



# 2007-2008 Swim BC Time Standards



11 & Under Girls							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA	AA	A	
32.62	34.90	37.35	<b>50 Free</b>	33.27	35.60	38.09	
1:11.56	1:16.57	1:21.93	<b>100 Free</b>	1:12.99	1:18.10	1:23.57	
2:35.04	2:47.44	3:00.84	<b>200 Free</b>	2:38.14	2:50.79	3:04.46	
5:27.38	5:53.57	6:21.86	<b>400 Free</b>	5:33.93	6:00.64	6:29.49	
11:23.26	12:17.92	13:16.95	<b>800 Free</b>	11:36.93	12:32.68	13:32.89	
1:22.76	1:29.38	1:36.53	<b>100 Back</b>	1:24.42	1:31.17	1:38.46	
2:55.28	3:09.30	3:24.45	<b>200 Back</b>	2:58.79	3:13.09	3:28.54	
1:33.04	1:40.48	1:48.52	<b>100 Breast</b>	1:34.90	1:42.49	1:50.69	
3:18.67	3:34.56	3:51.73	<b>200 Breast</b>	3:22.64	3:38.85	3:56.36	
1:23.82	1:30.53	1:37.77	<b>100 Fly</b>	1:25.50	1:32.34	1:39.72	
3:13.29	3:28.75	3:45.45	<b>200 Fly</b>	3:17.16	3:32.93	3:49.96	
2:55.71	3:09.77	3:24.95	<b>200 IM</b>	2:59.22	3:13.56	3:29.05	
6:18.03	6:48.27	7:20.93	<b>400 IM</b>	6:25.59	6:56.44	7:29.75	

11 & Under Boys							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA	AA	A	
32.76	35.05	37.51	<b>50 Free</b>	33.42	35.75	38.26	
1:12.52	1:17.60	1:23.03	<b>100 Free</b>	1:13.97	1:19.15	1:24.69	
2:37.96	2:50.60	3:04.24	<b>200 Free</b>	2:41.12	2:54.01	3:07.93	
5:34.89	6:01.68	6:30.62	<b>400 Free</b>	5:41.59	6:08.91	6:38.43	
22:37.65	24:26.26	26:23.56	<b>1500 Free</b>	23:04.80	24:55.59	26:55.23	
1:24.33	1:31.08	1:38.36	<b>100 Back</b>	1:26.02	1:32.90	1:40.33	
2:59.82	3:14.21	3:29.74	<b>200 Back</b>	3:03.42	3:18.09	3:33.94	
1:37.07	1:44.84	1:53.22	<b>100 Breast</b>	1:39.01	1:46.93	1:55.49	
3:27.28	3:43.86	4:01.77	<b>200 Breast</b>	3:31.43	3:48.34	4:06.61	
1:25.72	1:32.58	1:39.98	<b>100 Fly</b>	1:27.43	1:34.43	1:41.98	
3:20.43	3:36.46	3:53.78	<b>200 Fly</b>	3:24.44	3:40.79	3:58.46	
2:58.62	3:12.91	3:28.34	<b>200 IM</b>	3:02.19	3:16.77	3:32.51	
6:25.34	6:56.17	7:29.46	<b>400 IM</b>	6:33.05	7:04.49	7:38.45	

12 Year Old Girls							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA	AA	A	
30.78	32.93	35.24	<b>50 Free</b>	31.40	33.59	35.94	
1:07.51	1:12.24	1:17.29	<b>100 Free</b>	1:08.86	1:13.68	1:18.84	
2:26.27	2:37.97	2:50.61	<b>200 Free</b>	2:29.20	2:41.13	2:54.02	
5:08.85	5:33.56	6:00.24	<b>400 Free</b>	5:15.02	5:40.23	6:07.44	
10:44.59	11:36.16	12:31.85	<b>800 Free</b>	10:57.48	11:50.08	12:46.89	
1:18.09	1:24.34	1:31.09	<b>100 Back</b>	1:19.65	1:26.03	1:32.91	
2:45.36	2:58.59	3:12.88	<b>200 Back</b>	2:48.67	3:02.17	3:16.74	
1:27.74	1:34.76	1:42.35	<b>100 Breast</b>	1:29.50	1:36.66	1:44.39	
3:07.43	3:22.43	3:38.62	<b>200 Breast</b>	3:11.18	3:26.48	3:42.99	
1:19.08	1:25.41	1:32.24	<b>100 Fly</b>	1:20.66	1:27.12	1:34.09	
3:02.35	3:16.94	3:32.70	<b>200 Fly</b>	3:06.00	3:20.88	3:36.95	
2:45.77	2:59.03	3:13.35	<b>200 IM</b>	2:49.09	3:02.61	3:17.22	
5:56.64	6:25.17	6:55.98	<b>400 IM</b>	6:03.77	6:32.87	7:04.30	

12 Year Old Boys							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA	AA	A	
30.91	33.07	35.39	<b>50 Free</b>	31.53	33.73	36.09	
1:08.42	1:13.21	1:18.34	<b>100 Free</b>	1:09.79	1:14.68	1:19.90	
2:29.02	2:40.94	2:53.82	<b>200 Free</b>	2:32.00	2:44.16	2:57.30	
5:15.94	5:41.21	6:08.51	<b>400 Free</b>	5:22.25	5:48.03	6:15.88	
21:20.81	23:03.27	24:53.93	<b>1500 Free</b>	21:46.42	23:30.93	25:23.81	
1:19.56	1:25.93	1:32.80	<b>100 Back</b>	1:21.15	1:27.65	1:34.66	
2:49.65	3:03.22	3:17.88	<b>200 Back</b>	2:53.05	3:06.89	3:21.84	
1:31.58	1:38.90	1:46.82	<b>100 Breast</b>	1:33.41	1:40.88	1:48.95	
3:15.55	3:31.19	3:48.09	<b>200 Breast</b>	3:19.46	3:35.42	3:52.65	
1:20.87	1:27.34	1:34.33	<b>100 Fly</b>	1:22.49	1:29.09	1:36.21	
3:09.09	3:24.22	3:40.55	<b>200 Fly</b>	3:12.87	3:28.30	3:44.97	
2:48.51	3:01.99	3:16.55	<b>200 IM</b>	2:51.88	3:05.63	3:20.48	
6:06.93	6:36.29	7:07.99	<b>400 IM</b>	6:14.27	6:44.21	7:16.55	

13 Year Old Girls							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA	AA	A	
29.95	32.04	34.28	<b>50 Free</b>	30.54	32.68	34.97	
1:05.58	1:10.17	1:15.08	<b>100 Free</b>	1:06.89	1:11.57	1:16.58	
2:21.96	2:33.31	2:45.58	<b>200 Free</b>	2:24.79	2:36.38	2:48.89	
4:58.13	5:21.98	5:47.74	<b>400 Free</b>	5:04.10	5:28.42	5:54.70	
10:22.77	11:12.59	12:06.40	<b>800 Free</b>	10:35.23	11:26.05	12:20.93	
1:15.08	1:21.08	1:27.57	<b>100 Back</b>	1:16.58	1:22.71	1:29.32	
2:39.06	2:51.79	3:05.53	<b>200 Back</b>	2:42.25	2:55.23	3:09.24	
1:26.16	1:33.05	1:40.49	<b>100 Breast</b>	1:27.88	1:34.91	1:42.50	
3:03.69	3:18.38	3:34.25	<b>200 Breast</b>	3:07.36	3:22.35	3:38.54	
1:15.95	1:22.03	1:28.59	<b>100 Fly</b>	1:17.47	1:23.67	1:30.36	
2:53.83	3:07.74	3:22.76	<b>200 Fly</b>	2:57.31	3:11.49	3:26.81	
2:40.67	2:53.53	3:07.41	<b>200 IM</b>	2:43.89	2:57.00	3:11.16	
5:44.86	6:12.44	6:42.24	<b>400 IM</b>	5:51.75	6:19.89	6:50.28	

13 Year Old Boys							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA	AA	A	
29.06	31.09	33.27	<b>50 Free</b>	29.64	31.71	33.93	
1:03.72	1:08.18	1:12.95	<b>100 Free</b>	1:04.99	1:09.54	1:14.41	
2:19.19	2:30.32	2:42.35	<b>200 Free</b>	2:21.97	2:33.33	2:45.60	
4:55.99	5:19.66	5:45.24	<b>400 Free</b>	5:01.90	5:26.06	5:52.14	
19:50.32	21:25.54	23:08.39	<b>1500 Free</b>	20:14.12	21:51.25	23:36.15	
1:13.62	1:19.51	1:25.87	<b>100 Back</b>	1:15.09	1:21.10	1:27.59	
2:37.59	2:50.20	3:03.82	<b>200 Back</b>	2:40.74	2:53.60	3:07.49	
1:24.16	1:30.89	1:38.16	<b>100 Breast</b>	1:25.84	1:32.71	1:40.12	
3:00.41	3:14.84	3:30.43	<b>200 Breast</b>	3:04.02	3:18.74	3:34.64	
1:14.46	1:20.42	1:26.85	<b>100 Fly</b>	1:15.95	1:22.03	1:28.59	
2:53.24	3:07.10	3:22.06	<b>200 Fly</b>	2:56.70	3:10.84	3:26.11	
2:37.72	2:50.34	3:03.96	<b>200 IM</b>	2:40.87	2:53.74	3:07.64	
5:42.94	6:10.38	6:40.01	<b>400 IM</b>	5:49.80	6:17.78	6:48.01	

14 Year Old Girls							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA	AA	A	
29.24	31.29	33.48	<b>50 Free</b>	29.82	31.91	34.15	
1:04.15	1:08.64	1:13.45	<b>100 Free</b>	1:05.43	1:10.01	1:14.91	
2:18.69	2:29.78	2:41.76	<b>200 Free</b>	2:21.46	2:32.78	2:45.00	
4:52.91	5:16.34	5:41.64	<b>400 Free</b>	4:58.76	5:22.66	5:48.48	
10:14.76	11:03.94	11:57.06	<b>800 Free</b>	10:27.06	11:17.22	12:11.40	
1:13.41	1:19.28	1:25.62	<b>100 Back</b>	1:14.88	1:20.87	1:27.33	
2:37.25	2:49.83	3:03.42	<b>200 Back</b>	2:40.40	2:53.23	3:07.09	
1:24.93	1:31.73	1:39.07	<b>100 Breast</b>	1:26.63	1:33.56	1:41.05	
3:01.64	3:16.17	3:31.86	<b>200 Breast</b>	3:05.27	3:20.09	3:36.10	
1:13.02	1:18.86	1:25.17	<b>100 Fly</b>	1:14.48	1:20.44	1:26.87	
2:45.25	2:58.47	3:12.75	<b>200 Fly</b>	2:48.55	3:02.04	3:16.60	
2:36.78	2:49.33	3:02.87	<b>200 IM</b>	2:39.92	2:52.71	3:06.53	
5:36.20	6:03.09	6:32.14	<b>400 IM</b>	5:42.92	6:10.36	6:39.98	

14 Year Old Boys							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA	AA	A	
27.90	29.85	31.94	<b>50 Free</b>	28.45	30.44	32.58	
1:00.97	1:05.24	1:09.81	<b>100 Free</b>	1:02.19	1:06.55	1:11.20	
2:13.56	2:24.25	2:35.79	<b>200 Free</b>	2:16.24	2:27.14	2:38.91	
4:43.55	5:06.24	5:30.74	<b>400 Free</b>	4:49.23	5:12.36	5:37.35	
19:29.23	21:02.76	22:43.78	<b>1500 Free</b>	19:52.61	21:28.02	23:11.06	
1:11.66	1:17.40	1:23.59	<b>100 Back</b>	1:13.10	1:18.94	1:25.26	
2:34.89	2:47.28	3:00.66	<b>200 Back</b>	2:37.98	2:50.62	3:04.27	
1:21.86	1:28.41	1:35.48	<b>100 Breast</b>	1:23.49	1:30.17	1:37.39	
2:56.86	3:11.01	3:26.29	<b>200 Breast</b>	3:00.40	3:14.83	3:30.42	
1:10.98	1:16.66	1:22.79	<b>100 Fly</b>	1:12.40	1:18.19	1:24.44	
2:45.52	2:58.76	3:13.07	<b>200 Fly</b>	2:48.83	3:02.34	3:16.93	
2:31.40	2:43.51	2:56.59	<b>200 IM</b>	2:34.42	2:46.78	3:00.12	
5:26.80	5:52.95	6:21.19	<b>400 IM</b>	5:33.34	6:00.01	6:28.81	

15 & Over Girls							
Short Course (25m)				Long Course (50m)			
AAA	AA	A		AAA			