

**Saskatchewan
Closed A Provincial Championships**

&

**Saskatchewan
Closed 10 & Under Cup**

**Meet Managers Handbook/
Technical Package**



SWIM
SASKATCHEWAN

Revised December 2008

**SASKATCHEWAN
CLOSED SHORT / LONG COURSE
"A" PROVINCIALS and 10 & UNDER CUP**

25-50 METRES

Saskatchewan

SHORT/LONG COURSE

Sanction:

Saskatchewan #. _____

All current SNC rules will be in effect.

Dates & Times:

Day 1, 2 and 3

Friday	Time Finals	Warm-up Start	5:00 pm* 6:00 pm*
Saturday	Preliminaries	Warm-up Start	9:00 am * 10:00 am *
	Finals	Warm-up Start	4:00 pm * 5:00 pm *
Sunday	Preliminaries	Warm-up Start	9:00 am * 10:00 am *
	Finals	Warm-up Start	4:00 pm * 5:00 pm *

*** 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) minimum of two hour break between heat & final sessions.**

Meet Managers must ensure that a full one hour warm-up is provided for all sessions

Note: The splitting of pool sessions, for efficient use of time, shall be at the discretion of the meet manager, with the proviso that the preliminary heats for all senior events and the finals sessions for all age groups shall always be held in the main pool.

Please note that all 10 & under events (male and female) must be held together in the same pool session.

When hosting the long course meet, the meet manager has the discretion to either run the meet from both ends of the pool with a chase start or to have two separate sessions.

FACILITIES: Short/Long Course

- 25/50 metre competition pool
- priority will be given to 8 or more lane facilities

ELIGIBILITY:**A Provincials:**

- Open to registered competitive Saskatchewan swimmers, who meet the "A" Provincial Short/Long Course qualifying times. This is a closed meet; no swimmers from outside the province can compete in this meet.
- SWAD swimmers will be fully integrated (no separate heats or finals) into the meet and eligible for all awards.
- Swimmers must have equalled or bettered the qualifying times prior to entry deadline.
- Swimmers are de-qualified from events that they have achieved an "AA" time in. Swimmers who achieve an "AA" Time between the entry deadline and the first day of the meet must be scratched from that event.
- Age Group Categories
 - 11 & 12
 - 13 & 14
 - 15 & over

In Preliminary sessions, events will not be swum via the age categories. Each event will be swum as an open age category, senior seeded via gender, slowest to fastest. In the finals session or for events that are time finals only, each event will be swum via the 3 age categories. There will be One final per age group. There will be no consolation final for any age group.

10 and Under Cup:

- Open to all competitive Saskatchewan Swimmers 10 & Under. This is a closed meet no swimmers from outside the province can compete in this meet.
- Swimmers must be a minimum 7 years of age as of the first day of competition.

A swimmer's age shall be as of the first day of the meet for both the A Provincials and the 10 & Under Cup Competitions.

QUALIFYING TIMES

A Provincials: Saskatchewan "A" times

- De-qualifying times are Saskatchewan "AA" Short & Long Course Times. Swimmers who achieve an "AA" Time between the entry deadline and the first day of the meet must be scratched from that event.
- Swimmers will be de-qualified from a leg of a relay based on prior individual performance.
- A swimmer with an "AA" entry time in 50 or 100 stroke, prior to the start of the meet, may not swim that stroke on a relay at "A" Provincial Championships.
- A swimmer who achieves an "AA" time in an event at this meet will be permitted to swim on a relay team.
- At either meet (short course or long course), entry times will be accepted in either short course or long course. At a short course meet, short course times will be seeded first, then long course times, followed by no-time entries. For a long course meet, times will be seeded as: long course times first, short course times second, no times last.
- Converted times will NOT be accepted.

10 & Under Cup:

- there are no qualifying times

BONUS SWIMS: A PROVINCIALS ONLY

- Bonus swims for swimmers to guarantee that swimmers will have at least 6 swims.
- Swimmers who have less than 6 qualifying "A" times are eligible for bonus swims based on the following:

1 "A" time	+	5 Bonus swims
2 "A" times	+	4 Bonus swims
3 "A" times	+	3 Bonus swims
4 "A" times	+	2 Bonus swims
5 "A" times	+	1 Bonus swims

For seeding purposes, bonus swims MUST be entered with an entry time and the box for "bonus" swims on the Hy Tek TM entries checked off to indicate the entry as a bonus swim.

- *The 400 Free, 800 Free and 1500 Free and 400 IM may be used as Bonus Swims* providing the swimmer has achieved the entry time standard for that event in their respective age category as per schedule "A" on next page. Meet Management does have the discretion to limit the number of entries in these events should session timelines require to do so.

Schedule "A"
Qualifying Time Standards
Distance Freestyle and IM Events

Female	11 & Under	12 Years Old	13 Years Old	14 Years Old	15 & Over
200 IM	4:06.84	3:49.28	3:13.54	3:09.29	3:03.48
400 IM	8:45.24	8:06.90	7:54.20	7:43.80	7:27.95
400 Free	7:39.85	7:07.74	6:01.94	5:53.59	5:42.56
800 Free	16:05.14	14:48.56	14:17.58	14:01.64	13:39.02
1500 Free	31:33.66	29:46.47	28:11.26	27:38.10	26:54.74

Male	12 & Under	13 Years Old	14 Years Old	15 Years Old	16 & Over
200 IM	3:50.24	3:37.04	3:01.02	2:58.26	2:46.93
400 IM	8:12.71	7:47.60	7:28.71	7:18.07	6:51.73
400 Free	7:10.26	6:48.54	5:38.42	5:33.64	5:14.70
800 Free	15:18.53	14:20.37	13:45.90	13:37.60	12:46.30
1500 Free	29:11.05	27:13.41	26:15.01	25:44.98	24:11.07

ENTRIES AND LIMITATIONS:

1. Swimmers can enter as many events as they have qualified for, up to a maximum of **8 individual events** plus relays. Maximum 5 individual events per day.
2. Swimmers in "A" Provincials must have achieved at least one qualifying standard to enter the Competition. Please see attached time standards.
3. Entries must include the swimmers 9 Digit SNC registration number, Gender, Date of Birth, each swimmers exact age as of the first day of the meet. Entries that do not include all of this information will be rejected.
4. SWAD swimmers will be fully integrated into the meet. To be eligible to swim in "A" Provincials, SWAD swimmers must meet the Saskatchewan "A" time standards.

RELAY ENTRIES:

1. All relay events will be Time Finals. 10 and under relays will be swum in the morning Preliminary sessions. Relays for 11 & over age categories will be swum in finals.
Please Note: 10 and under swimmers are not eligible to swim on A Provincial Relay Teams.
2. 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.
3. Swimmers will be de-qualified from a leg of a relay based on prior individual performance. A swimmer with an "AA" entry time in 50 or 100 stroke, prior to the start of the meet, may not swim that stroke in a relay at "A" Provincial Championships.
4. A swimmer who achieves an "AA" time in an event at this meet will be permitted to swim on a relay team.
5. Unattached swimmers are not eligible to swim in relays.
6. Clubs may enter a maximum of 2 relay teams in any relay event.
7. There are no qualifying times for relay events. However, to obtain seeding, a team time should be submitted.

Prior to the start of the appropriate session, coaches will receive relay cards. Coaches are asked to fill in swimmer order, and to send the cards directly to the Clerk of Course at the beginning of the warm-up session.

DECK ENTRIES:

Additional swims may be permitted if empty lanes are available, but no additional heats will be created. Swimmer/Coach must present late entry fee prior to being assigned a lane. The cost of all deck entries will be twice the normal entry fee. Payment in cash or a cheque 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 finals. De-qualifying times are still in effect.

ENTRY DEADLINE:

1. Thursday, 9 days prior to meet start with a 12:00 midnight cut off time
2. Cheques for entry fees are to be made payable to the host swim club
3. The Meet Manager and/or Entries chair must receive entries by midnight, **9 days prior** to meet.
 - Clubs must submit entries by uploading their Hytek Entries File to the national events database at www.swimmeet.ca
 - Individual swimmers registered directly with Swim Sask as unattached, may submit their entries to the entries person directly via email.

FEES:**Individual events: up to a maximum of \$7.00 per swimmer per event.****Relay Teams: up to a maximum of \$9.00 per team per event.**

- Payment must be received by the entry chair on or before the entry deadline date.
- No swimmer will be allowed to swim whose entry fees have not been paid.

Entries Refund Policy: As per Winter Swimming Policy WC-4**COMPETITION:****A Provincials:**

- The 800 and 1500 free events will be swum as time finals
- 400 I.M and 400 Free events will be swum as time finals with the fastest heat being swum in FINALS for the 11 & over age groups only.
- 100 IM is available for all age categories
- All 100m events will be swum as time finals

All 50m and 200m events will be swum as heats and finals regardless of the number of swimmers entered in the event. In prelims, these events will be swum in an open age category, senior seeded via gender, slowest to fastest. The finals for these events will be swum via the 3 age categories, so the top 8 (or 6 if run in a 6 lane pool and top 5 in a 5 lane pool) in each of the 3 age categories will advance to finals. There will be One final per age group. There will be no consolation final for any age group.

10 & Under Cup

- All events are Time Finals to be swum in Preliminary sessions only

Boys and Girls events will be swum separately for both the A Provincials and 10 & Under Cup Competitions.**SEEDING:**

- The 800 & 1500 m events will be swum fastest to slowest and will be senior seeded and **may** be swum two per lane.
- The 400 free may also be swum two per lane, slowest to fastest, should session timelines require to do so.
- All other events will be swum slowest to Fastest.
- In prelims, all 50m and 200m events for the 11 & over age categories are to swum as an open age category, senior seeded via gender, slowest to fastest. The finals for the 50m and 200m events will be swum via the 3 age categories.
- The 100m events will be swum as time finals in the preliminary sessions via the 3 age categories.

SCRATCHES:

- a) 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.
- b) Scratches from TIME FINALS where the heats are split between preliminaries and finals (i.e. 400 I.M., 400 Free) must be made 30 (thirty) minutes before the start of the appropriate Preliminary 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 the final shall be 30 minutes prior to the start of the finals session. There shall be no re-seeding to include scratches made after the initial scratch deadline. (SNC 3.3 a)

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. There is no monetary assessment penalty.
- 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.

INDIVIDUAL AND RELAY EVENT AWARDS: (Medals and Ribbons)

1. **Individual:** Distinctive medals* for placing first, second & third. Ribbons for placing fourth to eighth). No separate scoring or awards for SWAD swimmers.
2. **Relay events:** Medals* for placing first. Ribbons for placing second and third.

*Please note that the Host Club is responsible for the ordering of the medals and ribbons and should check with Swim Saskatchewan for current medal purchase grants.

Number of Medals required:

Short Course: Gold 198 Silver 134 Bronze 134 (does NOT include any extra)

Long Course: Gold 190 Silver 126 Bronze 126 (does NOT include any extra)

(Note: fewer medals are required for Long course as there is no 100 IM Event)

CLUB AWARDS: (trophy or plaque)

10 & Under Cup - 10 & Under Results only – **There is a trophy that is to be taken from meet to meet. Swim Sask will pay for the cost of engraving the winner's plaque after each meet.**

All clubs entered will be eligible based on points as per scoring

**** Open Top Club Award:** - A Provincial Results only

All clubs entered will be eligible based on points as per scoring.

**** Open Small Club Award:** - A Provincial Results only

All Clubs with 15 or fewer swimmers entered will be eligible based on points as per scoring.

** Please note that the Host Club is responsible for the purchasing of Ribbons and Club Awards (Trophy or Plaque).

SCORING:**A Provincials**

1. Individual events for team awards, 9-7-6-5-4-3-2-1
2. Relay events, 18-14-12-10-8-6-4-2
3. If a swimmer fails to make the qualifying time in a final, or a time final, the points will not be scored.

Note: Top 8 score in all events, but only if the qualifying standard has been met

10 & Under Cup

1. Individual events for team awards, 9-7-6-5-4-3-2-1
2. Relay events, 18-14-12-10-8-6-4-2

Please Note: The 10 and Under Cup points will not be combined with A Provincial points

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.
- During the last 20 minutes of warm-up, lanes 1 and 8 (as well as 2 & 7 if needed) are designated as sprint lanes. An entrance dive is permitted. During this period one-way swimming only is allowed. Swimmers must leave the lane after their 25/50 metre one-way swim.
- Running on deck is **not** permitted.
- No fins or hand paddles during warm-up.

It is the coach's responsibility to inform the swimmers and ensure their discipline and adherence to the MEET SAFETY RULE.

COACHES TECHNICAL MEETING:

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

PRO SHOP:

Please indicate if a pro shop will be available at the pool where swimmers can purchase goggles and other merchandise.

ACCOMMODATIONS:

Billeting: Host Club will provide billeting to the best of their ability. The final billet list must be submitted to the Billet Chairperson no later than entry deadline (9 days prior to start of meet)

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.

Hosts should also include a list of hotel accommodations.

Event Order

Friday

50 Fly * (P)
 50 Back * (P)
 50 Breast * (P)
 50 Free * (P)
 1500 Free (TF)

Saturday:

Prelims

100 Back * (TF)
 400 Free * (TF) (slower heats/11 & over only)
 100 IM * (TF)
 200 Breast (P)
 100 Fly * (TF)
 200 Back * (P)
 400 IM (TF) (slower heats/11 & over only)
 200 Free Relay (TF) 10 & under only

Finals

200 Free Relay (TF)
 50 Back (F)
 400 Free (TF) (fastest heat/11 & over only)
 200 Breast (F)
 50 Fly (F)
 200 Back (F) 200 Breast (F)
 400 IM (TF) (fastest heat/11 & over only)

Sunday:

Prelims

800 Free (TF)
 100 Breast * (TF)
 200 Fly (P)
 100 Free * (TF)
 200 IM * (P)
 200 Medley Relay (TF) 10 & under only
 200 Free * (P)

Finals

200 Medley Relay (TF)
 200 Free (F)
 50 Breast (F)
 200 Fly (F)
 50 Free (F)
 200 IM (F)

Note: (P) = Prelims (TF) = Time Finals (F) = Finals

* Indicates all age categories are eligible (including 10 & under).

- All 10 & under events will be time finals swum in preliminaries.

- Please note for the 11 & over age categories the 400 free and 400 IM will be swum as time finals with fastest heat swum in finals.

- All 50 & 200 meter events for the 11 & over age categories are to be swum as heats and finals regardless on the number of entries. Heats will be swum in an open age category, senior seeded via gender. Finals will be swum via the 3 age categories. There will be One final per age group. There will be no consolation final for any age group.

Event List Hy-Tek

<u>Day 1, Session 1 - Friday PM</u>			
Female Event #	Event	Age	Male Event #
1	50 Fly	10 & Under Time Final	2
3	50 Fly	11 & Over Prelims	4
5	50 Back	10 & Under Time Final	6
7	50 Back	11 & Over Prelims	8
9	50 Breast	10 & Under Time Final	10
11	50 Breast	11 & Over Prelims	12
13	50 Free	10 & Under Time Final	14
15	50 Free	11 & Over Prelims	16
17	1500 Free	11 & 12, 13 & 14, 15 and Over Time Final	18

Day 2, Session 2 - Saturday AM			
Female Event #	Event	Age	Male Event #
19	100 Back	10 & Under Time Final	20
21	100 Back	11 & 12 Time Final	22
23	100 Back	13 & 14 Time Final	24
25	100 Back	15 & Over Time Final	26
27	400 Free	10 & Under Time Final	28
29	400 Free	11 & 12 Time Final (slower heats)	30
31	400 Free	13 & 14 Time Final (slower heats)	32
33	400 Free	15 & Over Time Final (slower heats)	34
35	100 IM	10 & Under Time Final	36
37	100 IM	11 & 12 Time Final	38
39	100 IM	13 & 14 Time Final	40
41	100 IM	15 & Over Time Final	42
43	200 Breast	11 & Over Prelims	44
45	100 Fly	10 & Under Time Final	46
47	100 Fly	11 & 12 Time Final	48
49	100 Fly	13 & 14 Time Final	50
51	100 Fly	15 & Over Time Final	52
53	200 Back	10 & Under Time Final	54
55	200 Back	11 & Over Prelims	56
57	400 IM	11 & 12 Time Final (slower heats)	58
59	400 IM	13 & 14 Time Final (slower heats)	60
61	400 IM	15 & Over Time Final (slower heats)	62
63	4 x 50 Free Relay	10 & Under Time Final	64

Day 2, Session 3 - Saturday PM			
Female Event #	Event	Age	Male Event #
65	4 x 50 Free Relay	11 & 12 Time Final	66
67	4 x 50 Free Relay	13 & 14 Time Final	68
69	4 x 50 Free Relay	15 & Over Time Final	70
7	50 Back	11 & 12 Final	8
7	50 Back	13 & 14 Final	8
7	50 Back	15 and Over Final	8
29	400 Free	11 & 12 Final (fastest heat)	30
31	400 Free	13 & 14 Final (fastest heat)	32
33	400 Free	15 & Over Final (fastest heat)	34
43	200 Breast	11 & 12 Final	44
43	200 Breast	13 & 14 Final	44
43	200 Breast	15 and Over Final	44
3	50 Fly	11 & 12 Final	4
3	50 Fly	13 & 14 Final	4
3	50 Fly	15 and Over Final	4
55	200 Back	11 & 12 Final	56
55	200 Back	13 & 14 Final	56
55	200 Back	15 and Over Final	56
57	400 IM	11 & 12 Final (fastest heat)	58
59	400 IM	13 & 14 Final (fastest heat)	60
61	400 IM	15 & Over Final (fastest heat)	62

Day 3, Session 4 - Sunday AM			
Female Event #	Event	Age	Male Event #
71	800 Free	11 & 12, 13 & 14, 15 and Over Time Final	72
73	100 Breast	10 & Under Time Final	74
75	100 Breast	11 & 12 Time Final	76
77	100 Breast	13 & 14 Time Final	78
79	100 Breast	15 & Over Time Final	80
81	200 Fly	11 & Over Prelims	82
83	100 Free	10 & Under Time Final	84
85	100 Free	11 & 12 Time Final	86
87	100 Free	13 & 14 Time Final	88
89	100 Free	15 & Over Time Final	90
91	200 IM	10 & Under Time Final	92
93	200 IM	11 & Over Prelims	94
95	4 x 50 Medley Relay	10 & Under Time Final	96
97	200 Free	10 & Under Time Final	98
99	200 Free	11 & Over Prelims	100

Day 3, Session 5 - Sunday PM			
Female Event #	Event	Age	Male Event #
101	4 x 50 Medley Relay	11 & 12 Time Final	102
103	4 x 50 Medley Relay	13 & 14 Time Final	104
105	4 x 50 Medley Relay	15 & Over Time Final	106
99	200 Free	11 & 12 Final	100
99	200 Free	13 & 14 Final	100
99	200 Free	15 and Over Final	100
11	50 Breast	11 & 12 Final	12
11	50 Breast	13 & 14 Final	12
11	50 Breast	15 and Over Final	12
81	200 Fly	11 & 12 Final	82
81	200 Fly	13 & 14 Final	82
81	200 Fly	15 and Over Final	82
15	50 Free	11 & 12 Final	16
15	50 Free	13 & 14 Final	16
15	50 Free	15 and Over Final	16
93	200 IM	11 & 12 Final	94
93	200 IM	13 & 14 Final	94
93	200 IM	15 and Over Final	94



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

SWIMMING TO WIN; WINNING FOR SUPPORTED BY:



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

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