



2010-2011

Provincial Time Standards



10&U SwimStars	
Note: 10&U SwimStars will be at BC AA Championships	
10&U SwimStars Standards	
<b>Short Course (25m)</b>	
200 IM 3:15.00	400 Free 6:10.00
<b>Long Course (50m)</b>	
200 IM 3:20.00	400 Free 6:25.00

11&U Girls						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
32.29	35.20	38.01	50 Free	32.94	35.90	38.77
1:10.84	1:17.22	1:23.39	100 Free	1:12.26	1:18.76	1:25.06
2:31.18	2:44.79	2:59.62	200 Free	2:34.20	2:48.08	3:03.21
5:24.10	5:53.27	6:25.06	400 Free	5:30.58	6:00.33	6:32.76
11:16.42	12:17.30	13:23.65	800 Free	11:29.95	12:32.04	13:39.73
1:21.93	1:29.30	1:37.34	100 Back	1:23.57	1:31.09	1:39.29
2:53.52	3:09.14	3:26.16	200 Back	2:56.99	3:12.92	3:30.28
1:32.10	1:40.39	1:49.42	100 Breast	1:33.94	1:42.40	1:51.61
3:16.68	3:34.38	3:53.68	200 Breast	3:20.61	3:38.67	3:58.35
1:22.98	1:30.45	1:38.59	100 Fly	1:24.64	1:32.26	1:40.56
3:11.35	3:28.57	3:47.34	200 Fly	3:15.18	3:32.74	3:51.89
2:53.95	3:09.61	3:26.67	200 IM	2:57.43	3:13.40	3:30.80
6:14.24	6:47.92	7:24.63	400 IM	6:21.72	6:56.08	7:33.53

12 Year Old Girls						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
30.47	33.21	35.87	50 Free	31.08	33.88	36.59
1:06.83	1:12.84	1:18.67	100 Free	1:08.17	1:14.30	1:20.25
2:24.80	2:37.83	2:52.04	200 Free	2:27.70	2:40.99	2:55.48
5:05.76	5:33.28	6:03.27	400 Free	5:11.88	5:39.94	6:10.54
10:38.14	11:35.57	12:38.17	800 Free	10:50.90	11:49.48	12:53.34
1:17.30	1:24.26	1:31.84	100 Back	1:18.85	1:25.94	1:33.68
2:43.70	2:58.43	3:14.49	200 Back	2:46.97	3:02.00	3:18.38
1:26.86	1:34.68	1:43.20	100 Breast	1:28.60	1:36.57	1:45.26
3:05.55	3:22.25	3:40.45	200 Breast	3:09.26	3:26.29	3:44.86
1:18.28	1:25.33	1:33.00	100 Fly	1:19.85	1:27.03	1:34.86
3:00.52	3:16.77	3:34.48	200 Fly	3:04.13	3:20.70	3:38.77
2:44.11	2:58.88	3:14.98	200 IM	2:47.39	3:02.46	3:18.88
5:53.07	6:24.85	6:59.48	400 IM	6:00.13	6:32.54	7:07.87

13 Year Old Girls						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
29.65	32.32	34.90	50 Free	30.24	32.96	35.60
1:04.92	1:10.76	1:16.42	100 Free	1:06.22	1:12.18	1:17.95
2:20.54	2:33.19	2:46.98	200 Free	2:23.35	2:36.25	2:50.32
4:55.14	5:21.70	5:50.66	400 Free	5:01.04	5:28.14	5:57.67
10:16.54	11:12.03	12:12.51	800 Free	10:28.87	11:25.47	12:27.16
1:14.32	1:21.01	1:28.30	100 Back	1:15.81	1:22.63	1:30.07
2:37.46	2:51.63	3:07.08	200 Back	2:40.61	2:55.06	3:10.82
1:25.29	1:32.97	1:41.33	100 Breast	1:27.00	1:34.83	1:43.36
3:01.85	3:18.22	3:36.06	200 Breast	3:05.49	3:22.18	3:40.38
1:15.19	1:21.96	1:29.33	100 Fly	1:16.69	1:23.60	1:31.12
2:52.09	3:07.58	3:24.46	200 Fly	2:55.53	3:11.33	3:28.55
2:39.06	2:53.38	3:08.98	200 IM	2:42.24	2:56.84	3:12.76
5:41.41	6:12.14	6:45.63	400 IM	5:48.24	6:19.58	6:53.74

14 Year Old Girls						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
28.94	31.54	34.07	50 Free	29.52	32.18	34.75
1:03.50	1:09.22	1:14.75	100 Free	1:04.77	1:10.60	1:16.25
2:17.30	2:29.66	2:43.13	200 Free	2:20.05	2:32.65	2:46.39
4:49.98	5:16.08	5:44.53	400 Free	4:55.78	5:22.40	5:51.42
10:08.61	11:03.38	12:03.09	800 Free	10:20.78	11:16.65	12:17.55
1:12.67	1:19.21	1:26.34	100 Back	1:14.12	1:20.79	1:28.07
2:35.67	2:49.68	3:04.95	200 Back	2:38.78	2:53.07	3:08.65
1:24.08	1:31.65	1:39.90	100 Breast	1:25.76	1:33.48	1:41.89
2:59.82	3:16.00	3:33.64	200 Breast	3:03.42	3:19.92	3:37.92
1:12.28	1:18.79	1:25.88	100 Fly	1:13.73	1:20.36	1:27.59
2:43.59	2:58.31	3:14.36	200 Fly	2:46.86	3:01.88	3:18.25
2:35.21	2:49.18	3:04.41	200 IM	2:38.31	2:52.56	3:08.09
5:32.83	6:02.78	6:35.44	400 IM	5:39.49	6:10.04	6:43.34

15 Year Old Girls						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
28.71	31.29	33.80	50 Free	29.28	31.92	34.47
1:02.38	1:07.99	1:13.43	100 Free	1:03.63	1:09.35	1:14.90
2:14.76	2:26.89	2:40.11	200 Free	2:17.46	2:29.83	2:43.31
4:45.31	5:10.99	5:38.98	400 Free	4:51.02	5:17.21	5:45.76
9:57.25	10:51.00	11:49.59	800 Free	10:09.20	11:04.02	12:03.78
1:11.01	1:17.40	1:24.37	100 Back	1:12.43	1:18.95	1:26.05
2:32.11	2:45.80	3:00.72	200 Back	2:35.15	2:49.12	3:04.34
1:22.30	1:29.71	1:37.78	100 Breast	1:23.95	1:31.50	1:39.74
2:56.92	3:12.84	3:30.20	200 Breast	3:00.46	3:16.70	3:34.40
1:10.66	1:17.02	1:23.95	100 Fly	1:12.07	1:18.56	1:25.63
2:40.68	2:55.14	3:10.90	200 Fly	2:43.89	2:58.64	3:14.72
2:31.96	2:45.64	3:00.54	200 IM	2:35.00	2:48.95	3:04.15
5:28.19	5:57.73	6:29.92	400 IM	5:34.75	6:04.88	6:37.72

Senior / Open Girls						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
28.48	31.04	33.53	50 Free	29.05	31.66	34.20
1:01.27	1:06.78	1:12.13	100 Free	1:02.50	1:08.12	1:13.57
2:12.84	2:24.80	2:37.83	200 Free	2:15.50	2:27.69	2:40.98
4:40.66	5:05.92	5:33.45	400 Free	4:46.27	5:12.04	5:40.12
9:42.31	10:34.72	11:31.84	800 Free	9:53.96	10:47.41	11:45.68
1:09.71	1:15.98	1:22.82	100 Back	1:11.10	1:17.50	1:24.48
2:28.77	2:42.16	2:56.75	200 Back	2:31.75	2:45.40	3:00.29
1:20.25	1:27.47	1:35.35	100 Breast	1:21.86	1:29.22	1:37.25
2:52.49	3:08.01	3:24.94	200 Breast	2:55.94	3:11.77	3:29.03
1:08.90	1:15.10	1:21.86	100 Fly	1:10.28	1:16.60	1:23.50
2:36.66	2:50.76	3:06.13	200 Fly	2:39.79	2:54.17	3:09.85
2:29.56	2:43.02	2:57.69	200 IM	2:32.55	2:46.28	3:01.25
5:19.98	5:48.78	6:20.17	400 IM	5:26.38	5:55.75	6:27.77

11&U Boys						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
32.43	35.35	38.18	50 Free	33.08	36.06	38.94
1:11.79	1:18.25	1:24.51	100 Free	1:13.23	1:19.82	1:26.20
2:36.38	2:50.45	3:05.80	200 Free	2:39.51	2:53.86	3:09.51
5:31.54	6:01.38	6:33.90	400 Free	5:38.17	6:08.61	6:41.78
11:16.42	12:17.30	13:23.65	800 Free	11:29.95	12:32.04	13:39.73
1:23.48	1:30.99	1:39.18	100 Back	1:25.15	1:32.81	1:41.17
2:58.02	3:14.04	3:31.51	200 Back	3:01.58	3:17.92	3:35.74
1:36.09	1:44.74	1:54.16	100 Breast	1:38.01	1:46.83	1:56.45
3:25.20	3:43.67	4:03.80	200 Breast	3:29.30	3:48.14	4:08.67
1:24.86	1:32.50	1:40.82	100 Fly	1:26.56	1:34.35	1:42.84
3:18.42	3:36.28	3:55.74	200 Fly	3:22.39	3:40.60	4:00.46
2:56.83	3:12.74	3:30.09	200 IM	3:00.37	3:16.60	3:34.29
6:21.48	6:55.81	7:33.24	400 IM	6:29.11	7:04.13	7:42.30

12 Year Old Boys						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
30.60	33.35	36.02	50 Free	31.21	34.02	36.74
1:07.73	1:13.83	1:19.73	100 Free	1:09.08	1:15.30	1:21.33
2:27.52	2:40.80	2:55.27	200 Free	2:30.47	2:44.01	2:58.77
5:12.78	5:40.93	6:11.61	400 Free	5:19.04	5:47.75	6:19.05
10:38.14	11:35.57	12:38.17	800 Free	10:50.90	11:49.48	12:53.34
1:18.76	1:25.85	1:33.57	100 Back	1:20.34	1:27.57	1:35.45
2:47.95	3:03.07	3:19.54	200 Back	2:51.31	3:06.73	3:23.53
1:30.66	1:38.82	1:47.71	100 Breast	1:32.47	1:40.80	1:49.87
3:13.59	3:31.01	3:50.00	200 Breast	3:17.46	3:35.23	3:54.60
1:20.06	1:27.27	1:35.12	100 Fly	1:21.66	1:29.01	1:37.02
3:07.19	3:24.04	3:42.40	200 Fly	3:10.93	3:28.12	3:46.85
2:46.82	3:01.83	3:18.20	200 IM	2:50.16	3:05.47	3:22.16
6:03.26	6:35.95	7:11.59	400 IM	6:10.53	6:43.87	7:20.22

13 Year Old Boys						
Short Course			Long Course			
AAA	AA	A	Event	AAA	AA	A
28.76	31.35	33.86	50 Free	29.34	31.98	34.53
1:03.08	1:08.76	1:14.26	100 Free	1:04.34	1:10.13	1:15.74
2:17.79	2:30.19	2:43.71	200 Free	2:20.55	2:33.19	2:46.98
4:53.03	5:19.40	5:48.15	400 Free	4:58.89	5:25.79	5:55.11
10:16.54	11:12.03	12:12.51	800 Free	10:28.87	11:25.47	12:27.16
1:12.88	1:19.44	1:26.59	100 Back	1:14.34	1:21.03	1:28.32
2:36.01	2:50.05	3:05.36	200 Back	2:39.13	2:53.45	3:09.06
1:23.31						