

**MAN/SASK
Manitoba Saskatchewan
Open Championships
Hosted by: Saskatoon Goldfins Swim Club
July 8 – 11, 2010**



Meet Manager: Carol Benkic
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Co-Meet Manager: Glen Kobussen
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Meet Entries: Duane Walker
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Officials Coordinator: Glen & Robyn Kobussen
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50 Meters Shaw Center 122 Bowlt Cres Long Course

Sanction: SNC/Swim Saskatchewan # 8117

All current SNC rules will be in effect including SNC warm-up procedures except as specifically modified herein.

DATE	HEATS/FINALS	WARM-UP	START
July 8 th	Session 1 TIME FINALS	4:30 p.m.	5:30 p.m.
July 9 th	Session 2 HEATS Session 3 FINALS	8:00 a.m. 4:00 p.m.	9:00 a.m. 5:00 p.m.
July 10 th	Session 4 HEATS Session 5 FINALS	8:00 a.m. 4:00 p.m.	9:00 a.m. 5:00 p.m.
July 11 th	Session 6 HEATS Session 7 FINALS	8:00 a.m. 4:00 p.m.	9:00 a.m. 5:00 p.m.

NOTES: Meet Management has the discretion to adjust start times as needed providing the following guidelines are followed as listed in order of priority

1) finals must finish by 9 pm, 2) 8 am warm-up & 3) four hour break between heat & final session.

- **This is a cardless meet: All swimmers must report to the Clerk of Course before going to their starting block.**

Facilities: Long Course 50 metre competition pool, 10 lanes

- Warm-up/down 25 metre pool
- Electronic timing and manual watch back up

Eligibility: Open to all swimmers registered with S.N.C., U.S.A. or other FINA Countries, who meet both the pre-requisite swims and times **as well as** qualify in one event with a Man/Sask Open Short or Long Course qualifying times or Para standards. Para swimmers will be fully integrated in heats and finals except for the 4 Para Finals.

Swimmers must have equalled or bettered the qualifying times prior to: **TUES, JUNE 29, 2010**

ENTRY DEADLINE: MIDNIGHT TUESDAY JUNE 29, 2010

Entries must be sent via Hytek entry file and uploaded to the national site.

1. The entry system can be accessed via Swimming Canada's website at:
<https://www.swimming.ca/meetlist.aspx>
2. Cheques payable to: **Saskatoon Goldfins Swim Club**
3. Entries must be received by 11:59 p.m. 9 days prior to the meet.
4. Entries must be submitted via uploading to the SNC Meet List/Nationals Meet Sanctioning, Entries and Results system at:
<https://www.swimming.ca/meetlist.aspx>

Age Group Categories:

Females

Males

11 & Under
12
13
14
15 & over

12 & Under
13
14
15
16 & over

In preliminary sessions events will be senior seeded by Gender (all age categories together).

In the finals session, there will only be an "A" final for each age category. "B" final will be held in the oldest age category for each gender for all events 200 meters or under that have 20 or more entries in the event by the entry deadline date.

The "A" Final will be swum first for any event that does have a "B" final.

The age categories for relays, including the Provincial Medley relay held at the conclusion of the meet will be:

Females – 12 & under, 13 & 14 and 15 & over

Males – 13 & under, 14 & 15 and 16 & over

A swimmers age shall be as of the first day of the meet

Qualifying Period: *All times must have been achieved during the qualifying period of Jan 1, 2009 to June 29, 2010*

Qualifying Times: In order to comply with the SNC LTAD Competition policy, to be eligible to qualify for Man/Sask there is now a pre-requisite for 14 & under females and 15 & Under Males as follows:

12 & Under Females – “A” time in 200 IM or 400 IM AND one of 400, 800 or 1500 Free

13 & Under Males – “A” time in either 200 IM or 400 IM AND one of 400, 800 or 1500 Free

13 & 14 Females – “A” time in 400 IM AND either 800 or 1500 Free

14 & 15 Males - “A” time in 400 IM AND either 800 or 1500 Free

Upon achieving the applicable IM and Distance Freestyle “A” times, swimmers must then also achieve an “AA” time in an event in their respective age category, to participate in and swim at the meet.

Converted times will **NOT** be accepted neither will NT’s

Para events that do not have a qualifying time are allowed to be used as bonus swims, except that 400 IM and 400, 800 and 1500 Free cannot be used as bonus swims.

Meet Management will convert the entry times using 2% conversion and will then seed the meet accordingly.

Entries and Limitations:

1. Swimmers must have achieved at least one qualifying standard in their respective age category to be eligible to swim in the meet. Please see attached time standards.
2. Swimmers can enter as many events as they have qualified for, up to a maximum of **7 individual events**, plus relays.
3. *Meet Management reserves the right to limit entries in individual events if necessary.* Since these are provincial Championships, priority will be given to Manitoba and Saskatchewan swimmers.
4. Entries must include the swimmers registration number (SNC, USA or other country) and each swimmers exact age as of the first day of the meet.
5. Classification numbers for Para swimmers must accompany entries.
6. Para swimmers will be fully integrated into prelims.
7. The following finals will be offered for Para swimmers: 50 Free, 100 Free, 50 Back and 150/200 IM. The Para final will be for the TOP 10 swimmers from preliminaries, male and female combined and all classifications S1 to S14 combined.

Bonus Swims:

The Man/Sask committee has authorized bonus swims for all swimmers to guarantee that swimmers will have at least 7 swims. To maintain session times, bonus swims may be reduced or removed for the non Manitoba/Saskatchewan swimmers.

Swimmers who have less than 6 qualifying “AA” times or Para times are eligible for bonus swims based on the following:

1 “AA” time	+	6 Bonus swims
2 “AA” times	+	5 Bonus swims
3 “AA” times	+	4 Bonus swims
4 “AA” times	+	3 Bonus swims
5 “AA” times	+	2 Bonus swims
6 “AA” times	+	1 Bonus swim
7 “AA” times	=	no Bonus swims

The 400 Free, 800 Free, 1500 Free and 400 IM may NOT be used as Bonus Swims

Bonus swims must be flagged as Bonus swims. Coaches are to enter swimmers in bonus swims with their actual time, even though this time will not meet the qualifying swim. If using Hytek Team Manager Version 4.0 or higher, then the bonus swim option must be checked/flagged for each bonus swim.

PROOF OF TIMES:

- After coaches upload the entries to the national meet sanctioning, entries and results site, meet management will validate all times via the time validation process. Coaches will be notified of any times that do not pass the time validation report and they will have to provide a proof of time for an actual time, not a “custom time”. The entry time must be something that can be verified.
- Swimmers will be scratched from the meet if the LTAD pre-requisite times cannot be validated.
- Failure to prove any requested time will result in the swimmer being scratched from that event unless the event has been entered as a Bonus Swim. There will be no refund of entry fees from a failure to prove a time.

SEEDING:

800/1500 Free Events – will be senior seeded by gender, fastest to slowest. Fastest heat one per lane and remaining heats 2 per lane. Meet Management reserves the right to swim two per lane.

All other events – senior seeded by gender, slowest to fastest. If necessary, meet management has the authority to swim the 400 Free morning preliminary events with 2 swimmers per lane

MEET SAFETY RULE:

- Current SNC Risk Management/Warm-up procedures will be in effect.
- Safety Marshal will be stationed around the pool deck during warm-ups.
- Entry into the pool must be **feet-first** at all times during general warm-up.
- During warm-up no swimmer shall enter the water by a dive.
- A minimum of 2 spring lanes will be available during the final 30 minutes of warm-up. One way swimming **only** in sprint lanes. Swimmers must leave the lane after their 50 metre one-way swim. 2 lanes designated for pace lanes.
- No fins or hand paddles during warm-up.
- Coaches are responsible to ensure that their swimmers adhere to the safety rules.
- Running on deck is **not** permitted at anytime.
- **NO FOOD ON DECK AT ALL TIMES**
- **No “Deck Changing” is allowed. Swimmers must use the change rooms.**

It is the coach's responsibility to inform the swimmers and ensure their discipline and adherence to the MEET SAFETY RULES.

BATHING SUITS: In order to verify athlete compliance with SNC competition bathing suit rule, all swimmers are required to check in at the CLERK OF COURSE 15 minutes prior to the start of their finals.

Competition:

- a) All individual events will be swum as preliminary heats and finals except that both the 800 and 1500 free events will be swum as time finals.
- b) Meet Management reserves the right to limit entries in the 400, 800/1500 free and 400 I.M. if registrations exceed pool-time capacity. In such cases, priority will be given to Manitoba and Saskatchewan swimmers.
- c) Consolation finals will only be held for the oldest age category, for events 200 meters or less in which 20 or more swimmers are entered in preliminaries (based on entry deadline June 29, 2010 and regardless of scratches).
- d) The “A” Final will be swum first before the “B” Final (if offered)
- e) The 400 IM and 400 Free will only have an “A” Final for all age groups.
- f) Para swimmers will swim integrated in all preliminary sessions. Para swimmers may advance to a final in his/her age category in any event which does not have a Para final. In events that there is a separate Para Final, then a Para swimmer may only advance to the Para final.

RELAY ENTRIES:

1. All relay events will be Time Finals and be swum in finals.
2. Relay swimmers must be properly entered in at least one (1) individual event. **EXCEPTION:** a club entering only one relay team in an event may bring out "relay only" swimmers to a maximum of 2 per age group to complete a relay team. "Relay only" swimmers must be listed on the meet entry forms with "relay only" opposite their names.
3. Unattached swimmers are not eligible to swim in relays, with the exception of the provincial medley relay.
4. Swimmers may only swim in one relay in their age group and may only swim one leg of a relay per event per age group.
5. In addition to swimming a relay in their own age category, swimmers may swim up an age category.
6. Clubs may enter a maximum of 2 relay teams in any relay event. Meet Management has the discretion to allow clubs to deck enter additional relays as **exhibition only**; however the additional entries must not create extra heats. Relay deck entries will be accepted on a first come first served basis.
7. There are **no** qualifying times for relay events. However, to obtain seeding, a team time should be submitted.
8. All relay's (including Provincial Medley Relay) will be swum in the following 3 age groups:
Female: 12 & Under, 13 & 14 and 15 & Over
Male: 13 & Under, 14 & 15 and 16 & Over
9. Initial relay cards to be completed WITHIN 30 minutes of the conclusion of the preliminary session, however final relay order may be changed/submitted up to 30 minutes prior to the start of the relay events.
10. Clubs that submit relay names with their entry file do not require resubmitting of relay cards. However, if the name changes and/or order are required, then clubs must submit a relay card with the revisions up to 30 minutes after the conclusion of the preliminary session on the day the relay is to be swum.
11. If clubs did not submit name in their Hytek Entry File then relay cards will be required to be completed and submitted within 30 minutes of the conclusion of the preliminary session on the day the relay is to be swum. Finals relay order may be changed up to 30 minutes prior to the **start of the finals session** in which the relay is being held. Failure to provide the above, the relay will be considered exhibition and therefore is not eligible for points and awards.

PROVINCIAL MEDLEY RELAY:

On Sunday evening after the conclusion of regular competition, a special Manitoba/ Saskatchewan Provincial Medley Relay will be swum.

- Each province may enter 1 relay team in each of the Male and Female age groups.
- Coaches select the swimmer to swim each stroke leg of the relay from the fastest time in that stroke swum at the meet.
- The fastest time is determined from any of the following: (i) the individual 50 event, (ii) a lead off relay split or (iii) the 50 split from an individual 100 or 200 meter event.

ENTRY FEES:

- a) Individual events: Flat \$55 per swimmer entry fee
- b) Relay Teams: \$9 per team per event

Entry fees must be paid in full at time of registration on the first day of the meet.

No swimmer will be allowed to swim whose entry fees have not been paid.

- c) Please indicate the name of a contact person and telephone number in the event a query is necessary.
- d) All cheques are to be payable to: **SASKATOON GOLDFINS SWIM CLUB**
- e) The Entry Chair must receive entries by MIDNIGHT, June 29, 2010

DECK ENTRIES:

- a) Individual Events: \$15 per swimmer per event
- b) Relay Teams: \$20 per team per event

ADDITIONAL SWIMS may be permitted if empty lanes are available, but no additional heats will be created.

Deck Entries will NOT be permitted in the 800 and 1500 Free.

Swimmer/Coach must present late entry fee “PRIOR” prior to being assigned a lane.

Payment in cash or a cheque made out to “Saskatoon Goldfins” must accompany the entry when handed to the Clerk of Course or Meet Office. These swims are “for time only” (i.e. Exhibition) and the swimmer will not advance to either FINAL.

REFUNDS:

Meet Management is not obligated to refund entry fees after the entry deadline date. Swim Saskatchewan Policy WC-4 is in effect (see attached).

Scratches:

- a) The scratch deadline for finals each night will be 30 minutes after the end of the preliminary session on the day the final is to be swum. (i.e. The scratch deadline for 200 IM will be at the conclusion of Saturday’s prelims). Penalties for all late scratches will be enforced as per penalty item below.
- b) The scratch deadline for the 800 and 1500 shall be 15 minutes prior to the start of the Preliminary session on the day the event is scheduled to begin. Penalties for all late scratches will be enforced as per penalty item below.
- c) Scratches from preliminary heats simply create empty lanes, as there shall be no re-seeding. Scratches from preliminary heats may be made at any time without penalty except for loss of entry fee. Clubs are requested to report any scratches 30 minutes prior to the start of the session.
- d) **Penalties:** Scratches after the scratch deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.
- e) **ALTERNATE SWIMMERS:** In Finals, if a contestant has not reported to the blocks when the race is called, the Referee shall replace the contestant with an alternate who has reported to the Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists. Alternates **MUST** report to the Clerk of Course when the event is called and be ready to swim if necessary.

AWARDS

1. **INDIVIDUAL:** Distinctive medals for placing first, second & third. Ribbons for placing fourth to tenth. No separate scoring or awards for Para swimmers except for the Para 50 Free, 100 Free, 50 Back and 150/200 IM as there is a final for these Para events, so medals and ribbons will be awarded for any Para event that has it's own designated final.
NOTE: The Para final is a mixed event so only 1 Gold, Silver and Bronze medal will be awarded to the overall Para swimmer (males & females combined, all age groups combined and all Para Classifications S1 to S14 combined) to the overall 1st, 2nd and 3rd place swimmers based on Para swimming points. Same for ribbons, only 1 swimmer will receive a ribbon for 4th to 8th place.
2. **RELAY EVENTS:** Medals for placing first. Ribbons for placing second and third.

Provincial Age Group Winner Awards: Given to the top 3 Saskatchewan and top 3 Manitoba swimmers in each age group and gender

High Point Awards: Given to the swimmer (male and female) in each group who earns the highest number of points in a maximum of 7 individual swims during the meet. These are NOT restricted to Manitoba and Saskatchewan swimmers.

Betty Lou Dean Awards: for outstanding swim awards both female and male Performance Charts.

Philip Clark Memorial Award: The single best swim by a Para swimmer (male or female) based on current SNC Para Swimming Performance Points Charts.

Club Awards: There are a total of 6 Club Awards based on the overall highest number of points:

1. Manitoba Small Club: - Manitoba clubs with 15 or fewer swimmers entered in the meet
2. Saskatchewan Small Club: - Sask clubs with 15 or fewer swimmers entered in the meet.
3. Top Manitoba Club: - Overall Manitoba club
4. Top Saskatchewan Club: - Overall Saskatchewan club
5. Overall Manitoba or Saskatchewan Top Small Club: The top Manitoba or Saskatchewan Small Club with the overall highest number of points.
6. Overall Manitoba or Saskatchewan Top Club: The top Manitoba or Saskatchewan Club with the overall highest number of points.
This club is presented with the ManSask Trophy and banner.

Scoring:

1. Individual events for Age Group High Point Awards, 5-2-1
Individual events for Provincial age group awards, 5-2-1
2. Individual events (including Para events that have a specific Para Final) for team awards as per SNC Scoring: 50-30-20-18-17-16-15-14-13-12-10-9-8-7-6-5-4-3-2-1
3. Relay events as per SNC scoring: 50-30-20-18-17-16-15-14-13-12
4. If a swimmer fails to make the qualifying time in a final, or a timed final, the points will not be scored.

Note: Top 16 score in all events regardless if there is a consolation final or not, as long as the qualifying standard has been met. If a swim is not under the qualifying standard for the respective age group, then it is not to be scored for the club awards.

LIVE RESULTS: Posted on the Saskatoon Goldfin website: www.goldfins.ca

OFFICIALS: Any out of town officials interested in assisting at the meet are asked to indicate their intent to the Meet Officials Coordinator either prior to the meet or during the meet

COACHES TECHNICAL MEETING: A coaches' meeting may be held (30) thirty minutes prior to the start of any session, if required.

REGISTRATION: Clubs may register in the meeting room on July 8th after 2:00 p.m.

PRO SHOP: A booth will be available at the pool where swimmers can purchase goggles and other merchandise.

ACCOMODATIONS:

Ramada Hotel: 806 Idylwyld Drive North 306-665-6500
40 rooms (2 queens, fridge, microwave)
Group Booking #7585 Goldfins Swim Club \$119.00/night. **Release date June 25/10**

Riveria Motor Inn: 2001 Avenue B North 306-242-2772
17 (doubles) breakfast for \$5.00/person, not on Sundays
Group Booking #: Goldfins Swim Club, \$139.95/night. **Release date June 25/10**

University of Saskatchewan Residence

general webpage <http://www.usask.ca/hospitality/>

for registering: http://www.usask.ca/hospitality/summer_accommodations/index.php

Event List for Prelims and Finals

Thursday:

Prelims

150 IM (P) (S1 to S4 only)
200 IM (P) (includes Para S5 to S14)
1500 Free (TF)

Friday:

Prelims

100 Fly (P)
200 Breast (P)
50 Free (P)

100 Back (P)
400 Free (P)

Finals

200 Free Relay (TF)
100 Fly (F)
200 Breast (F)
50 Free Para (F)
Top 8 mixed gender & classes S1 to S14 included
50 Free (F)
100 Back (F)
400 Free (F)

Saturday:

Prelims

200 Fly (P)
100 Free (P)

200 Back (P)
50 Breast (P)
800 Free (TF)

Finals

200 Medley Relay (TF)
200 Fly (F)
100 Free Para (F)
Top 8 mixed gender & classes S1 to S14 included
100 Free (F)
200 Back (F)
50 Breast (F)
150 IM/200 IM Para (F)
Top 8 mixed gender & classes S1 to S14 included
S1 to S4 only swim the 150 IM
200 IM (F)

Sunday:

Prelims

50 Fly (P)
200 Free (P)
50 Back (P)
100 Breast (P)
400 IM (P)

Finals

50 Fly (F)
200 Free (F)
50 Back Para (F)
Top 8 mixed gender & classes S1 to S14 included
50 Back (F)
100 Breast (F)
400 IM (F)
200 Provincial Medley Relay (TF)

Notes:

- Consolation finals will be run in the Female 15 & Over and Male 16 & Over age categories only, AND only in events 200 meters and under AND only if the event has entries of 20 or more at the entry deadline date regardless of scratches. The "A" Final will be swum before the consolation final.
- There will be no Consolation Final for 400 Free or 400 IM
- If necessary, meet management has the authority to swim the 400 free events with 2 swimmers per lane for morning preliminaries.
- All relays are timed finals and will be swum in finals.

Event List Hy-tek

Female Event #	EVENT	AGE	Male Event #
	Day 1 Thursday PRELIMS		
110	150 IM Para classes S1 to S4 Only	Open	111
1	200 IM	Open	2
	Day 1 Thursday TIME FINALS		
3	1500 Free	OPEN	4

Female Event #	EVENT	AGE	Male Event #
	Day 2 Friday PRELIMS		
5	100 fly	Open	6
7	200 breast	Open	8
9	50 free	Open	10
11	100 back	Open	12
13	400 free	Open	14

Notes:

- Consolation finals will be run in the Female 15 & Over and Male 16 & Over age categories only, AND only in events 200 meters and under AND only if the event has entries of 20 or more at the entry deadline date regardless of scratches. The "A" Final will be swum before the consolation final.
- There will be no Consolation Final for 400 Free or 400 IM
- If necessary, meet management has the authority to swim the 400 free events with 2 swimmers per lane for morning preliminaries.
- All relays are timed finals and will be swum in finals.

Female Event #	EVENT Day 2 Friday FINALS	AGE	MALE Event #
15	200 Free relay	Female 12 & Under Male 13 & Under	16
17	200 Free relay	Female 13 & 14 Male 14 & 15	18
19	200 Free relay	Female 15 & Over Male 16 & Over	20
5	100 fly	Female 11 & Under Male 12 & Under	6
5	100 fly	Female 12 Male 13	6
5	100 fly	Female 13 Male 14	6
5	100 fly	Female 14 Male 15	6
5	100 fly	Female 15 & Over Male 16 & Over	6
7	200 breast	Female 11 & Under Male 12 & Under	8
7	200 breast	Female 12 Male 13	8
7	200 breast	Female 13 Male 14	8
7	200 breast	Female 14 Male 15	8
7	200 breast	Female 15 & Over Male 16 & Over	8
112	50 free Para	OPEN	113
9	50 free	Female 11 & Under Male 12 & Under	10
9	50 free	Female 12 Male 13	10
9	50 free	Female 13 Male 14	10
9	50 free	Female 14 Male 15	10
9	50 free	Female 15 & Over Male 16 & Over	10

Female Event #	EVENT Day 2 Friday FINALS Continued	AGE	MALE Event #
11	100 back	Female 11 & Under Male 12 & Under	12
11	100 back	Female 12 Male 13	12
11	100 back	Female 13 Male 14	12
11	100 back	Female 14 Male 15	12
11	100 Back	Female 15 & Over Male 16 & Over	12
13	400 free	Female 11 & Under Male 12 & Under	14
13	400 free	Female 12 Male 13	14
13	400 free	Female 13 Male 14	14
13	400 free	Female 14 Male 15	14
13	400 free	Female 15 & Over Male 16 & Over	14

Female Event #	Day 3 Saturday PRELIMS	Age	Male Event #
21	200 fly	Open	22
23	100 free	Open	24
25	200 back	Open	26
27	50 breast	Open	28
29	800 Free	Open	30

Female Event #	Day 3 Saturday Finals	Age	Male Event #
31	200 Medley relay	Female 12 & Under Male 13 & Under	32
33	200 Medley relay	Female 13 & 14 Male 14 & 15	34
35	200 Medley relay	Female 15 & Over Male 16 & Over	36
21	200 fly	Female 11 & Under Male 12 & Under	22
21	200 fly	Female 12 Male 13	22
21	200 fly	Female 13 Male 14	22
21	200 fly	Female 14 Male 15	22
21	200 fly	Female 15 & Over Male 16 & Over	22
114	100 free Para	Open	115
23	100 free	Female 11 & Under Male 12 & Under	24
23	100 free	Female 12 Male 13	24
23	100 free	Female 13 Male 14	24
23	100 free	Female 14 Male 15	24
23	100 free	Female 15 & Over Male 16 & Over	24
25	200 back	Female 11 & Under Male 12 & Under	26
25	200 back	Female 12 Male 13	26
25	200 back	Female 13 Male 14	26
25	200 back	Female 14 Male 15	26
25	200 back	Female 15 & Over Male 16 & Over	26

Female	Day 3 Saturday Finals Continued	Age	Male
27	50 breast	Female 11 & Under Male 12 & Under	28
27	50 breast	Female 12 Male 13	28
27	50 breast	Female 13 Male 14	28
27	50 breast	Female 14 Male 15	28
27	50 breast	Female 15 & Over Male 16 & Over	28
110	150/200 IM Para 150 IM for classes S1 to S4 only	OPEN	111
1	200 IM	Female 11 & Under Male 12 & Under	2
1	200 IM	Female 12 Male 13	2
1	200 IM	Female 13 Male 14	2
1	200 IM	Female 14 Male 15	2
1	200 IM	Female 15 & Over Male 16 & Over	2

Female Event #	Day 4 Sunday Prelims	Age	Male Event #
37	50 Fly	Open	38
39	200 Free	Open	40
41	50 Back	Open	42
43	100 Breast	Open	44
45	400 IM	Open	46

Female	Day 4 Sunday Finals	Age	Male
37	50 fly	Female 11 & Under Male 12 & Under	38
37	50 fly	Female 12 Male 13	38
37	50 fly	Female 13 Male 14	38
37	50 fly	Female 14 Male 15	38
37	50 fly	Female 15 & Over Male 16 & Over	38
39	200 free	Female 11 & Under Male 12 & Under	40
39	200 free	Female 12 Male 13	40
39	200 free	Female 13 Male 14	40
39	200 free	Female 14 Male 15	40
39	200 free	Female 15 & Over Male 16 & Over	40
116	50 Back Para	OPEN	117
41	50 back	Female 11 & Under Male 12 & Under	42
41	50 back	Female 12 Male 13	42
41	50 back	Female 13 Male 14	42
41	50 back	Female 14 Male 15	42
41	50 back	Female 15 & over Male 16 & Over	42

Female	Day 4 Sunday Finals Continued	Age	Male
43	100 breast	Female 11 & Under Male 12 & Under	44
43	100 breast	Female 12 Male 13	44
43	100 breast	Female 13 Male 14	44
43	100 breast	Female 14 Male 15	44
43	100 breast	Female 15 & over Male 16 & Over	44
45	400 IM	Female 11 & Under Male 12 & Under	46
45	400 IM	Female 12 Male 13	46
45	400 IM	Female 13 Male 14	46
45	400 IM	Female 14 Male 15	46
45	400 IM	Female 15 & over Male 16 & Over	46
47	200 MR Provincial Relay	Female 12 & Under Male 13 & Under	48
49	200 MR Provincial Relay	Female 13 & 14 Male 14 & 15	50
51	200 MR Provincial Relay	Female 15 & over Male 16 & Over	52

Notes:

- Consolation finals will be run in the Female 15 & Over and Male 16 & Over age categories only, AND only in events 200 meters and under AND only if the event has entries of 20 or more at the entry deadline date regardless of scratches. The “A” Final will be swum before the consolation final.
- There is no Consolation Final for 400 Free or 400 IM
- If necessary, meet management has the authority to swim the 400 free events with 2 swimmers per lane for morning preliminaries.
- All relays are timed finals and will be swum in finals.

Swim Saskatchewan Inc.

WINTER SWIMMING POLICIES

Type: Competition

Name: Entries Refund Policy

Authority: Winter Swimming Program Committee

Policy Number: WC-4

Date Approved: September 2003

Date Revised: April 2004

Reference:

Entry fees for individual and relay competition at sanctioned Winter swim meets will be specified in the meet package and are due at the entry deadline. Swim Saskatchewan expects that all clubs will submit entry fees in advance of the meet, on or before the entry deadline.

Entries may be scratched without penalty prior to the entry deadline. If entry fees have been submitted, they will be refunded provided that the Meet Manager has received the scratch notification prior to the entry deadline.

The fees for any swimmer who is scratched from competition AFTER the entry deadline will not be refunded.

Any swimmer who is entered in the meet after the entry deadline will be considered a deck entry. Entry fees are due for any swimmer so entered at the time that the deck entry is submitted. Note that a swimmer who is deck entered CANNOT substitute for a swimmer who has been scratched after the entry deadline. The fees for the scratched swimmer are non-refundable, AND fees are due for the swimmer who is deck entered.

Fees MAY be refunded for a swimmer who is a late scratch, at the sole discretion of the Meet Manager, only for scratches due to illness of the swimmer, or due to other serious extenuating circumstances. Such refunds are a courtesy, and will not be expected. Host clubs may set internal policy governing refunds of entry fees for late scratches. Host clubs shall not suffer financial losses due to refund of entry fees.

In accordance with Winter Swimming Cancellations due to Weather or Any Other Unforeseen Circumstances Policy WC-6, Fees will not be refunded for scratches due to weather conditions beyond the control of the host club or the traveling club. If weather conditions prevent some or all of the members of a team or teams from traveling to a meet, they will not be eligible for a refund of entry fees.

Short Course Time Standards 2008 - 2012

May be reviewed at the end of the 2008/2009 season

Published Sept 30, 2008

Stroke	11 & Under Girls		12 year old Girls		13 year old Girls		14 year old Girls		15 & Over Girls	
	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:39.72	0:35.30	0:37.53	0:33.36	0:36.45	0:32.40	0:35.75	0:31.78	0:34.90	0:31.02
100 Free	1:27.56	1:17.83	1:22.24	1:13.10	1:19.10	1:10.31	1:17.36	1:08.76	1:14.93	1:06.60
200 Free	3:09.05	2:48.04	2:55.64	2:36.13	2:50.90	2:31.91	2:47.33	2:28.74	2:42.07	2:24.06
400 Free	6:39.87	5:55.44	6:11.95	5:30.63	6:01.94	5:21.72	5:53.59	5:14.30	5:42.56	5:04.50
800 Free	13:59.25	12:26.00	12:52.66	11:26.81	12:25.72	11:02.86	12:11.86	10:50.54	11:52.19	10:33.06
1500 Free	27:26.66	24:23.70	25:53.45	23:00.85	24:30.66	21:47.25	24:01.83	21:21.62	23:24.12	20:48.11
50 Back	0:46.59	0:41.41	0:43.94	0:39.06	0:42.21	0:37.52	0:41.44	0:36.84	0:39.90	0:35.47
100 Back	1:39.29	1:28.26	1:33.08	1:22.74	1:29.57	1:19.62	1:27.20	1:17.51	1:24.30	1:14.93
200 Back	3:30.97	3:07.53	3:19.04	2:56.93	3:10.50	2:49.34	3:07.08	2:46.30	3:00.33	2:40.29
50 Breast	0:52.89	0:47.01	0:49.14	0:43.68	0:48.09	0:42.75	0:46.70	0:41.51	0:45.38	0:40.34
100 Breast	1:52.93	1:40.38	1:46.23	1:34.43	1:41.64	1:30.35	1:39.93	1:28.83	1:35.99	1:25.32
200 Breast	4:00.84	3:34.08	3:46.09	3:20.97	3:38.61	3:14.32	3:35.14	3:11.24	3:27.26	3:04.23
50 Fly	0:45.09	0:40.08	0:42.25	0:37.55	0:40.88	0:36.34	0:39.47	0:35.09	0:38.16	0:33.92
100 Fly	1:42.57	1:31.17	1:33.99	1:23.54	1:29.76	1:19.79	1:26.51	1:16.89	1:23.32	1:14.06
200 Fly	3:52.41	3:26.21	3:28.37	3:05.22	3:21.53	2:59.13	3:15.22	2:53.53	3:07.18	2:46.38
100 IM	1:45.26	1:33.57	1:38.78	1:27.80	1:37.30	1:26.49	1:35.33	1:24.74	1:31.63	1:21.45
200 IM	3:34.64	3:10.79	3:19.37	2:57.22	3:13.54	2:52.04	3:09.29	2:48.26	3:03.48	2:43.09
400 IM	7:36.73	6:45.98	7:03.39	6:16.35	6:52.35	6:06.54	6:43.30	5:58.49	6:29.52	5:46.24

Short Course Time Standards 2008 - 2012
May be reviewed at the end of the 2008/2009 season

Published Sept 30, 2008

Stroke	12 & Under Boys		13 year old Boys		14 year old Boys		15 year old Boys		16 & Over Boys	
	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:36.70	0:32.63	0:34.80	0:30.94	0:33.39	0:29.68	0:32.67	0:29.13	0:31.16	0:27.70
100 Free	1:21.09	1:12.08	1:16.22	1:07.75	1:13.17	1:05.04	1:11.50	1:03.55	1:07.61	1:00.10
200 Free	2:55.40	2:35.91	2:46.43	2:27.94	2:38.61	2:20.99	2:35.62	2:18.33	2:27.52	2:11.13
400 Free	6:14.14	5:32.57	5:55.25	5:15.78	5:38.42	5:00.81	5:33.64	4:56.57	5:14.70	4:39.73
800 Free	13:18.72	11:49.98	12:28.15	11:05.02	11:58.17	10:38.37	11:50.96	10:31.97	11:06.35	9:52.31
1500 Free	25:22.65	22:33.47	23:40.36	21:02.54	22:49.57	20:17.40	22:23.46	19:54.19	21:13.80	18:52.27
50 Back	0:43.26	0:38.45	0:41.23	0:36.65	0:39.37	0:35.00	0:38.39	0:34.12	0:35.92	0:31.93
100 Back	1:33.29	1:22.92	1:27.01	1:17.34	1:23.56	1:14.27	1:21.30	1:12.27	1:15.54	1:07.15
200 Back	3:17.87	2:55.88	3:06.14	2:45.45	2:58.95	2:39.06	2:55.39	2:35.90	2:44.63	2:26.34
50 Breast	0:49.66	0:44.15	0:46.95	0:41.74	0:44.41	0:39.48	0:43.18	0:38.39	0:40.43	0:35.94
100 Breast	1:47.20	1:35.29	1:40.33	1:29.18	1:35.02	1:24.47	1:32.72	1:22.42	1:26.16	1:16.59
200 Breast	3:46.74	3:21.54	3:36.70	3:12.62	3:28.08	3:04.96	3:21.92	2:59.48	3:08.31	2:47.39
50 Fly	0:41.90	0:37.25	0:39.42	0:35.04	0:37.45	0:33.29	0:36.61	0:32.55	0:34.19	0:30.39
100 Fly	1:35.15	1:24.58	1:27.83	1:18.08	1:22.13	1:13.00	1:20.06	1:11.17	1:14.39	1:06.12
200 Fly	3:35.38	3:11.45	3:18.77	2:56.68	3:05.02	2:44.46	3:03.78	2:43.36	2:47.70	2:29.07
100 IM	1:39.83	1:28.74	1:36.09	1:25.41	1:30.23	1:20.20	1:28.35	1:18.54	1:22.99	1:13.77
200 IM	3:20.21	2:57.96	3:08.73	2:47.76	3:01.02	2:40.91	2:58.26	2:38.46	2:46.93	2:28.38
400 IM	7:08.44	6:20.84	6:46.61	6:01.43	6:30.18	5:46.83	6:20.93	5:38.60	5:58.03	5:18.25

Long Course Time Standards 2008 - 2012

May be reviewed at the end of the 2008/2009 season

Published Sept 30, 2008

Stroke	11 & Under Girls		12 year old Girls		13 year old Girls		14 year old Girls		15 & Over Girls	
	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:40.59	0:36.08	0:38.45	0:34.18	0:37.11	0:32.99	0:36.47	0:32.42	0:35.54	0:31.59
100 Free	1:29.21	1:19.35	1:24.66	1:15.25	1:20.90	1:11.91	1:18.48	1:09.76	1:16.31	1:07.83
200 Free	3:13.24	2:51.77	3:02.67	2:42.37	2:54.87	2:35.44	2:50.61	2:31.65	2:45.05	2:26.71
400 Free	6:47.33	6:02.07	6:23.41	5:40.81	6:09.88	5:28.78	6:04.15	5:23.69	5:51.82	5:12.73
800 Free	14:21.55	12:45.82	13:30.48	12:00.43	12:55.23	11:29.09	12:39.80	11:15.38	12:13.17	10:51.71
1500 Free	30:15.75	26:54.00	28:32.97	25:22.64	25:42.27	22:50.91	25:12.98	22:24.87	24:03.56	21:23.16
50 Back	0:48.04	0:42.71	0:45.66	0:40.59	0:43.81	0:38.94	0:42.60	0:37.87	0:40.93	0:36.38
100 Back	1:43.09	1:31.63	1:38.09	1:27.19	1:32.97	1:22.64	1:29.99	1:19.99	1:27.05	1:17.38
200 Back	3:39.40	3:15.02	3:26.21	3:03.30	3:19.63	2:57.45	3:13.21	2:51.74	3:07.52	2:46.68
50 Breast	0:54.16	0:48.14	0:51.28	0:45.59	0:48.96	0:43.52	0:47.41	0:42.14	0:45.88	0:40.78
100 Breast	1:56.96	1:43.96	1:51.35	1:38.98	1:46.31	1:34.50	1:42.40	1:31.02	1:39.23	1:28.20
200 Breast	4:09.52	3:41.79	3:54.42	3:28.37	3:47.36	3:22.10	3:40.25	3:15.78	3:33.39	3:09.68
50 Fly	0:46.07	0:40.95	0:42.93	0:38.16	0:40.62	0:36.11	0:39.70	0:35.29	0:38.27	0:34.02
100 Fly	1:43.97	1:32.42	1:37.58	1:26.74	1:31.01	1:20.90	1:28.08	1:18.29	1:24.76	1:15.34
200 Fly	3:56.47	3:30.20	3:40.24	3:15.77	3:26.04	3:03.15	3:20.50	2:58.22	3:09.37	2:48.33
200 IM	3:39.23	3:14.87	3:27.41	3:04.37	3:19.26	2:57.12	3:15.20	2:53.51	3:09.00	2:48.00
400 IM	7:51.17	6:58.82	7:24.75	6:35.34	7:07.28	6:19.80	6:55.69	6:09.50	6:40.64	5:56.12

Long Course Time Standards 2008 - 2012
May be reviewed at the end of the 2008/2009 season

Published Sept 30, 2008

Stroke	12 & Under Boys		13 year old Boys		14 year old Boys		15 year old Boys		16 & Over Boys	
	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:37.63	0:33.45	0:35.60	0:31.64	0:34.34	0:30.52	0:33.60	0:29.87	0:32.01	0:28.45
100 Free	1:23.69	1:14.39	1:18.13	1:09.45	1:14.81	1:06.50	1:13.09	1:04.97	1:09.47	1:01.75
200 Free	3:01.07	2:40.95	2:50.47	2:31.53	2:43.69	2:25.50	2:39.40	2:21.69	2:31.49	2:14.66
400 Free	6:26.33	5:43.64	6:01.35	5:21.20	5:50.10	5:11.20	5:41.49	5:03.55	5:25.43	4:49.27
800 Free	14:02.11	12:28.54	13:21.60	11:52.53	12:31.60	11:08.09	12:24.41	11:01.70	11:47.84	10:29.19
1500 Free	26:41.08	23:43.18	24:26.09	21:43.19	23:27.94	20:51.50	23:13.18	20:38.38	22:00.62	19:33.88
50 Back	0:45.11	0:40.10	0:42.85	0:38.09	0:40.67	0:36.15	0:39.66	0:35.25	0:45.54	0:33.45
100 Back	1:45.89	1:27.01	1:31.11	1:20.99	1:25.89	1:16.35	1:23.61	1:14.32	1:19.52	1:10.68
200 Back	3:26.04	3:03.15	3:14.18	2:52.60	3:07.01	2:46.23	3:03.08	2:42.74	2:52.74	2:33.55
50 Breast	0:51.54	0:45.81	0:48.09	0:42.75	0:45.65	0:40.58	0:43.76	0:38.90	0:41.33	0:36.74
100 Breast	1:52.50	1:40.00	1:42.66	1:31.25	1:39.11	1:28.10	1:35.60	1:24.98	1:29.99	1:19.99
200 Breast	3:59.06	3:32.50	3:42.89	3:18.12	3:45.42	3:13.26	3:30.08	3:06.74	3:17.43	2:55.49
50 Fly	0:43.10	0:38.31	0:39.78	0:35.36	0:38.06	0:33.83	0:36.91	0:32.81	0:34.53	0:30.69
100 Fly	1:45.88	1:27.00	1:29.46	1:19.52	1:23.10	1:13.87	1:21.24	1:12.21	1:15.94	1:07.50
200 Fly	3:44.54	3:19.59	3:24.24	3:01.55	3:11.77	2:50.46	3:04.88	2:44.34	2:51.95	2:32.84
200 IM	3:27.45	3:04.33	3:15.51	2:53.79	3:06.06	2:45.39	3:02.16	2:41.92	2:51.62	2:32.55
400 IM	7:24.79	6:35.45	6:51.08	6:12.07	6:42.20	5:57.51	6:33.44	5:49.72	6:15.59	5:33.86

Manitoba/Saskatchewan Para Swimming Time Standards 2009 - 2012

Women - Short Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10				
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	4:15.71	2:46.57	2:21.93	1:43.22	1:28.55	1:09.57	0:55.79	0:50.83	0:44.63	0:43.39	0:55.79	0:54.67	0:44.63	0:44.63
100 Free	7:44.51	5:35.48	4:43.87	3:39.35	3:09.75	2:19.15	1:57.77	1:51.57	1:39.18	1:32.98	2:03.97	2:01.49	1:45.37	1:39.18
200 Free	15:05.56	10:04.09	8:59.58	7:48.03	6:19.50	4:49.80	3:55.54	3:54.42	3:29.62	3:17.22	4:19.21	4:14.02	3:36.38	3:29.62
400 Free	30:11.11	20:31.65	18:22.62	15:59.51	13:02.00	10:04.90	9:17.86	9:05.47	8:03.48	7:38.69	9:17.86	9:06.71	8:15.88	8:03.48
800 Free						19:46.80	18:35.73	18:10.94	16:06.97	14:54.84	18:35.73	18:13.42	16:31.76	16:06.97
1500 Free						38:24.60	36:03.84	35:14.25	31:06.31	28:42.06	36:03.84	35:20.57	31:55.90	31:06.31
50 Back	3:52.25	2:47.74	2:34.84	1:56.13	1:41.20	1:16.47	1:08.75	1:03.68	0:56.35	0:50.15	1:08.75	1:07.37	0:56.35	0:56.35
100 Back	7:56.24	5:47.21	5:21.40	4:03.98	3:33.90	2:44.45	2:28.76	2:16.37	2:03.97	1:51.57	2:28.76	2:25.79	2:03.97	2:03.97
200 Back	16:04.21	11:46.15	10:54.53	8:19.70	7:19.30	5:38.10	4:57.53	4:45.69	3:55.54	3:53.85	4:44.00	4:38.32	3:56.67	4:07.49
50 Breast	4:30.96	3:26.45	2:34.84	1:50.26	1:41.78	1:35.45	1:21.14	1:08.75	1:02.55		1:21.14	1:19.52	1:02.55	1:02.55
100 Breast	9:13.66	7:04.63	5:21.40	3:52.25	3:35.05	3:22.40	2:53.56	2:28.76	2:16.37		2:53.56	2:50.08	2:16.37	2:16.37
200 Breast	18:27.31	14:09.25	10:42.80	8:30.25	6:59.75	6:24.10	5:45.99	4:34.42	4:33.86		5:02.04	4:56.00	4:33.86	4:33.86
50 Fly	3:13.54	3:00.64	2:34.84	2:21.93	2:06.50	1:34.87	1:14.38	1:08.75	1:02.55	0:56.35	1:08.75	1:07.37	0:56.35	1:02.55
100 Fly	6:38.82	6:07.15	5:15.54	4:48.56	4:18.75	3:21.25	2:34.40	2:28.76	2:16.37	2:03.97	2:28.76	2:25.79	2:03.97	2:16.37
200 Fly	13:17.64	12:14.30	10:31.07	9:37.12	8:37.50	6:42.50	5:08.80	4:30.48	4:02.30	4:01.18	4:45.69	4:39.98	4:37.24	4:07.49
150 IM	8:23.22	8:03.86	7:44.51	6:27.09										
200 IM	11:42.63	9:59.99	10:25.21	8:54.89	7:35.40	6:19.50	5:22.32	4:57.53	4:07.94	3:55.54	4:57.53	4:51.58	4:20.34	4:07.94
400 IM	23:25.25	19:59.98	20:50.42	17:49.78	15:22.30	12:50.50	10:55.91	9:08.85	7:58.98	7:39.82	8:35.04	8:24.73	7:19.53	7:58.98

Manitoba/Saskatchewan Para Swimming Time Standards 2009 - 2012

Men - Short Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10				
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	3:26.45	2:09.03	2:11.61	2:14.24	1:09.57	0:56.93	0:44.63	0:43.39	0:39.68	0:38.43	0:49.59	0:43.39	0:39.68	0:39.68
100 Free	6:19.50	4:30.96	4:36.38	4:41.91	2:31.80	2:00.17	1:49.68	1:43.22	1:30.32	1:25.16	1:39.18	1:32.98	1:26.78	1:26.78
200 Free	12:39.00	8:59.58	9:10.37	9:21.38	5:54.20	4:10.70	3:51.08	3:38.18	3:12.37	3:00.64	3:29.62	3:17.22	3:04.83	3:04.83
400 Free	25:41.00	17:47.43	18:08.77	18:30.55	12:11.40	8:51.30	8:36.12	8:23.22	7:44.51	7:31.61	8:40.67	7:51.09	7:29.67	7:26.29
800 Free						17:42.60	17:12.24	16:46.43	15:29.02	15:03.21	17:21.35	15:42.17	14:59.35	14:52.58
1500 Free						35:25.20	30:26.36	28:53.11	25:48.95	24:29.77	32:22.38	27:59.23	25:18.63	24:48.20
50 Back	3:22.40	2:34.84	2:37.93	2:41.09	1:15.90	1:03.82	0:58.65	0:55.42	0:45.75	0:44.46	1:02.55	0:56.35	0:50.15	0:43.95
100 Back	6:50.55	5:15.54	5:21.85	5:28.28	2:37.55	2:19.15	2:09.03	2:02.58	1:43.22	1:39.70	2:16.37	2:03.97	1:51.57	1:39.18
200 Back	13:52.60	10:42.80	10:55.66	11:08.77	6:35.60	4:36.00	4:29.79	4:05.16	3:38.18	3:31.14	4:42.88	4:19.21	3:54.42	3:29.62
50 Breast	4:10.70	2:34.84	2:37.93	2:41.09	1:19.64	1:16.47	1:11.55	0:58.65	0:49.62		1:08.75	0:56.35	0:50.15	0:47.67
100 Breast	8:32.90	5:21.40	5:27.83	5:34.39	2:50.78	2:44.45	2:34.84	2:09.03	1:50.96		2:28.76	2:03.97	1:51.57	1:46.62
200 Breast	17:24.20	10:54.53	11:07.62	11:20.97	5:35.80	5:33.50	5:07.33	4:39.76	4:32.14		5:08.80	4:19.21	4:05.69	4:21.46
50 Fly	2:31.80	2:21.93	2:24.77	2:27.67	1:28.55	1:09.57	0:58.06	0:55.42	0:45.75	0:42.23	0:56.35	0:47.06	0:43.95	0:43.95
100 Fly	5:15.10	4:55.60	5:01.51	5:07.53	3:08.60	2:30.65	2:07.86	2:02.58	1:43.22	1:36.19	2:03.97	1:45.37	1:39.18	1:39.18
200 Fly	10:41.70	10:02.92	10:14.99	10:27.28	6:34.45	5:12.80	4:27.44	4:12.19	3:58.12	3:42.87	4:07.94	4:04.56	3:39.77	4:07.49
150 IM	7:35.40	7:05.80	7:14.32	7:23.00										
200 IM	10:12.95	9:33.60	9:45.07	9:56.77	6:19.50	5:03.60	4:30.96	4:18.06	3:52.25	3:39.35	4:32.73	4:07.94	3:43.15	3:43.15
400 IM	20:35.10	19:13.06	19:36.12	19:59.65	12:44.75	10:12.95	9:13.66	8:47.85	7:56.24	7:30.43	9:16.74	8:27.15	7:37.56	7:37.56

Manitoba/Saskatchewan Para Swimming Time Standards 2009 - 2012

Women - Long Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10				
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10	S11	S12	S13	S14
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.57	0:56.93	0:51.86	0:45.54	0:44.28	0:56.93	0:49.33	0:45.54	0:45.54
100 Free	7:35.40	5:28.90	4:38.30	3:35.05	3:09.75	2:19.15	2:00.17	1:53.85	1:41.20	1:34.87	2:06.50	1:53.85	1:47.52	1:41.20
200 Free	14:47.80	9:52.25	8:49.00	7:38.85	6:19.50	4:49.80	4:00.35	3:59.20	3:33.90	3:21.25	4:24.50	3:59.20	3:40.80	3:33.90
400 Free	29:35.60	20:07.50	18:01.00	15:40.70	13:02.00	10:04.90	9:29.25	9:16.60	8:13.35	7:48.05	9:29.25	8:51.30	8:26.00	8:13.35
800 Free						19:46.80	18:58.50	18:33.20	16:26.70	15:13.10	18:58.50	17:42.60	16:52.00	16:26.70
1500 Free						38:24.60	36:48.00	35:57.40	31:44.40	29:17.20	36:48.00	33:53.20	32:35.00	31:44.40
50 Back	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20	1:16.47	1:10.15	1:04.98	0:57.50	0:51.18	1:10.15	1:04.98	0:57.50	0:57.50
100 Back	7:46.90	5:40.40	5:15.10	3:59.20	3:33.90	2:44.45	2:31.80	2:19.15	2:06.50	1:53.85	2:31.80	2:19.15	2:06.50	2:06.50
200 Back	15:45.30	11:32.30	10:41.70	8:09.90	7:19.30	5:38.10	5:03.60	4:51.52	4:00.35	3:58.62	4:49.80	4:03.22	4:01.50	4:12.54
50 Breast	4:25.65	3:22.40	2:31.80	1:48.10	1:41.78	1:35.45	1:22.80	1:10.15	1:03.82		1:22.80	1:10.15	1:03.82	1:03.82
100 Breast	9:02.80	6:56.30	5:15.10	3:47.70	3:35.05	3:22.40	2:57.10	2:31.80	2:19.15		2:57.10	2:31.80	2:19.15	2:19.15
200 Breast	18:05.60	13:52.60	10:30.20	8:20.25	6:59.75	6:24.10	5:53.05	4:40.02	4:39.45		5:08.20	4:45.20	4:39.45	4:39.45
50 Fly	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.87	1:15.90	1:10.15	1:03.82	0:57.50	1:10.15	1:03.82	0:57.50	1:03.82
100 Fly	6:31.00	5:59.95	5:09.35	4:42.90	4:18.75	3:21.25	2:37.55	2:31.80	2:19.15	2:06.50	2:31.80	2:19.15	2:06.50	2:19.15
200 Fly	13:02.00	11:59.90	10:18.70	9:25.80	8:37.50	6:42.50	5:15.10	4:36.00	4:07.25	4:06.10	4:51.52	4:44.63	4:42.90	4:12.54
150 IM	8:13.35	7:54.37	7:35.40	6:19.50										
200 IM	11:28.85	9:48.23	10:12.95	8:44.40	7:35.40	6:19.50	5:28.90	5:03.60	4:13.00	4:00.35	5:03.60	4:50.95	4:25.65	4:13.00
400 IM	22:57.70	19:36.45	20:25.90	17:28.80	15:22.30	12:50.50	11:09.30	9:20.05	8:08.75	7:49.20	8:45.55	7:34.82	7:28.50	8:08.75

Manitoba/Saskatchewan Para Swimming Time Standards 2009 - 2012

Men - Long Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10				
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	3:22.40	2:06.50	1:41.20	1:28.55	1:09.57	0:56.93	0:45.54	0:44.28	0:40.48	0:39.21	0:50.60	0:44.28	0:40.48	0:40.48
100 Free	6:19.50	4:25.65	3:47.70	3:09.75	2:31.80	2:00.17	1:47.52	1:41.20	1:28.55	1:23.49	1:41.20	1:34.87	1:28.55	1:28.55
200 Free	12:39.00	8:49.00	6:47.10	6:19.50	5:54.20	4:10.70	3:46.55	3:33.90	3:08.60	2:57.10	3:33.90	3:21.25	3:08.60	3:08.60
400 Free	25:41.00	17:26.50	13:34.20	13:02.00	12:11.40	8:51.30	8:26.00	8:13.35	7:35.40	7:22.75	8:51.30	8:00.70	7:38.85	7:35.40
800 Free						17:42.60	16:52.00	16:26.70	15:10.80	14:45.50	17:42.60	16:01.40	15:17.70	15:10.80
1500 Free						35:25.20	29:50.55	28:19.12	25:18.57	24:00.95	33:02.03	28:33.50	25:49.63	25:18.57
50 Back	3:22.40	2:31.80	2:06.50	1:41.20	1:15.90	1:03.82	0:57.50	0:54.34	0:44.85	0:43.58	1:03.82	0:57.50	0:51.18	0:44.85
100 Back	6:50.55	5:09.35	4:18.75	3:28.15	2:37.55	2:19.15	2:06.50	2:00.17	1:41.20	1:37.75	2:19.15	2:06.50	1:53.85	1:41.20
200 Back	13:52.60	10:30.20	8:49.00	7:07.80	6:35.60	4:36.00	4:24.50	4:00.35	3:33.90	3:27.00	4:48.65	4:24.50	3:59.20	3:33.90
50 Breast	4:10.70	2:31.80	2:06.50	1:22.80	1:19.64	1:16.47	1:10.15	0:57.50	0:48.64		1:10.15	0:57.50	0:51.18	0:48.64
100 Breast	8:32.90	5:15.10	4:24.50	2:57.10	2:50.78	2:44.45	2:31.80	2:06.50	1:48.79		2:31.80	2:06.50	1:53.85	1:48.79
200 Breast	17:24.20	10:41.70	9:00.50	6:02.25	5:35.80	5:33.50	5:01.30	4:34.28	4:26.80		5:15.10	4:24.50	4:10.70	4:26.80
50 Fly	2:31.80	2:19.15	1:53.85	1:41.20	1:28.55	1:09.57	0:56.93	0:54.34	0:44.85	0:41.40	0:57.50	0:48.01	0:44.85	0:44.85
100 Fly	5:15.10	4:49.80	3:59.20	3:33.90	3:08.60	2:30.65	2:05.35	2:00.17	1:41.20	1:34.30	2:06.50	1:47.52	1:41.20	1:41.20
200 Fly	10:41.70	9:51.10	8:09.90	7:19.30	6:34.45	5:12.80	4:22.20	4:07.25	3:53.45	3:38.50	4:13.00	4:09.55	3:44.25	4:07.48
150 IM	7:35.40	6:57.45	6:19.50	5:03.60										
200 IM	10:12.95	9:22.35	8:19.10	6:50.55	6:19.50	5:03.60	4:25.65	4:13.00	3:47.70	3:35.05	4:38.30	4:13.00	3:47.70	3:47.70
400 IM	20:35.10	18:50.45	16:43.95	13:46.85	12:44.75	10:12.95	9:02.80	8:37.50	7:46.90	7:21.60	9:28.10	8:37.50	7:46.90	7:46.90