

**Manitoba/Saskatchewan 2004/2005 Time Standards
For Swimmers With A Disability - Female**

Short Course

| 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 | | | | | | | | | |
| 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 | | | | | | | | | | | |
| 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 | | | | | | | |
| 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 |

Long Course

| 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 | | | | | | | | | |
| 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 | | | | | | | | | | | |
| 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 | | | | | | | |
| 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 |

**** National Time Standard Plus 20%**