

SCHEDULE AND TIME STANDARDS



To book training time prior to June 20th please contact Christine Saunders christine.saunders@ubc.ca

Thursday June 20, 2024

Open Training at the UBC Aquatic Centre:

09:30-12:00 10 lanes 50m

16:30-20:30 10 lanes 50m

Friday June 21, 2024

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00

Finals: Warm-Up: 16:00-17:15 Start: 17:30

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
				800 Free*	9:11.66	9:00.84	10:18.10	1
2	2:10.54	2:24.90	2:27.80	200 Back	2:18.16	2:15.45	2:02.03	3
4	1:10.47	1:18.22	1:19.78	100 Breast	1:09.73	1:08.36	1:01.59	5
6	1:54.85	2:07.48	2:10.03	200 Free	2:01.05	1:58.68	1:46.92	7
8	4:39.69	5:10.46	5:16.67	400 IM	4:53.92	4:48.16	4:19.60	9
10	26.81	29.76	30.36	50 Fly	27.73	27.19	24.50	11
12	18:44.51	18:41.14	19:03.56	1500 Free*				
13				4x100 Free Relay				14

Saturday June 22, 2024

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00

Finals: Warm-Up: 16:00-17:15 Start: 17:30

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
15	2:11.71	2:26.20	2:29.12	200 IM	2:17.01	2:14.32	2:01.01	16
17	58.80	1:05.27	1:06.58	100 Fly	1:00.44	59.25	53.38	18
19	29.50	32.75	33.40	50 Back	31.27	30.66	27.62	20
21	5:08.73	4:30.14	4:35.54	400 Free*	4:18.40	4:13.33	4:49.52	22
23	2:31.43	2:48.09	2:51.45	200 Breast	2:30.61	2:27.66	2:13.03	24
25	25.21	27.98	28.54	50 Free	25.82	25.31	22.80	26
27				4x200 Free Relay				28

Sunday June 23, 2024

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00

Finals: Warm-Up: 16:00-17:15 Start: 17:30

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
29	10:46.42	9:25.62	9:36.93	800 Free*				
30	1:00.79	1:07.48	1:08.83	100 Back	1:03.71	1:02.46	56.27	31
32	33.02	36.65	37.38	50 Breast	32.79	32.15	28.96	33
34	2:13.60	2:28.30	2:31.27	200 Fly	2:17.39	2:14.70	2:01.35	35
36	53.50	59.38	1:00.57	100 Free	55.01	53.93	48.59	37
				1500 Free*	17:29.88	17:09.29	17:12.39	38
39				4x100 Medley Relay				40

*Yards Standards for the 400 Free, 800 Free, 1500 Free are for the 500 Free, 1000 Free, and 1650 Free.