27.56
200 Breast	2:43.42	2:53.23	3:08.82	200 Breast	2:46.75	2:56.76	3:12.67
100 Fly	1:04.10	1:07.94	1:14.06	100 Fly	1:05.41	1:09.33	1:15.57
200 Fly	2:29.52	2:38.49	2:52.76	200 Fly	2:32.57	2:41.73	2:56.28
200 IM	2:22.68	2:31.24	2:44.86	200 IM	2:25.60	2:34.33	2:48.22
400 IM	5:07.79	5:20.35	5:49.18	400 IM	5:14.07	5:26.89	5:56.31
SHORT COURSE				LONG COURSE			
16 & O/Sr.	AAA	AA	A	16 & O/Sr.	AAA	AA	A
50 Free	:25.63	:27.17	:29.62	50 Free	:26.16	:27.72	:30.22
100 Free	:55.91	:59.26	1:04.59	100 Free	:57.05	1:00.47	1:05.91
200 Free	2:02.56	2:09.91	2:21.60	200 Free	2:05.06	2:12.56	2:24.49
400 Free	4:19.82	4:35.41	5:00.19	400 Free	4:25.12	4:41.03	5:06.32
1500 Free	17:33.44	18:36.65	20:17.15	1500 Free	17:54.94	18:59.44	20:41.99
100 Back	1:03.75	1:07.57	1:13.65	100 Back	1:05.05	1:08.95	1:15.16
200 Back	2:18.63	2:26.94	2:40.17	200 Back	2:21.45	2:29.94	2:43.44
100 Breast	1:12.16	1:16.49	1:23.37	100 Breast	1:13.63	1:18.05	1:25.08
200 Breast	2:37.54	2:46.99	3:02.02	200 Breast	2:40.76	2:50.40	3:05.74
100 Fly	1:01.15	1:04.82	1:10.65	100 Fly	1:02.40	1:06.14	1:12.09
200 Fly	2:21.67	2:30.17	2:43.69	200 Fly	2:24.56	2:33.24	2:47.03
200 IM	2:17.30	2:25.54	2:38.63	200 IM	2:20.10	2:28.51	2:41.87
400 IM	4:55.42	5:13.14	5:41.33	400 IM	5:01.45	5:19.53	5:48.29