

**Appendix 4A - 2010 B.C.S.S.A. PROVINCIAL QUALIFYING STANDARDS.
GENERALLY, 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 applicable events at the Provincial 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