



Appendix III A - 2010 BC CHAMPIONSHIPS QUALIFYING STANDARDS

Qualifying Standards are based on the average of 8th place in Heats for 2005-2009 inclusive

Any swimmer who **equals or betters** the following times in the **FINALS** at a **2010** Regional Championship Meet automatically qualifies for the respective events at the BC Championships.

DIV	50 FREE	100IM	200IM	50 FLY	100 FLY	50 BR.	100 BR.	50 BACK	100BACK	100FREE
1G	:40.43	1:42.20		:49.39		:54.05		:48.10		1:30.64
2G	:35.64	1:30.65		:41.13		:46.71		:41.86		1:18.48
3G	:32.21	1:21.54		:36.66		:41.96		:37.64		1:10.76
4G	:30.50		2:49.31	:34.54			1:27.53		1:18.56	1:07.61
5G	:29.74		2:48.31	:33.73	1:18.69		1:26.04		1:16.39	1:06.39
6G	:29.35		2:45.63	:32.98	1:15.99		1:25.51		1:15.54	1:05.04
7G	:30.49		2:55.46	:34.24	1:24.53		1:29.22		1:19.48	1:08.82
8G	:30.21		2:54.78	:33.53	1:23.94		1:30.84		1:23.11	1:08.31
1B	:39.41	1:43.91		:49.99		:54.34		:47.93		1:30.08
2B	:35.32	1:30.00		:41.77		:47.03		:42.66		1:19.07
3B	:32.25	1:22.74		:37.63		:42.91		:38.80		1:11.32
4B	:29.34		2:46.84	:33.81			1:25.91		1:17.57	1:05.58
5B	:27.33		2:35.94	:31.26	1:11.67		1:18.61		1:11.46	1:01.12
6B	:26.17		2:30.09	:29.56	1:08.24		1:16.24		1:08.92	:58.64
7B	:26.49		2:34.16	:29.42	1:08.82		1:17.97		1:10.79	:59.10
8B	:25.69		2:30.31	:27.57	1:03.38		1:16.17		1:08.11	:57.13
O1G	:32.21	1:21.54		:36.66		:41.96		:37.64		1:10.76
O2G	:29.35		2:45.63	:32.98	1:15.99		1:25.51		1:15.54	1:05.04
O1B	:32.25	1:22.74		:37.63		:42.91		:38.80		1:11.32
O2B	:26.17		2:30.09	:29.56	1:08.24		1:16.24		1:08.92	:58.64



Appendix III B
2010 BC CHAMPIONSHIPS QUALIFYING STANDARDS
RELAY TEAMS

Qualifying Standards are based on the average of 3rd place in Heats for 2005-2009 inclusive

Any relay team finishes in the top two (2) and/or **equals or betters** the following times in the **FINALS** at a **2010** Regional Championships Meet automatically qualifies for the respective events at the Provincial Championships.

<i>DIV</i>	200 MEDLEY	200 FREE
1G	3:22.36	2:54.32
2G	2:49.91	2:29.43
3G	2:30.08	2:11.05
4G	2:22.22	2:06.21
5G	2:18.51	2:02.21
6G	2:14.57	2:00.60
7G	2:18.18	2:01.91
8G	2:15.74	1:59.63
1B	3:22.08	2:55.91
2B	2:51.15	2:28.10
3B	2:33.41	2:15.09
4B	2:20.22	2:03.52
5B	2:12.12	1:53.91
6B	2:03.91	1:48.40
7B	2:01.28	1:46.75
8B	1:56.81	1:42.73
O1G	2:30.08	2:11.05
O2G	2:14.57	2:00.60
O1B	2:33.41	2:15.09
O2B	2:03.91	1:48.40