

2014 ManSask Short Course Provincial Championships



Hosted By



**SWIM•NATATION
MANITOBA**

209-145 Pacific Avenue
Winnipeg, Manitoba R3B 2Z6
(204) 925-5778

2014 ManSask Short Course Provincial Championships March 13 – 16, 2014

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 13	Warm-up	4:30 p.m.
	Designated preliminaries and timed finals	Start	5:30 p.m.
2	Friday, March 14	Warm-up	8:00 a.m.
	Preliminaries	Start	9:00 a.m.
3	Friday, March 14	Warm-up	4:00 p.m.
	Finals	Start	5:00 p.m.
4	Saturday, March 15	Warm-up	8:00 a.m.
	Preliminaries	Start	9:00 a.m.
5	Saturday, March 15	Warm-up	4:00 p.m.
	Finals	Start	5:00 p.m.
6	Sunday, March 16	Warm-up	8:00 a.m.
	Preliminaries	Start	9:00 a.m.
7	Sunday, March 16	Warm-up	4:00 p.m.
	Finals	Start	5:00 p.m.

Meet Managers

Peter Marrier Susan Wog
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Meet Entries and Results

Ken Barnes
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MSOA Representative

Jim Fleury
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Officials Coordinator

Nicole Parent
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1. **Facility:**
 - a. Two-8 lane 25 meter competition pools
 - b. OMEGA ARES electronic timing systems and manual backup watch
 - c. Warm-up/Cool-down lanes available

2. **Eligibility:**
 - a. Open to all swimmers currently registered with SNC, USS and FINA who qualify in one event with a ManSask ("AA") Open Short Course or Long Course qualifying time or Man/Sask Para standards.
 - b. Para swimmers will be fully integrated in heats and finals except the four Para finals.
 - c. Swimmers must have equaled or bettered the qualifying times prior to entry deadline.

3. **Age Group Categories:**
 - a. For all individual pool events:
 - i. Female: 12& Under, 13-14, 15 & Over
 - ii. Male: 13 & Under, 14-15, 16 & Over
 - b. For all relay events:
 - i. Female: 12& Under, 13 & 14, 15 & Over
 - ii. Male: 13 & Under, 14 & 15, 16 & Over
 - c. A swimmer's age shall be as of the first day of the meet

4. **Entry Deadline:**
 - a. Regional clubs: All clubs from Manitoba and Saskatchewan
 - b. **Non regional clubs: Thursday, February 27, 2014, 11:59 p.m.**
 - c. **Regional clubs: Tuesday, March 4, 2014, 11:59 p.m.**
 - d. All entries and cheques payable to **SWIM NATATION MANITOBA.**
 - e. Entries must be submitted as a Hytek TM entries file via the Swim Natation Canada website at <https://www.swimming.ca/MeetList.aspx>.
 - f. Direct questions or request for additional information to the Meet Entries and Results chair.

5. **Entry Fees:**
 - a. Individual: \$60.00
 - b. Relay only swimmers: \$30
 - c. Relay team event: \$9.00
 - d. Individual deck entry: \$15.00
 - e. Relay team deck entry: \$20.00
 - f. Entry fees include all SNM fees
 - g. All entry fees must be received by the first day of meet prior to warm-up
 - h. No swimmer / team will be allowed to start warm-up until entry fees have been paid
 - i. Cheques payable to:
SWIM NATATION MANITOBA, 206-145 Pacific Ave, Winnipeg MB, R2B 2Z6

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

7. **Entries and Limitations:**
 - a. Swimmers must have achieved at least one qualifying standard in their respective age category to be eligible to swim in this meet.
 - b. Swimmers can enter as many events as they have qualified for, up to a maximum of **SEVEN** individual events, plus relays.
 - c. Meet Management reserves the right to limit entries in individual events. If necessary, priority will be given to regional club swimmers. Meet Management has the right to limit and / or remove the number of Bonus swims from non regional club swimmers.
 - d. Entries must include the swimmer's registration number and age as of the first day of the meet.

- e. Classification numbers for Para swimmers must accompany entries.
- f. PARA swimmers will be fully integrated into the meet, with the following exception: The TOP eight swimmers in either gender from preliminaries, 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 (S1-S14) PARA final
 - (2) 100 Free (S1 – S14) PARA final
 - (3) 50 Back (S1 – S14) PARA final
 - (4) 150 IM (S1-S4) PARA final
 - (5) 200 IM (S5-S14) PARA final
- g. 100 IM may not be used to qualify for ManSask Championships

8. Qualifying Times:

- a. All swimmer entry times must have been achieved during the qualifying period (September 4, 2012 to March 4, 2014).
- b. All swimmers must have achieved at least one “AA” time in any event, in their respective age category; age as the first day of the meet. Qualifying times are listed in Appendix 3.
- c. Converted times and NTs will not be accepted.
- d. 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.
- e. PARA events that do not have qualifying times may be used as bonus events with the exception of 400 IM and 400, 800 and 1500 Free events.

9. Bonus Swims:

- a. All qualified swimmers may enter Bonus Swims as described below provided they **DO NOT** exceed the entry limit of **SEVEN** individual events.

<u># of Qualifying Times</u>	<u># of Bonus Swims</u>
1	6
2	5
3	4
4	3
5	2
6	1
7	0

- b. No-Time (NT) entries will not be accepted.
- c. The 400 IM and 400, 800 and 1500 Free events **MAY NOT** be used as bonus swims.

10. 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. i.e. alternate heats of female and male, all heats swum with 2 swimmers per lane, or fastest heat one per lane and remaining heats 2 per lane
 - ii. All other events: Preliminaries for all swimmers will be senior seeded by time alone, slowest to fastest, as per rule SW 3.1 and its sub-paragraphs, regardless of whether or not they are bonus events. Finals for individual events will be swum by gender & age groups,
 - iii. Meet Management reserves the right to adjust the seeding criteria for the 400FR event to maintain session timeline requirements. (i.e. 2 per lane)

11. Meet Safety Rules:

- a. Current SNC Risk Management procedures will be in effect as per Appendix D in SNC rule book (see Appendix 2).
- b. Safety Marshalls will be stationed around the pool deck during general warm-up.

- c. Entry into the pool must be feet-first at all times during general warm-up.
- d. During the last 30 minutes of warm-up, a minimum of two lanes will be designated as sprint lanes where an entrance dive is permitted. During this period, one-way swimming only is allowed.
- e. During the last 30 minutes of warm-up a minimum of two lanes will be designated as pace lanes, as required.
- f. Running on deck is NOT permitted.
- g. No fins or hand paddles may be used during warm-up.
- h. 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*.

12. Proof of Times:

- a. 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.
- b. All individual entries must utilize a displayed time available in the Swim Natation Canada online entry system.
- c. 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.

13. Competition:

- a. The 800 FR and 1500 FR events will be swum as Timed Finals.
- b. All other individual pool events for all age groups will be swum as Preliminaries and Finals.
- c. Consolation finals will only be held for events 200 meters and under with **20 or more athletes** entered at the entry deadline for each age category and gender.
- d. The 'A' final will swim before the 'B' final where there is a consolation final.
- e. The 400 IM and 400 FR events will only have an "A" final.
- f. PARA athletes (S1 to S14) 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.
- g. PARA athletes (S1 to S14) will be judged under IPC rules and Regulations
- h. Meet Management reserves the right to limit entries in the 400, 800 and 1500 Free and 400 IM if registration exceeds pool-time capacity. In such cases, priority will be given to regional club swimmers.

14. Relay Events:

- a. All relay events will be Timed Finals and be swum in Finals.
- b. 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. Relay only swimmers must pay the relay only swimmer fee.
- c. Unattached swimmers are NOT eligible to swim relays, with the exception of the Provincial Medley Relay.
- d. 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.
- e. In addition to swimming a relay in their own age category, swimmers may swim up an age category.
- f. Swim clubs may enter a maximum of **TWO** relay teams per event per age group.
- g. There are no qualifying times for relay events. To obtain a seeding time, it is recommended that a team time be submitted.
- h. 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.
- i. Final relay order may be changed through the Clerk of Course up to 30 minutes prior to the start of the finals session in which the relay is being held.
- j. Failure to meet the above criteria, the relay team will be considered 'exhibition' and is not eligible for points and awards.

15. Provincial Medley Relay Entries

- a. At the conclusion of regular competition in the final meet session, the Provincial Medley Relays will be swum.
- b. Each province may enter ONE relay team in each of the male and female age groups.
- c. Coaches select the swimmers to swim each stroke leg of the relay from the fastest time in that stroke swum at the meet.

16. Deck Entries:

- a. Deck entries are only allowed if space permits; however, additional heats will not be created.
- b. Deck entry fee must be presented to the **Clerk of Course** prior to lane assignment (cash or cheque payable to **Swim-Natation Manitoba**).
- c. Deck Entry fee: \$15
- d. Relay Deck Entry: \$20
- e. Deck entries are NOT ALLOWED in the 800FR and 1500FR events.
- f. Entries will be swum as '**exhibition**' only.
- g. Entries will not be scored nor advance to finals.

17. Scratches:

- a. The scratch deadline for **finals** will be 30 minutes after the end of the preliminary session on the day the final is to be swum. Penalties for late scratches shall be enforced as per section 17d.
- b. The scratch deadline for the **800FR** and **1500FR** events is 15 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. Penalties for late scratches shall be enforced as per section 17d.
- c. Scratches from preliminary heats may be made at any time without penalty except for loss of entry fee. Teams are requested to report any scratches 30 minutes prior to the start of the session.
- d. Penalties: Unexcused scratches made **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 or relay team being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty shall be assessed.
- e. **Alternate swimmers:** In Finals, if a swimmer has not reported to the blocks when the race is called, the Referee shall replace the swimmer 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.

18. Scoring:

- a. Individual pool events for Age Group High Point Awards: 5-2-1
Individual pool events for Provincial Age Group Awards: 50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1
- b. Individual pool events (including PARA events that have a specific PARA Final) for team awards: 50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1
- c. Relay events: 50-30-20-15-14-13-12-11
- d. Points will not be awarded if a swimmer fails to make a Qualifying Time in a Final or Timed Final.
- e. 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.

- 19. 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.
- 20. Individual Pool 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 PARA Final events: Medals
 - ii. 4th to 8th place for PARA 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. Provincial Age Group Awards:
 - i. High point award for the top female and top male for each age category, for each Manitoba and Saskatchewan
 - e. Individual High Point Trophy:
 - i. High point award overall for the top female and top male for each age category
 - f. Betty Lou Dean award:
 - i. Award for best performance on the World Performance Charts.
 - ii. One award each for the top female swim of the meet and the top male swim of the meet.
 - g. Philip Clark Memorial Award:
 - i. The single best swim by a PARA (S1 to S14) swimmer, male or female, based on current SNC PARA Swimming Performance Points Charts.
- 21. Club Awards:**
- a. Manitoba Small Club: Awarded to the Manitoba swim club with 15 or fewer swimmers with the highest aggregate points.
 - b. Saskatchewan Small Club: Awarded to the Saskatchewan swim club with 15 or fewer swimmers with the highest aggregate points.
 - c. Top Manitoba Club: Awarded to the Manitoba swim club with the highest aggregate points.
 - d. Top Saskatchewan Club: Awarded to the Saskatchewan swim club with the highest aggregate points.
 - e. 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.
 - f. Overall Top Manitoba or Saskatchewan Club: Awarded to the Manitoba or Saskatchewan swim club with the overall highest aggregate points
- 22. Technical Meeting:**
- a. Coaches meetings may be held 30 minutes prior to the start of any session, as required.
- 23. Pro Shop:**
- a. Available in the MPR room on the second floor of the facility.
- 24. Hospitality:**
- a. Food and refreshments will be provided to coaches and officials prior to and during each session.

Meet Event List

Session 1	Event	Description	
Thursday, March 13	110/111	Mixed Para 150 IM (S1 to S4)	Preliminaries
	Preliminaries	1	Female 200 IM (incl. S5 to S14)
	And Timed Finals	2	Male 200 IM (incl. S5 to S14)
	Warm-up: 4:30 p.m.	3	Female 1500 Freestyle
	Start: 5:30 p.m.	4	Male 1500 Freestyle
	Timed Finals		Timed Finals
Session 2	Event	Description	
Friday, March 14	5	Female 100 Butterfly	Preliminaries
	Preliminaries	6	Male 100 Butterfly
	Warm-up: 8:00 a.m.	7	Female 200 Breaststroke
	Start: 9:00 a.m.	8	Male 200 Breaststroke
	Preliminaries	11	Female 50 Freestyle
	Preliminaries	12	Male 50 Freestyle
	Preliminaries	13	Female 100 Backstroke
	Preliminaries	14	Male 100 Backstroke
	Preliminaries	15	Female 400 Freestyle
	Preliminaries	16	Male 400 Freestyle
Session 3	Event	Description	
Friday, March 14	5	Female 100 Butterfly	Finals
	Timed Finals and Finals	6	Male 100 Butterfly
	Warm-up: 4:00 p.m.	7	Female 200 Breaststroke
	Start: 5:00 p.m.	8	Male 200 Breaststroke
	Finals	9/10	PARA (S1 – S14) 50 Freestyle
	Finals	11	Female 50 Freestyle
	Finals	12	Male 50 Freestyle
	Finals	13	Female 100 Backstroke
	Finals	14	Male 100 Backstroke
	Finals	15	Female 400 Freestyle
	Finals	16	Male 400 Freestyle
	Timed Finals	17	Female 12 & Under 200 Freestyle Relay
	Timed Finals	18	Male 13 & Under 200 Freestyle Relay
	Timed Finals	19	Female 13 & 14 200 Freestyle Relay
	Timed Finals	20	Male 14 & 15 200 Freestyle Relay
	Timed Finals	21	Female 15 & Over 200 Freestyle Relay
	Timed Finals	22	Male 16 & Over 200 Freestyle Relay

Meet Event List (cont.)

Session 4	Event	Description	
Saturday, March 15	23	Female 200 Butterfly	Preliminaries
	24	Male 200 Butterfly	Preliminaries
	27	Female 100 Freestyle	Preliminaries
	28	Male 100 Freestyle	Preliminaries
	29	Female 200 Backstroke	Preliminaries
	30	Male 200 Backstroke	Preliminaries
	31	Female 50 Breaststroke	Preliminaries
	32	Male 50 Breaststroke	Preliminaries
	35	Female 800 Freestyle	Timed Finals
	36	Male 800 Freestyle	Timed Finals

Session 5	Event	Description	
Saturday, March 15	23	Female 200 Butterfly	Finals
	24	Male 200 Butterfly	Finals
	25/26	PARA (S1 – S14) 100 Freestyle	Finals
	27	Female 100 Freestyle	Finals
	28	Male 100 Freestyle	Finals
	29	Female 200 Backstroke	Finals
	30	Male 200 Backstroke	Finals
	31	Female 50 Breaststroke	Finals
	32	Male 50 Breaststroke	Finals
	110/111	PARA 150 IM (S1 to S4)	Finals
	33/34	PARA 200 IM (S5 to S14)	Finals
	1	Female 200 IM	Finals
	2	Male 200 IM	Finals
	37	Female 12 & Under 200 Medley Relay	Timed Finals
	38	Male 13 & Under 200 Medley Relay	Timed Finals
	39	Female 13 & 14 200 Medley Relay	Timed Finals
	40	Male 14 & 15 200 Medley Relay	Timed Finals
	41	Female 15 & Over 200 Medley Relay	Timed Finals
	42	Male 16 & Over 200 Medley Relay	Timed Finals

Meet Event List (cont.)

Session 6	Event	Description	
Sunday, March 16	43	Female 50 Butterfly	Preliminaries
Preliminaries	44	Male 50 Butterfly	Preliminaries
Warm-up: 8:00 a.m.	45	Female 200 Freestyle	Preliminaries
Start: 9:00 a.m.	46	Male 200 Freestyle	Preliminaries
	49	Female 50 Backstroke	Preliminaries
	50	Male 50 Backstroke	Preliminaries
	51	Female 100 Breaststroke	Preliminaries
	52	Male 100 Breaststroke	Preliminaries
	53	Female 400 IM	Preliminaries
	54	Male 400 IM	Preliminaries
Session 7	Event	Description	
Sunday, March 16	43	Female 50 Butterfly	Finals
Finals	44	Male 50 Butterfly	Finals
Warm-up: 4:30 p.m.	45	Female 200 Freestyle	Finals
Start: 5:30 p.m.	46	Male 200 Freestyle	Finals
	47/48	PARA 50 Backstroke (S1 to S 14)	Finals
	49	Female 50 Backstroke	Finals
	50	Male 50 Backstroke	Finals
	51	Female 100 Breaststroke	Finals
	52	Male 100 Breaststroke	Finals
	53	Female 400 IM	Finals
	54	Male 400 IM	Finals
	55	Female 12 & Under 200 MR Provincial Relay	Timed Finals
	56	Male 13 & Under 200 MR Provincial Relay	Timed Finals
	57	Female 13 & 14 200 MR Provincial Relay	Timed Finals
	58	Male 14 & 15 200 MR Provincial Relay	Timed Finals
	59	Female 15 & Over 200 MR Provincial Relay	Timed Finals
	60	Male 16 & Over 200 MR Provincial Relay	Timed Finals

Appendix 1



COMPETITION CODE OF CONDUCT

All sanctioned Manitoba swim meets are under the jurisdiction of SNM and shall be governed by its current policies and rules, including SNM 2011 Harassment and Abuse Policy.

The deck shall be reserved solely for SNM approved personnel, swimmers, coaches, officials and volunteers assigned specific tasks in the running of the meet.

By Swimming Canada rule and policy, the referee and meet management have full authority over the competition, the deck and the spectator areas during swim meets. The spectator area is considered part of the field of play, and as such, it falls under SNM authority and all SNM bylaws, policies, and rules, apply.

Referencing the SNM Harassment and Abuse policy, the referee and meet management will require an individual to leave, if the actions of the individual are perceived to be interfering with the peace and security required for any athlete to achieve his/her best performance.

Appendix 2

Swimming/Natation Canada Risk Management/SNC Warm-Up Procedures 2009

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 Backstrokers & 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.

Appendix 3 – ManSask Short Course Time Standards 2013-2016

Stroke	12 & Under Girls		13 & 14 Girls		15 & Over Girls	
	A	AA	A	AA	A	AA
50 Free	0:39.23	0:34.88	0:36.02	0:32.02	0:34.29	0:30.48
100 Free	1:26.72	1:17.08	1:18.23	1:09.54	1:14.23	1:05.98
200 Free	3:07.91	2:47.03	2:49.68	2:30.83	2:40.06	2:22.28
400 Free	6:39.87	5:55.44	6:01.50	5:21.33	5:38.59	5:00.97
800 Free	13:50.97	12:18.64	12:25.72	11:02.86	11:41.16	10:23.25
1500 Free	27:26.66	24:23.70	24:30.66	21:47.25	22:45.08	20:13.40
50 Back	0:46.46	0:41.30	0:41.61	0:36.99	0:39.18	0:34.83
100 Back	1:39.29	1:28.26	1:27.67	1:17.93	1:22.63	1:13.45
200 Back	3:30.97	3:07.53	3:08.33	2:47.40	2:57.64	2:37.90
50 Breast	0:52.04	0:46.26	0:47.36	0:42.10	0:44.22	0:39.31
100 Breast	1:52.49	1:39.99	1:40.96	1:29.74	1:35.00	1:24.44
200 Breast	3:57.94	3:31.50	3:37.04	3:12.93	3:25.21	3:02.41
50 Fly	0:44.37	0:39.44	0:40.06	0:35.61	0:37.41	0:33.25
100 Fly	1:41.47	1:30.19	1:28.29	1:18.48	1:22.40	1:13.25
200 Fly	3:52.41	3:26.21	3:21.53	2:59.13	3:02.86	2:42.54
100 IM	1:44.20	1:32.62	1:34.90	1:24.35	1:29.56	1:19.60
200 IM	3:31.68	3:08.16	3:12.39	2:51.01	3:01.49	2:41.32
400 IM	7:33.13	6:42.78	6:48.83	6:03.41	6:24.79	5:42.03

Stroke	13 & Under Boys		14 & 15 Boys		16 & Over Boys	
	A	AA	A	AA	A	AA
50 Free	0:36.70	0:32.63	0:32.75	0:29.11	0:30.83	0:27.41
100 Free	1:21.01	1:12.01	1:11.62	1:03.66	1:07.13	0:59.67
200 Free	2:55.19	2:35.72	2:36.46	2:19.07	2:25.91	2:09.70
400 Free	6:07.40	5:26.58	5:34.85	4:57.64	5:10.77	4:36.24
800 Free	13:04.11	11:36.98	11:49.07	10:30.28	10:58.09	9:44.97
1500 Free	25:14.61	22:26.32	22:27.38	19:57.68	20:56.63	18:37.00
50 Back	0:43.04	0:38.26	0:38.40	0:34.13	0:35.53	0:31.58
100 Back	1:32.76	1:22.45	1:21.70	1:12.62	1:15.51	1:07.12
200 Back	3:17.87	2:55.88	2:55.43	2:35.94	2:43.75	2:25.55
50 Breast	0:49.28	0:43.81	0:43.25	0:38.44	0:39.84	0:35.42
100 Breast	1:45.93	1:34.16	1:33.07	1:22.73	1:25.82	1:16.29
200 Breast	3:44.62	3:19.67	3:22.42	2:59.93	3:06.49	2:45.77
50 Fly	0:41.32	0:36.73	0:36.63	0:32.56	0:33.50	0:29.78
100 Fly	1:33.48	1:23.09	1:19.70	1:10.84	1:13.79	1:05.59
200 Fly	3:28.49	3:05.33	3:03.03	2:42.70	2:44.59	2:26.31
100 IM	1:38.96	1:27.96	1:26.57	1:16.95	1:20.65	1:11.69
200 IM	3:19.53	2:57.36	2:58.33	2:38.51	2:45.40	2:27.03
400 IM	7:03.82	6:16.73	6:19.61	5:37.43	5:52.26	5:13.12

NOTE: The 100 IM cannot be used as a qualifying event for Man/Sask
The 400 IM and 400, 800 and 1500 Free events **MAY NOT** be used as bonus swims

ManSask Long Course Time Standards 2013 - 2016

Stroke	12 & Under Girls		13 & 14 Girls		15 & Over Girls	
	A	AA	A	AA	A	AA
50 Free	0:40.08	0:35.63	0:37.11	0:32.99	0:35.18	0:31.28
100 Free	1:29.07	1:19.18	1:20.47	1:11.53	1:16.29	1:07.82
200 Free	3:13.24	2:51.77	2:54.47	2:35.08	2:45.05	2:26.71
400 Free	6:47.33	6:02.07	6:09.88	5:28.78	5:51.05	5:12.04
800 Free	14:21.55	12:45.82	12:55.23	11:29.09	12:06.08	10:45.40
1500 Free	30:15.75	26:54.00	25:42.27	22:50.91	23:39.18	21:01.50
50 Back	0:48.04	0:42.71	0:42.94	0:38.17	0:40.82	0:36.28
100 Back	1:43.09	1:31.63	1:31.53	1:21.36	1:26.20	1:16.62
200 Back	3:39.40	3:15.02	3:17.67	2:55.70	3:05.88	2:45.23
50 Breast	0:53.66	0:47.70	0:48.65	0:43.25	0:45.21	0:40.18
100 Breast	1:55.64	1:42.79	1:45.60	1:33.87	1:38.67	1:27.70
200 Breast	4:07.81	3:40.28	3:47.36	3:22.10	3:32.30	3:08.71
50 Fly	0:45.20	0:40.17	0:40.25	0:35.78	0:38.08	0:33.85
100 Fly	1:43.64	1:32.13	1:31.01	1:20.90	1:24.10	1:14.76
200 Fly	3:56.47	3:30.20	3:26.04	3:03.15	3:08.30	2:47.38
200 IM	3:37.59	3:13.41	3:18.61	2:56.55	3:08.49	2:47.55
400 IM	7:48.93	6:56.82	7:06.46	6:19.08	6:40.06	5:55.61

Stroke	13 & Under Boys		14 & 15 Boys		16 & Over Boys	
	A	AA	A	AA	A	AA
50 Free	0:37.63	0:33.45	0:33.98	0:30.21	0:31.77	0:28.24
100 Free	1:23.69	1:14.39	1:14.24	1:05.99	1:08.91	1:01.26
200 Free	3:00.88	2:40.78	2:42.75	2:24.66	2:30.20	2:13.51
400 Free	6:23.50	5:40.89	5:49.54	5:10.70	5:22.03	4:46.25
800 Free	13:50.34	12:18.08	12:23.86	11:01.21	11:26.39	10:10.12
1500 Free	26:19.41	23:23.92	23:10.11	20:35.66	21:43.48	19:18.65
50 Back	0:45.11	0:40.10	0:40.20	0:35.73	0:37.06	0:32.94
100 Back	1:37.39	1:26.57	1:25.63	1:16.12	1:18.79	1:10.03
200 Back	3:25.61	3:02.77	3:06.27	2:45.58	2:50.61	2:31.65
50 Breast	0:51.41	0:45.70	0:44.65	0:39.69	0:40.78	0:36.25
100 Breast	1:50.54	1:38.26	1:36.10	1:25.42	1:29.56	1:19.60
200 Breast	3:57.25	3:30.89	3:30.76	3:07.35	3:14.13	2:52.56
50 Fly	0:42.63	0:37.89	0:37.27	0:33.13	0:34.31	0:30.50
100 Fly	1:36.57	1:25.84	1:22.30	1:13.16	1:15.05	1:06.71
200 Fly	3:39.47	3:15.09	3:09.08	2:48.08	2:48.97	2:30.20
200 IM	3:26.64	3:03.68	3:04.69	2:44.17	2:50.80	2:31.82
400 IM	7:22.13	6:33.01	6:35.56	5:51.61	6:07.25	5:26.44

PARA SC & LC Time standards can be found at following link - <http://www.swimmanitoba.mb.ca/timestandard.aspx>