

**2010 ManSask
Short Course Provincial Championships**



HOSTED BY

**Swim Natation Manitoba
Winnipeg, Manitoba R3M 3E4**

T: (204) 925-5778

www.swimmanitoba.mb.ca

2010 ManSask Short Course Provincial Championships March 18-21, 2010

PAN-AM POOL
25 Poseidon Bay
Winnipeg, Manitoba R3M 3E4
T: (204) 986-5890

SANCTION No.:

All current SNC Rules will be in effect.

Session	Date and Time		
1	Thursday, March 18 Designated preliminaries and timed finals	Warm-up Start	4:30 p.m. 5:30 p.m.
2	Friday, March 19 Preliminaries	Warm-up Start	8:00 a.m. 9:00 a.m.
3	Friday, March 19 Finals	Warm-up Start	4:00 p.m. 5:00 p.m.
4	Saturday, March 20 Preliminaries	Warm-up Start	8:00 a.m. 9:00 a.m.
5	Saturday, March 20 Finals	Warm-up Start	4:00 p.m. 5:00 p.m.
6	Sunday, March 21 Preliminaries	Warm-up Start	8:00 am. 9:00 a.m.
7	Sunday, March 21 Finals	Warm-up Start	4:00 p.m. 5:00 p.m.

Meet Manager

Sharra Hinton
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Meet Entries and Results

Dave Teghtsoonian
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MSOA Representative

Jim Fleury
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Officials Coordinator

Dwayne Armstrong
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1. **Facility:**
 - a. Two-8 lane 25 meter competition pools
 - b. OMEGA ARES electronic timing systems
 - c. Warm-up/down lanes available

2. **Eligibility:**
 - a. Open to all swimmers currently registered with SNC, USS and FINA who have met the pre-requisite swims as well as qualifying times in a sanctioned event since September 1, 2008 and prior to entry deadline.
 - b. Swimmers must equal or better the qualifying times prior to Tuesday, March 9, 2010.
 - c. Classification numbers for PARA swimmers must accompany entries.

3. **Age Group Categories:**
 - a. For all individual events:
 - i. Girls: 11 & Under, 12, 13, 14, 15 & Over
 - ii. Boys: 12 & Under, 13, 14, 15, 16 & Over
 - b. For all relay events:
 - i. Girls: 12 & Under, 13 & 14, 15 & Over
 - ii. Boys: 13 & Under, 14 & 15, 16 & Over

A swimmer's age shall be as of the FIRST DAY of the competition.

4. **Entry Deadline:**
 - a. Tuesday, **March 9, 2010**, 11:59 p.m.
 - b. All entries and cheques payable to **SWIM NATATION MANITOBA**.

5. **Online Entries:**
 - a. Entries must be submitted as a Hytek TM entries file via the Swim Natation Canada website at <https://www.swimming.ca/MeetList.aspx>.
 - b. Direct questions or request for additional information to the Meet Entries and Results chair.

6. **Entry Fees:**
 - a. \$7.00 per individual event.
 - b. \$9.00 per relay team event.
 - c. Entry fees include SNM fee.
 - d. All entry fees must be received by the first day of meet.
 - e. Swimmers will not be allowed to swim if meet entry fees have not been paid.
 - f. Cheques payable to:
 - i. **SWIM NATATION MANITOBA, 209-145 Pacific Ave, Winnipeg MB, R2B 2Z6**

7. **Proof of Times:**
 - a. Coaches must forward a Hytek Top Time Report
 - b. All individual entries must utilize a displayed time available in the Swim Natation Canada online entry system.
 - c. Times not available on the online system must be proven by sending a HY-TEK HY3 Proof of Time file that has been exported from a TEAM MANAGER 4 Database that has been maintained with the best times from all meets via email to the Meet Entries and Results chair prior to the entry deadline.

8. Refunds:

- a. Meet Management is not obligated to refund entry fees after the entry deadline date.

9. Entries and Limitations:

- a. Swimmers are restricted to **TEN** individual events plus relays as long as they meet the qualifying standards in those events.
- b. Meet Management reserves the right to limit entries individual events. If necessary, priority will be given to Manitoba and Saskatchewan swimmers.
- c. PARA swimmers will be fully integrated into the meet, with the following exception:
 - i. The TOP eight swimmers from preliminaries, female and male combined and all classifications S1 to S14 combined will advance to the following finals. Times achieved from preliminaries will be scored on the SNC SWAD point charts calculator.
 - (1) 50 Free PARA final
 - (2) 100 Free PARA final
 - (3) 50 Back PARA final
- d. Proof of time for all qualifying time events required.
- e. All qualified swimmers may enter Bonus Swims as described below provided they **DO NOT** exceed the entry limit of **TEN** individual events.
 - i. **ONE** 'AA' + **FIVE** bonus swims.
 - ii. **TWO** "AA" events + **FOUR** bonus swims.
 - iii. **THREE** "AA" events + **THREE** bonus swims.
 - iv. **FOUR** "AA" events + **TWO** bonus swims.
 - v. **FIVE** "AA" events + **ONE** bonus swim.
- f. Bonus swims must be flagged as such and entered with actual times for seeding purposes.
- g. No time (NT) entries will not be accepted.
- h. The 400, 800 and 1500 meter events **MAY NOT** be used as bonus swims.

10. Qualifying Times:

- a. Qualifying times as listed in this meet package apply to this competition.
- b. Converted times and NTs will not be accepted.
- c. Entry times will be accepted in SC or LC meters. Meet Management will convert the entry times, as required, using a 2% conversion prior to seeding.
- d. In compliance with the SNC LTAD Competition Policy, the following pre-requisites apply:
 - i. Females:
 - (1) 12 & Under: "A" time in 200 IM or 400 IM AND "A" time in 400 Fr, 800 Fr or 1500 Fr
 - (2) 13 & 14: "A" time in 400 IM AND "A" time in 800 Fr or 1500 Fr
 - ii. Males:
 - (1) 13 & Under: "A" time in 200 IM or 400 IM AND "A" time in 400 Fr, 800 Fr or 1500 Fr.
 - (2) 14 & 15: "A" time in 400 IM AND "A" time in 800 Fr or 1500 Fr.
 - iii. Upon achieving the applicable IM and Freestyle distance event "A" times, athletes must also achieve a "AA" time in an event to participate in and swim at the meet.
- e. All times must have been achieved during the qualifying period.
- f. PARA events that do not have qualifying times may be used as bonus events with the exception of 400, 800 and 1500 meter events.
- g. Proof of qualifying times must be provided for all swimmers entered with bonus swims.

11. Relay Events:

- a. All relay events will be Timed Finals.
- b. Age groups for relay events:
 - i. Girls: 12 & Under, 13 & 14, 15 & Over
 - ii. Boys: 13 & Under, 14 & 15, 16 & Over
- c. All relay events will be seeded by age group and gender, slowest to fastest.
- d. Relay swimmers must be properly entered in at least ONE individual event.

EXCEPTION: a club entering only one relay team in an event may bring out "relay only" swimmers to a maximum of two per age group to complete a relay team. "Relay only" swimmers must be listed in the entries as "relay only" swimmers.

- e. Unattached swimmers are NOT eligible to swim relays, with the exception of the Provincial Medley Relay.
- f. A swimmer may only participate in ONE relay team in their age group and may only swim one leg of a relay per event per age group.
- g. In addition to swimming a relay in their own age category, swimmers may swim up an age category.
- h. Swim clubs may enter a maximum of TWO relay teams per event per age group.
- i. A maximum of TWO swimmers may age up to complete an age group relay team.
- j. There are no qualifying times for relay events.
- k. To obtain a seeding time, it is recommended that a team time be submitted.
- l. Relay cards with complete swimmer names and requests for official splits must be submitted to the Clerk of Course within 30 minutes of the conclusion of the preliminary session on the day of that relay event.
- m. Final relay order may be changed through the Clerk of Course up to 30 minutes prior to the start of the relay events.
- n. Swim clubs that submit relay names with their entries file are not required to resubmit relay cards. If changes to swimmer names or swimming order are required, revisions to relay cards may be submitted to the Clerk of Course up to 30 minutes prior to the start of the relay event.
- o. Failure to meet the above criteria, the relay team will be considered 'exhibition' and is not eligible for points and awards.

12. Provincial Medley Relay Entries

- a. At the conclusion of regular competition in the final meet session, the Provincial Medley Relays will be swum.
- b. Age groups for provincial relay events:
 - i. Girls: 12 & Under, 13 & 14, 15 & Over
 - ii. Boys: 13 & Under, 14 & 15, 16 & Over
- c. Each province may enter ONE relay team in each of the male and female age groups.

13. Deck Entries:

- a. Entry fees:
 - i. \$14.00 per individual event
 - ii. \$18.00 per relay event
- b. Payable to the **Clerk of Course** prior to lane assignment.
- c. Deck entries are NOT ALLOWED in the 800FR or 1500FR events.
- d. Deck entries are only allowed if space permits.
- e. Additional heats will NOT be created.
- f. Entries will be swum as 'exhibition' only.
- g. Entries will not be scored nor advance to finals.

14. **Scratches:**

- a. The scratch deadline for the 800FR and 1500FR events is 30 minutes prior to the start of the event. Failure to properly scratch from these events will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day.
- b. Scratches from preliminary heats or timed finals may be made at any time without penalty except loss of entry fee.
- c. Scratches from finals must be submitted to the Clerk of Course prior to the **initial scratch deadline** (30 minutes after the conclusion of the respective preliminary session).
- d. The **last scratch deadline** without penalty for finals is 30 minutes prior to the start of the finals session.
- e. Events **will not** be re-seeded to include scratches made after the **initial scratch deadline**.

PLEASE NOTE: in fairness to alternate swimmers and a courtesy to all other swimmers, coaches, officials and meet management, it is expected that all scratches will be submitted to the Clerk of Course, prior to the scratch deadline.

- f. Scratches made **after the last 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.

15. **Seeding:**

- a. 800FR and 1500FR distance events will be senior seeded fastest to slowest, by gender.
 - i. Meet Management reserves the right to adjust the seeding criteria to maintain session timeline requirements and/or provide the fastest eight swimmers with the best competition available.
- b. All other events will be senior seeded slowest to fastest, by gender.
 - i. Meet Management reserves the right to adjust the seeding criteria for the 400FR event to maintain session timeline requirements.

16. **Competition:**

- a. Unless otherwise stated, current SNC rules and regulations will be in effect for this competition.
- b. The 800 FR and 1500 FR events will be swum as Timed Finals.
- c. All other individual events for all age groups will be swum as Preliminaries and Finals.
- d. Finals age groups are:
 - i. Girls: 11& Under, 12,13, 14, 15 & Over
 - ii. Boys: 12 & Under, 13, 14, 15, 16 & Over
- e. The 400 IM and 400 FR events will only have an "A" final.
- f. Consolation finals will only be held those events 200 meters and under with **20 or more athletes** entered in any age category at the entry deadline.
- g. PARA athletes will swim integrated in all preliminary sessions. They may advance to a final in their proper age and gender category which does not have a PARA final. In events that offer a separate PARA Final, they may only advance to the PARA final.

Meet Management reserves the right to limit entries in any event, change the order of events or session set-up if registration exceeds pool or time capacity.

- 17. Scoring:**
- a. Individual events for Age Group High Point Awards: 5-2-1
Individual events for Provincial Age Group Awards: 5-2-1
 - i. Individual events for team awards: 50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1
 - b. Relay events: 50-30-20-15-14-13-12-11
 - c. Points will not be awarded if a swimmer fails to make a Qualifying Time in a Final or Timed Final.
 - d. The top 16 score in all events regardless if there is a consolation final or not as long as the qualifying standard has been met.
- 18. Results:**
- a. Real-time results will be posted during the competition on the Swim Natation Manitoba website at www.swimmanitoba.mb.ca.
 - b. Final results will be posted and may be downloaded from the Swim Natation Canada website www.swimming.ca.
 - c. Splits may not be available for distance events swum two per lane.
- 19. Awards:**
- a. Individual awards:
 - i. 1st to 3rd place for Final events: Medals
 - ii. 4th to 8th place for Final events: Ribbons
 - b. PARA awards:
 - i. 1st to 3rd place for 50FR, 100FR and 50BA PARA Final events: Medals
 - ii. 4th to 8th place for Final events: Ribbons
 - c. Relay events:
 - i. 1st place: Medals for all relay team members
 - ii. 2nd and 3rd place: Ribbons for all relay team members
 - d. Individual High Point Trophy:
 - i. High point award for the top female and top male for each age category based on 5-2-1 point scoring
 - e. Betty Lou Dean award:
 - i. Award for best performance on the World Performance Charts based on FINA points scoring.
 - ii. One award each for the top female swim of the meet and the top male swim of the meet.
 - f. Club Awards:
 - i. Manitoba Small Club: Awarded to the Manitoba swim club with 15 or fewer swimmers with the highest aggregate points.
 - ii. Saskatchewan Small Club: Awarded to the Saskatchewan swim club with 15 or fewer swimmers with the highest aggregate points.
 - iii. Top Manitoba Club: Awarded to the Manitoba swim club with the highest aggregate points.
 - iv. Top Saskatchewan Club: Awarded to the Saskatchewan swim club with the highest aggregate points.
 - v. Overall Top Manitoba or Saskatchewan Small Club: Awarded to the Manitoba or Saskatchewan swim club with 15 or fewer swimmers with the overall highest aggregate points.
 - vi. Overall Top Manitoba or Saskatchewan Club: Awarded to the Manitoba or Saskatchewan swim club with the overall highest aggregate points.

20. **Warm-up Procedures:**
 - a. All SNC warm-up procedures will be in effect at this meet.
21. **Hospitality:**
 - a. Food and refreshments will be provided to coaches and officials prior to and during each session.
22. **Pro Shop:**
 - a. Available in the MPR room on the second floor of the facility.
23. **Food on Deck:**
 - a. The City of Winnipeg maintains a "No Food on Deck" policy.
 - b. Coaches are responsible for ensuring their swimmers comply with this policy.
24. **Officials:**
 - a. Any out of town officials interested in assisting at the meet may contact Dwayne Armstrong at pdarm@mts.net. All help is welcomed and greatly appreciated.
25. **Lockers**
 - a. There are lockers available in the Pan Am Pool change rooms for daily use. Cost is 25 cents per use. Swimmers are encouraged to use them to ensure their belongings are secure to avoid loss.

Meet Event List

Session 1	Event	Description	
Thursday, March 18	1	Girls 200 IM	Preliminaries
Preliminaries	2	Boys 200 IM	Preliminaries
And Timed Finals	3	Girls 1500 Freestyle	Timed Finals
Warm-up: 4:30 p.m.	4	Boys 1500 Freestyle	Timed Finals
Start: 5:30 p.m.			
Session 2	Event	Description	
Friday, March 19	5	Girls 100 Butterfly	Preliminaries
Preliminaries	6	Boys 100 Butterfly	Preliminaries
Warm-up: 8:00 a.m.	7	Girls 200 Breaststroke	Preliminaries
Start: 9:00 a.m.	8	Boys 200 Breaststroke	Preliminaries
	9	Girls 50 Freestyle	Preliminaries
	10	Boys 50 Freestyle	Preliminaries
	11	Girls 100 Backstroke	Preliminaries
	12	Boys 100 Backstroke	Preliminaries
	13	Girls 400 Freestyle	Preliminaries
	14	Boys 400 Freestyle	Preliminaries
Session 3	Event	Description	
Friday, March 19	15	Girls 12 & Under 200 Freestyle Relay	Timed Finals
Timed Finals and Finals	16	Boys 13 & Under 200 Freestyle Relay	Timed Finals
Warm-up: 4:00 p.m.	17	Girls 13 & 14 200 Freestyle Relay	Timed Finals
Start: 5:00 p.m.	18	Boys 14 & 15 200 Freestyle Relay	Timed Finals
	19	Girls 15 & Over 200 Freestyle Relay	Timed Finals
	20	Boys 16 & Over 200 Freestyle Relay	Timed Finals
	5	Girls 100 Butterfly	Finals
	6	Boys 100 Butterfly	Finals
	7	Girls 200 Breaststroke	Finals
	8	Boys 200 Breaststroke	Finals
	53	PARA 50 Freestyle	Finals
	9	Girls 50 Freestyle	Finals
	10	Boys 50 Freestyle	Finals
	11	Girls 100 Backstroke	Finals
	12	Boys 100 Backstroke	Finals
	13	Girls 400 Freestyle	Finals
	14	Boys 400 Freestyle	Finals
Session 4	Event	Description	
Saturday, March 20	21	Girls 200 Butterfly	Preliminaries
Preliminaries	22	Boys 200 Butterfly	Preliminaries
And Timed Finals	23	Girls 100 Freestyle	Preliminaries
Warm-up: 8:00 a.m.	24	Boys 100 Freestyle	Preliminaries
Start: 9:00 a.m.	25	Girls 200 Backstroke	Preliminaries
	26	Boys 200 Backstroke	Preliminaries
	27	Girls 50 Breaststroke	Preliminaries
	28	Boys 50 Breaststroke	Preliminaries
	29	Girls 800 Freestyle	Timed Finals
	30	Boys 800 Freestyle	Timed Finals

Meet Event List (cont.)

Session 5	Event	Description	
Saturday, March 20	31	Girls 12 & Under 200 Medley Relay	Timed Finals
Timed Finals and Finals	32	Boys 13 & Under 200 Medley Relay	Timed Finals
Warm-up: 4:00 p.m.	33	Girls 13 & 14 200 Medley Relay	Timed Finals
Start: 5:00 p.m.	34	Boys 14 & 15 200 Medley Relay	Timed Finals
	35	Girls 15 & Over 200 Medley Relay	Timed Finals
	36	Boys 16 & Over 200 Medley Relay	Timed Finals
	21	Girls 200 Butterfly	Finals
	22	Boys 200 Butterfly	Finals
	54	PARA 100 Freestyle	Finals
	23	Girls 100 Freestyle	Finals
	24	Boys 100 Freestyle	Finals
	25	Girls 200 Backstroke	Finals
	26	Boys 200 Backstroke	Finals
	27	Girls 50 Breaststroke	Finals
	28	Boys 50 Breaststroke	Finals
	1	Girls 200 IM	Finals
	2	Boys 200 IM	Finals
Session 6	Event	Description	
Sunday, March 21	37	Girls 50 Butterfly	Preliminaries
Preliminaries	38	Boys 50 Butterfly	Preliminaries
Warm-up: 8:00 a.m.	39	Girls 200 Freestyle	Preliminaries
Start: 9:00 a.m.	40	Boys 200 Freestyle	Preliminaries
	41	Girls 50 Backstroke	Preliminaries
	42	Boys 50 Backstroke	Preliminaries
	43	Girls 100 Breaststroke	Preliminaries
	44	Boys 100 Breaststroke	Preliminaries
	45	Girls 400 IM	Preliminaries
	46	Boys 400 IM	Preliminaries
Session 7	Event	Description	
Sunday, March 21	37	Girls 50 Butterfly	Finals
Finals	38	Boys 50 Butterfly	Finals
Warm-up: 4:30 p.m.	39	Girls 200 Freestyle	Finals
Start: 5:30 p.m.	40	Boys 200 Freestyle	Finals
	55	PARA 50 Backstroke	Finals
	41	Girls 50 Backstroke	Finals
	42	Boys 50 Backstroke	Finals
	43	Girls 100 Breaststroke	Finals
	44	Boys 100 Breaststroke	Finals
	45	Girls 400 IM	Finals
	46	Boys 400 IM	Finals
	47	Girls 12 & Under 200 MR Provincial Relay	Timed Finals
	48	Boys 13 & Under 200 MR Provincial Relay	Timed Finals
	49	Girls 13 & 14 200 MR Provincial Relay	Timed Finals
	50	Boys 14 & 15 200 MR Provincial Relay	Timed Finals
	51	Girls 15 & Over 200 MR Provincial Relay	Timed Finals
	52	Boys 16 & Over 200 MR Provincial Relay	Timed Finals



Harassment and Abuse Committee Recommendations

“All sanctioned Swim Manitoba or SNC meets under the jurisdiction of the Provincial Section shall be governed by the Swim/Natation Manitoba Harassment and Abuse Policy. A recommendation coming from the Harassment and Abuse Committee states that the deck be reserved for swimmers, coaches and volunteers assigned specific tasks in the running of the meet. The referee and meet management will have the full authority to request that any individual, who is perceived to be interfering with the peace and security required for any athlete to achieve his/her best potential, is to leave the deck, or indeed the spectator area should their conduct be viewed as having a negative impact on any athlete in the competition.”

SNC Warm-up Procedures 2005

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

General Warm-Up Rules:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow backstroke and para swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

Specific/Sprint Warm-Up Period:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes. Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.
- The following statement shall appear in the meet information and in posted notices:
"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

Equipment:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

ManSask Open Provincial Championships

Short Course Time Standards 2008-2012

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

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

ManSask Open Provincial Championships Long Course Time Standards 2008-2012

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

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	0:37.54	0:33.37
100 Back	1:37.89	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	3:37.42	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	1:37.88	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	3:27.37	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	6:35.37	6:51.08	6:12.07	6:42.20	5:57.51	6:33.44	5:49.72	6:15.59	5:33.86

2009 - 2012 Manitoba/Saskatchewan Para Swimming Time Standards Women - Short Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1 SM1	SB2 SM2	SB3 SM3	SB4 SM4	SB5 SM5	SB6 SM6	SB7 SM7	SB8 SM8	SB9 SM9	SM10				
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

2009 - 2012 Manitoba/Saskatchewan Para Swimming Time Standards Men - Short Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1 SM1	SB2 SM2	SB3 SM3	SB4 SM4	SB5 SM5	SB6 SM6	SB7 SM7	SB8 SM8	SB9 SM9	SM10				
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

2009 - 2012 Manitoba/Saskatchewan Para Swimming Time Standards Women - Long Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1 SM1	SB2 SM2	SB3 SM3	SB4 SM4	SB5 SM5	SB6 SM6	SB7 SM7	SB8 SM8	SB9 SM9	SM10				
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

2009 - 2012 Manitoba/Saskatchewan Para Swimming Time Standards Men - Long Course

Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1 SM1	SB2 SM2	SB3 SM3	SB4 SM4	SB5 SM5	SB6 SM6	SB7 SM7	SB8 SM8	SB9 SM9	SM10				
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