

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

**Short Course**

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									
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											
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							
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

**Long Course**

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Free	02:43.1	02:02.3	01:29.4	01:08.1	01:02.0	00:56.4	00:49.9	00:47.8	00:41.4	00:39.2	00:46.2	00:43.3	00:39.0	00:39.9
100 Free	05:54.8	04:24.9	03:18.9	02:32.0	02:17.1	02:03.4	01:50.5	01:45.7	01:30.7	01:25.9	01:43.7	01:34.3	01:27.1	01:27.8
200 Free	11:12.9	09:19.3	07:01.5	05:29.6	04:59.9									
400 Free						09:26.4	08:28.6	08:10.5	06:55.7	06:38.1	08:21.3	07:24.3	06:49.6	06:51.6
50 Back	02:59.0	02:05.7	01:39.4	01:27.5	01:12.0									
100 Back						02:18.4	02:12.1	02:00.5	01:42.2	01:39.9	02:03.1	01:49.3	01:42.4	01:43.6
50 Breast	03:03.3	01:50.6	01:37.0											
100 Breast				03:04.0	02:50.9	02:46.6	02:24.3	02:11.8	01:51.1		02:13.1	02:03.4	01:51.6	01:56.4
50 Fly	03:21.3	02:22.0	01:52.6	01:29.7	01:10.4	00:59.8	00:55.9							
100 Fly								01:55.0	01:38.6	01:33.0	01:58.1	01:44.4	01:36.3	01:38.1
150 IM	09:55.0	09:36.5	05:33.4	04:53.5										
200 IM					05:40.6	05:22.3	04:45.7	04:23.3	03:41.1	03:35.3	04:23.2	03:54.3	03:38.6	03:46.3

**\*\* National Time Standards Plus 20%**