

**M
SASK
N** **MANITOBA / SASKATCHEWAN
OPEN LONG COURSE CHAMPIONSHIPS**
July 2 - 5, 2009 Winnipeg

50 METRES **Pan Am Pool, 25 Poseidon Bay** **LONG COURSE**

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

DATE	HEATS / FINALS		WARM-UP	START	
Jul 2	Session 1	TIME FINALS	West Pool	4:30 p.m.	5:30 p.m.
Jul 3	Session 2	HEATS	West Pool	8:00 a.m.	9:00 a.m.
Jul 3	Session 3	FINALS	West Pool	4:00 p.m.	5:00 p.m.
Jul 4	Session 4	HEATS	West Pool	8:00 a.m.	9:00 a.m.
Jul 4	Session 5	FINALS	West Pool	4:00 p.m.	5:00 p.m.
Jul 5	Session 6	HEATS	West Pool	8:00 a.m.	9:00 a.m.
Jul 5	Session 7	FINALS	West Pool	4:00 p.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.

MEET Management:

Meet Chair

Jim Fleury
(204) 727-2904 – r
(204) 578-2037 – b
fleury1@mts.net

Senior Officials Coordinator

Jim Fleury
(204) 727-2904 – r
(204) 578-2037 – b
fleury1@mts.net

Billeting

Cathie Pickerl
pickerl@shaw.ca

Meet Entries

Dave Teghtsoonian
dtex2@yahoo.ca

FACILITIES:

Long Course 2 x 50 metre competition pools, 8 lanes
Warm-up/down lanes available next to main competition pool
Ares 21 primary and semi-electronic timing systems

ELIGIBILITY:

Open to all swimmers registered with SNC, USA 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 SWAD standards. SWAD swimmers will be fully integrated (no separate heats or finals) into the meet and eligible for all awards except that there will be a SWAD final for 50 and 100 Free and 50 Back.

Swimmers must have equalled or bettered the qualifying times prior to **Tuesday June 23, 2009**.

ENTRY DEADLINE: **Midnight Tuesday June 23, 2009**

Entries must be compiled electronically via online system.

The entry system can be accessed via Swimming Canada's website at www.swimming.ca/meetlist.aspx

Cheques payable to: Swim Manitoba.

Please e-mail entries and proof of time file to Entries/Results Coordinator.

Also include a Meet Entries Report so that entries can be verified.

The Meet Entries Report should also be sent to the entries person to ensure all entries in the Entry file were downloaded correctly.

Age Group Categories:

Females

Males

11 & Under	12 & Under
12	13
13	14
14	15
15 & over	16 & over

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

In the finals session, there will be an "A" final for each age category. "B" finals 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 entry deadline of June 23, 2009.

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 July 2, 2009

QUALIFYING PERIOD:

All times must have been achieved during the qualifying period (January 23, 2008 to June 23, 2009).

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 and under males as follows:

12 & Under Females – “A” time in either 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 to participate in and swim at the meet.

Converted times will NOT be accepted. NT’s will NOT be accepted.

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

Entry times will be accepted in either short course or long course meters. Meet Management will convert the entry times using 2% conversion and will then seed the meet accordingly.

ENTRIES/LIMITATIONS

- Swimmers are restricted to 10 individual events, plus relays as long as they meet the qualifying standard in those events. Please see attached standards.
- Meet Management reserves the right to limit entries in individual events if necessary.
Since these are Provincial Championships, priority will be given to Manitoba/Saskatchewan swimmers.
- Entries must include swimmers registration number (SNC, USA, or other country) and each swimmers exact age as of the first day of the meet.
- Classification numbers for SWAD swimmers must accompany entries.
- SWAD swimmers will be fully integrated into the meet, except that there will be a SWAD final for 50, 100 Free and 50 Back. The final will be for the TOP 8 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 6 swims. To maintain session times, bonus swims may be reduced or removed for non-Manitoba and Saskatchewan swimmers.
- 400, 800 & 1500 Free and 400 IM CANNOT be used as bonus swims.

- Swimmers who have less than 6 qualifying "AA" times or SWAD times are eligible for bonus swims based on the following:
 - 1 "AA" time + 5 bonus swims entered as Bonus Swim
 - 2 "AA" times + 4 bonus swims entered as Bonus Swim
 - 3 "AA" times + 3 bonus swim entered as Bonus Swim
 - 4 "AA" times + 2 bonus swim entered as Bonus Swim
 - 5 "AA" times + 1 bonus swim entered as Bonus Swim

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, then the bonus swim option must be checked/flagged for each bonus swim.

PROOF OF TIMES:

- After uploading entries to the national meet sanctioning, entries and results site, Coaches **must** send the entries person an MS Word document from Hy-Tek with the proof of times for all 14 & Under Female swimmers and 15 & Under Male swimmers that proves their pre-requisite times for the IM and distance freestyle events.
- After uploading entries to the national meet sanctioning, entries and results site, Coaches **must** send the entries person an MS Word document from Hy-Tek for proof of times for all swimmers entered with bonus swims.
- Failure to prove the above requested swims will result in the swimmer being scratched from the event. There will be no refund of entry fees from a failure to prove a time.
- Coaches/club entry chairpersons are encouraged to send the Hy-Tek Meet Entries report with their entries and to put an "X" in the box that says: "include proof of time". This report will then provide the meet manager with the name and date that the swim was done.

SEEDING:

800/1500 – Senior seeded by gender, fastest to slowest.
Meet management reserves the right to swim two per lane.

All other events – Senior seeded by gender, fastest to slowest.
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 warm-up procedures will be in effect.
- 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 sprint 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 25 metre one-way swim.
- No fins or hand paddles allowed during warm-up.
- Coaches are responsible to ensure that their swimmers adhere to the safety rules.
- Running on deck is **not** permitted at any time.
- 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:

- The ManSask Committee supports the SNC Position paper on the wearing of applicable bathing suits and therefore encourages that swimmers do not wear Technology suits (i.e. Speedo LZR).

COMPETITION:

All individual events will be swum as preliminary heats and finals except the 800/1500 metre events will be swum as time finals.

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/Saskatchewan swimmers.

Consolation finals will be held for all events of 200 m or less, in which 20 or more swimmers are entered in preliminaries (based on entry deadline June 23, 2009 and regardless of scratches).

The 400 IM and the 400 Free will only have an "A" final for all age groups.

SWAD swimmers will swim integrated in all preliminary sessions. SWAD swimmers may advance to a final in his/her age category in any event which does not have a SWAD final. In events that there is a separate SWAD Final, then a SWAD swimmer may only advance to the SWAD final.

RELAY ENTRIES

- a) All relay events will be Time Finals and be swum in finals.
- b) 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.
- c) Unattached swimmers are NOT eligible to swim in relays, with the exception of the provincial medley relay.
- d) 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.
- e) In addition to swimming a relay in their own age category, swimmers may swim up an age category.
- f) Clubs may enter a **maximum of two** relay teams in any relay event.
- g) There are **no** qualifying times for relay events. However, to obtain seeding, a team time should be submitted.
- h) 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
- i) 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.
- j) Clubs that submit relay names with their entry file do not require resubmitting of relay cards. However, if name changes and/or order are required then clubs must submit a relay card with the revisions up to 30 minutes prior to the start of the relay event.

Failure to provide the above, the relay will be considered exhibition and therefore are not eligible

Man/Sask LC Championships, Winnipeg July 2009
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: \$7.00
- b) RELAY EVENTS: \$9.00

Entry fees must be paid in full at time of registration. 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.
 - All cheques are to be payable to **SWIM MANITOBA.**
 - The Entry Chair must receive entries by MIDNIGHT, June 23, 2009.

DECK ENTRIES:

- Individual events: \$14 per swimmer per event
- Relay Teams: \$18 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 events.** Swimmer/Coach must present late entry fee "PRIOR" to being assigned a lane. The cost of all deck entries will be **twice** the normal fee as above. Payment in cash or a cheque made out to "Swim Manitoba" 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.

SCRATCHES:

- a) Scratches from 800 and 1500 must be made 30 (thirty) minutes prior to the start of the event. If a swimmer is not scratched from the 800 Free properly, then the penalty applies which means the swimmer is out for the rest of the day which includes Saturday's Finals session.
- b) Scratches from preliminary heats may be made at any time without penalty except loss of entry fee. However, Clubs are requested to report any scratches 30 (thirty) minutes prior to the start of the session.
- c) Scratches from Finals resulting from Preliminaries may be made without penalty if reported to the Clerk of Course within 30 (thirty) minutes following the conclusion of the Preliminary session.
- d) The last scratch deadline without penalty for both final and the consolation final shall be 30

(thirty) minutes prior to the start of the finals session. There shall be no re-seeding to include scratches made after the initial scratch deadline.

Note: In fairness to alternate swimmers, and as a courtesy to all other swimmers, coaches, officials, and meet management, it is expected that scratches will be submitted to the meet manager, clerk of course, or designate, prior to the initial scratch deadline.

- e) **Penalties:** Scratches after the last 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 fee is to be assessed.
- f) **ALTERNATE SWIMMERS:** In Finals, if a contestant has not reported to the blocks when the race is called, the Referee shall have the alternate called immediately, who 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

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

Provincial Age Group Winner Awards: given to the top three Saskatchewan and top three Manitoba swimmers male and female in each age group

High Point Awards: given to the swimmer (male and female) in each age group who earns the highest number of points in a maximum of 10 individual swims during the meet. These are NOT restricted to Manitoba and Saskatchewan swimmers

Betty Lou Dean Award for outstanding swim awards both female and male based on world performance charts. The plaque for this award is retained in the Manitoba Provincial Section Office.

Club Awards: Based on the overall highest number of points

- Top Manitoba and Top Saskatchewan Clubs

- Small Club Awards (15 or fewer swimmers)
Top Manitoba and Top Saskatchewan Clubs

Overall Manitoba or Saskatchewan Top Small Club: The top Manitoba or Saskatchewan Small Club (15 or few swimmers entered in the meet) with the overall highest number of points.

Overall Manitoba or Saskatchewan Top Club: The top Manitoba or Saskatchewan Club with the overall highest number of points. Club will be presented with the Man/Sask Trophy and a 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 SWAD events that have a specific SWAD Final) for team awards as per SNC Scoring: 50,30,20,15,14,13,12,11,9,7,6,5,4,3,2,1
3. Relay events as per SNC scoring: 50-30-20-15-14-13-12-11
4. If a swimmer fails to make the qualifying time (Man\Sask Open Long Course time standards) 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 will not to be scored for the club awards.

Results:

Results will be posted on the Swim/Natation Canada web site. www.swimming.ca/Meetlist.aspx

Live results posted on the Swim Manitoba website:

OFFICIALS:

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

ACCOMMODATION:

The Manitoba tourist bureau number is (204) 942 2535

Swim Manitoba's Host Hotel:

Victoria Inn & Conference Centre (near Wpg Airport)

Please call central reservation **1-877-842-4667** to make your team or individual reservations. Rates for this event have been set at **\$95.00 Single to Quad occupancy**, plus applicable taxes. Refer to: "Man/Sask Swim" when booking your room.

For more hotel information please visit their web site at www.vicinn.com, and for directions please visit

[Http://maps.google.ca/maps/ms?hl=en&ie=UTF8&msa=0&msid=116574707589301803325.000446114f93afe791eae&ll=49.881584,-97.163601&spn=0.056413,0.159645&z=13](http://maps.google.ca/maps/ms?hl=en&ie=UTF8&msa=0&msid=116574707589301803325.000446114f93afe791eae&ll=49.881584,-97.163601&spn=0.056413,0.159645&z=13)

BILLETING:

- Billeting will only be guaranteed to Manitoba and Saskatchewan teams provided that this number does not exceed 200. PLEASE RETURN THE ATTACHED "BILLET REQUEST" FORM AS SOON AS POSSIBLE AND IN NO CASE LATER THAN June 23, 2009.
- ALL BILLETED SWIMMERS ARE TO BRING A SLEEPING BAG AND A PILLOW.
- Host families will NOT be required to look after billets who are not swimming in prelims &/or finals. Clubs must be prepared to supervise their swimmers during this free time.
- Billets will be placed on a "first asked, first served" basis.

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COACHES' TECHNICAL MEETING

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

PRO SHOP:

A pro shop will be available at the pool where swimmers can purchase goggles and other merchandise.

REGISTRATION:

Clubs may register in the conference room of the Pan Am Pool after 2:00 p.m. on Thursday, July 2, 2009.

There will be no admission charges to any of the events.



SWIM MANITOBA

200 Main Street, Winnipeg, Manitoba R3C 4M2
(204) 925-5778 Fax (204) 925-5792

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.

Event List

Prelims Finals

Thursday: 200 IM (P)
1500 Free (TF)

Friday:

Prelims

100 Fly (P)
200 Br (P)
50 Fr (P)

100 Bk (P)
400 Fr (P)

Finals

200 Fr Relay (TF)
100 Fly (F)
200 Br (F)
50 Free SWAD (F)
Top 8 mixed gender & classes S1 to S14 included
50 Fr (F)
100 Bk (F)
400 Fr (F)

Saturday:

Prelims

200 Fly (P)
100 Fr (P)

200 Bk (P)
50 Br (P)
800 Free (TF)

Finals

200 MR (TF)
200 Fly (F)
100 Free SWAD (F)
Top 8 mixed gender & classes S1 to S14 included
100 Fr (F)
200 Bk (F)
50 Br (F)
200 IM (F)

Sunday:

Prelims

50 Fly (P)
200 Fr (P)
50 Bk (P)

100 Br (P)
400 IM (P)

Finals

50 Fly (F)
200 Fr (F)
50 Back SWAD (F)
Top 8 mixed gender & classes S1 to S14 included
50 Bk (F)
100 Br (F)
400 IM (F)

200 Provincial Medley Relay

Notes:

- 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.
- Consolation finals will only be run in the oldest category for each gender for events 200 meter and under and only if the event has original entries of 20 or more.

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

Published Sept 30, 2008

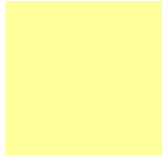
Stroke	11 & Under Girls		12 year old Girls		13 year old Girls		14 year old Girls		15 & Over Girls	
	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:39.72	0:35.30	0:37.53	0:33.36	0:36.45	0:32.40	0:35.75	0:31.78	0:34.90	0:31.02
100 Free	1:27.56	1:17.83	1:22.24	1:13.10	1:19.10	1:10.31	1:17.36	1:08.76	1:14.93	1:06.60
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	0:37.54	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

MANITOBA/SASKATCHEWAN														
2005-2008 LONG COURSE STANDARDS – REVISED April 9, 2007														
FOR SWIMMERS WITH A DISABILITY – MEN														
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	2:43.10	2:02.30	1:29.40	1:08.10	1:02.00	0:56.40	0:49.90	0:47.80	0:41.40	0:39.20	0:46.20	0:43.30	0:39.00	0:39.90
100 Free	5:54.80	4:24.90	3:18.90	2:32.00	2:17.10	2:03.40	1:50.50	1:45.70	1:30.70	1:25.90	1:43.70	1:34.30	1:27.10	1:27.80
200 Free	11:12.90	9:19.30	7:01.50	5:29.60	4:59.90									
400 Free						9:26.40	8:28.60	8:10.50	6:55.70	6:38.10	8:21.30	7:24.30	6:49.60	6:51.60
50 Back	2:59.00	2:05.70	1:39.40	1:27.50	1:12.00	1:01.05	0:55.00	0:51.98	0:42.90	0:41.69	1:01.05	0:55.00	0:48.95	0:42.90
100 Back						2:18.40	2:12.10	2:00.50	1:42.20	1:39.90	2:03.10	1:49.30	1:42.40	1:43.60
50 Breast	3:03.30	1:50.60	1:37.00	1:19.20	1:16.18	1:13.15	1:07.10	0:55.00	0:46.53		1:07.10	0:55.00	0:48.95	0:46.53
100 Breast				3:04.00	2:50.90	2:46.60	2:24.30	2:11.80	1:51.10		2:13.10	2:03.40	1:51.60	1:56.40
50 Fly	3:21.30	2:22.00	1:52.60	1:29.70	1:10.40	0:59.80	0:55.90	0:51.98	0:42.90	0:39.60	0:55.00	0:45.93	0:42.90	0:42.90
100 Fly								1:55.00	1:38.60	1:33.00	1:58.10	1:44.40	1:36.30	1:38.10
150 IM	9:55.00	9:36.50	5:33.40	4:53.50										
200 IM					5:40.60	5:22.30	4:45.70	4:23.30	3:41.10	3:35.30	4:23.20	3:54.30	3:38.60	3:46.30

Revised April 9, 2007 to include qualifying times for stroke 50's in events that previously did not have one. These stroke 50 QT's were developed by using the 2006-2008 Can-Am/East-West Standards produced by SNC in December 2006 and applying the ManSask SWAD formula of National plus 10%.

MANITOBA/SASKATCHEWAN														
2005-2008 LONG COURSE STANDARDS - REVISED April 9, 2007														
FOR SWIMMERS WITH A DISABILITY – WOMEN														
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	03:32.2	02:24.6	01:50.5	01:26.1	01:07.5	01:05.9	00:59.6	00:55.3	00:47.0	00:44.9	00:56.6	00:49.1	00:44.5	00:45.0
100 Free	07:02.0	05:29.4	03:50.4	03:05.5	02:25.5	02:24.9	02:08.4	02:01.0	01:41.2	01:38.2	02:04.8	01:48.2	01:37.2	01:38.5
200 Free	14:18.4	09:49.8	08:30.3	06:22.9	05:22.7									
400 Free						10:47.5	09:26.7	09:08.6	07:27.5	07:26.0	09:50.3	08:28.1	07:27.2	07:33.6
50 Back	03:23.4	02:38.5	02:00.1	01:34.7	01:21.7	1:13.1 5	1:07.10	1:02.15	0:55.00	0:48.95	1:07.10	1:02.15	0:55.00	0:55.00
100 Back						02:48.9	02:31.8	02:20.8	01:53.8	01:56.4	02:22.0	02:05.1	01:53.9	01:59.0
50 Breast	03:32.6	03:23.1	01:51.3	1:43.40	1:37.35	1:31.30	1:19.20	1:07.10	1:01.05		1:19.20	1:07.10	1:01.05	1:01.05
100 Breast				03:35.5	03:19.3	03:08.8	02:51.1	02:29.6	02:12.2		02:44.4	02:23.2	02:04.5	02:10.6
50 Fly	04:11.6	03:24.5	02:18.5	01:51.0	01:23.8	01:14.2	01:04.5	1:07.10	1:01.05	0:55.00	1:07.10	1:01.05	0:55.00	0:55.00
100 Fly								02:24.0	01:53.0	01:54.8	02:59.1	01:59.4	01:46.3	01:51.7
150 IM	11:55.7	10:01.1	06:38.0	05:19.7										
200 IM					07:04.9	06:04.1	05:24.0	05:09.3	04:09.9	04:07.5	05:17.5	04:36.1	04:05.2	04:05.6

Revised April 9, 2007 to include qualifying times for stroke 50's in events that previously did not have one. These stroke 50 QT's were developed by using the 2006-2008 Can-Am/East-West Standards produced by SNC in December 2006 and applying the ManSask SWAD formula of National plus 10%.

MANITOBA/SASKATCHEWAN
2005 -2008 SHORT COURSE STANDARDS - REVISED April 9, 2007
FOR SWIMMERS WITH A DISABILITY – MEN

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	02:46.4	02:04.8	01:31.1	01:09.4	01:03.2	00:57.6	00:48.9	00:46.8	00:40.6	00:38.4	00:45.3	00:42.4	00:38.2	00:39.1
100 Free	06:01.9	04:30.1	03:22.9	02:35.1	02:19.9	02:05.9	01:48.3	01:43.6	01:28.9	01:24.2	01:41.6	01:32.4	01:25.3	01:26.1
200 Free	11:26.3	09:30.5	07:09.9	05:36.2	05:05.9									
400 Free						09:37.8	08:18.4	08:00.7	06:47.4	06:30.1	08:11.3	07:15.4	06:41.4	06:43.4
50 Back	03:02.6	02:08.2	01:41.4	01:29.2	01:32.3	1:01.05	0:56.10	0:53.00	0:43.76	0:42.53	0:59.83	0:53.90	0:47.97	0:42.04
100 Back						02:21.2	02:09.5	01:58.0	01:40.2	01:37.9	02:00.6	01:47.1	01:40.3	01:41.5
50 Breast	03:07.0	01:52.8	01:39.0	2:34.09	1:16.18	1:13.15	1:08.44	0:56.10	0:47.46		1:05.76	0:53.90	0:47.97	0:45.60
100 Breast				03:07.6	02:54.3	02:50.0	02:21.4	02:09.1	01:48.9		02:10.4	02:01.0	01:49.4	01:54.1
50 Fly	03:25.4	02:24.8	01:54.8	01:31.5	01:11.8	01:01.0	00:54.8	0:53.00	0:43.76	0:40.39	0:53.90	0:45.01	0:42.04	0:42.04
100 Fly								01:52.7	01:36.7	01:31.1	01:55.7	01:42.4	01:34.4	01:36.1
150 IM	10:06.9	09:48.0	05:40.1	04:59.3										
200 IM					05:47.4	05:28.8	04:40.0	04:18.0	03:36.7	03:31.0	04:17.9	03:49.6	02:54.6	03:41.8

Revised April 9, 2007 to include qualifying times for stroke 50's in events that previously did not have one. These stroke 50 QT's were developed by using the 2006-2008 Can-Am/East-West Standards produced by SNC in December 2006 and applying the ManSask SWAD formula of National plus 10%.

MANITOBA/SASKATCHEWAN														
2005-2008 SHORT COURSE STANDARDS – REVISED April 9, 2007														
FOR SWIMMERS WITH A DISABILITY - WOMEN														
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	03:36.5	02:27.5	01:52.7	01:27.8	01:08.8	01:07.2	00:58.4	00:54.2	00:46.1	00:44.0	00:55.4	00:48.2	00:43.6	00:44.1
100 Free	07:10.5	05:36.0	03:55.0	03:09.2	02:28.5	02:27.8	02:05.8	01:58.6	01:39.2	01:36.3	02:02.4	01:46.1	01:35.3	01:36.5
200 Free	14:35.6	10:01.5	08:40.5	06:30.6	05:29.2									
400 Free						11:00.5	09:15.3	08:57.6	07:18.5	07:17.1	09:38.5	08:18.0	07:18.3	07:24.5
50 Back	03:27.5	02:41.6	02:02.5	01:36.6	01:23.3	1:13.15	1:05.76	1:00.91	0:53.90	0:47.97	1:05.76	1:04.44	0:53.90	0:53.90
100 Back						02:52.3	02:28.8	02:18.0	01:51.5	01:54.1	02:19.1	02:02.6	01:51.6	01:56.6
50 Breast	03:36.8	03:27.2	01:53.6	1:45.47	1:37.35	1:31.30	1:17.62	1:05.76	0:59.83		1:17.62	1:16.06	0:59.83	0:59.93
100 Breast				03:39.8	03:23.3	03:12.6	02:47.7	02:26.6	02:09.5		02:41.1	02:20.3	02:02.1	02:08.0
50 Fly	04:11.6	03:24.5	02:18.5	01:51.0	01:23.8	01:14.2	01:04.5	1:05.76	0:59.83	0:53.90	1:05.76	1:04.44	0:53.90	0:59.83
100 Fly								02:21.2	01:50.7	01:52.5	02:55.5	01:57.0	01:44.2	01:49.4
150 IM	12:10.0	10:13.1	06:45.9	05:26.1										
200 IM					07:13.4	06:11.3	05:17.5	05:03.1	04:04.9	04:02.5	05:11.2	04:30.6	04:00.3	04:00.7

Revised April 9, 2007 to include qualifying times for stroke 50's in events that previously did not have one. These stroke 50 QT's were developed by using the 2006-2008 Can-Am/East-West Standards produced by SNC in December 2006 and applying the ManSask SWAD formula of National plus 10%.