

MAN/SASK
Manitoba Saskatchewan
Open Championships
**Meet Managers Handbook/
Technical Package**



Updated Nov 17, 2009

**MANITOBA / SASKATCHEWAN OPEN
SHORT / LONG COURSE CHAMPIONSHIPS**

25/50 METRES

SHORT/LONG COURSE

Summary of changes made over the years

The Man/Sask name and logo is the joint property of Swim Manitoba and Swim Saskatchewan.

In 1992 the Provinces of Manitoba and Saskatchewan agreed to combine their Provincial Short Course and Long Course Championships in order to ensure a maximum competitive atmosphere. Top-level competition from other provinces and states are welcome at these Open Championships. Nonetheless, should registration limitations be needed, preference will always be given to Manitoba/Saskatchewan swimmers. This policy of preference also applies to the billeting agreement established by both provinces.

In May 2008 the rotation of ManSask changed to enable Manitoba to host Summer Nationals New rotation effective 2009 is:

- Saskatchewan will host short course in the odd years starting March 2009 and Long Course in the even years, starting July 2010
- Manitoba will host short course in the even years, starting March 2010 and Long Course in the odd years, starting July 2009

Man/Sask has been designed as a 4-day meet starting Thursday late afternoon/early evening. Man/Sask will swim all strokes including 50 back, 50 breast and 50 fly.

While the meet awards are open to all swimmers in the meet, both Manitoba and Saskatchewan must take care to see that their top three swimmers in each event are scored for the Provincial Awards.

Man/Sask concludes on Sunday evening with the Provincial Medley Relays. The top swimmer in each stroke per gender and age group; age groups as above, will be chosen at a meeting of their provincial coaches. Any province may enter a relay team but Manitoba and Saskatchewan will always swim out of lanes 4 and 5. These relays are considered exhibition only and do not score points. Unattached swimmers are allowed to swim on a provincial relay team. Age Groups for Provincial Medley Relays are as follows:

Females - 12 & under, 13 & 14 and 15 & over

Males – 13 & Under, 14 & 15 and 16 & over

At the Short Course Provincial Championships, the Man/Sask committee will meet annually. The Committee consists of the Presidents of Swim Saskatchewan and Swim Manitoba as well as the Chairpersons of the SSCA and the MSCA. The Committee will review the Man/Sask agreement and negotiate changes as recommended by the SSCA, MSCA or either Board of Directors. Following broad consultation, the Committee will fix the dates and locations of the Man/Sask meets for the next year.

Summary of changes made over the years

SC 2002

- 10 & under age category removed. This decision was made in accordance with the SNC Athlete Development Model Policy). The age group was changed to be called 12 & under. If a swimmer 10 years of age and younger has achieved a qualifying standard in the 12 & under age category, then he/she is eligible to enter the meet and compete in the 12 & under age category.

LC 2003

- The 15 & over age category was separated into 15 & 16 and 17 & over. Rationale was to encourage older swimmers to remain with the sport. To maintain the time necessary to run evening finals, it was agreed that the 15 & 16 and 17 & over age groups would have finals only and no consolation finals. To maintain the time necessary to run prelims it was agreed that the 15 & over swimmers would be seeded together according to time.

SC 2005

- The 1500 Free for women and the 800 Free for men were added and were dispersed throughout the meet. In order to add these extra events, the event order changed slightly, moving the prelims for the 200 IM to Thursday.

LC 2006

- All events except for 400 IM and 800 and 1500 Free would be run as both prelims and finals. 400 Free to be swum senior seeded in morning prelims and the one final for each age group.
- The relays offered in finals on Friday and Saturday night were switched
- Meet Management is required to submit a financial report to the ManSask Committee by March 31 for the Short Course meet and by August 31 for the Long Course meet
- The scratch rule was changed to reflect the new scratch rule in the SNC rule book (SNC 3.3) and 5) the Open Top Club and Open Small Club Awards were eliminated.

LC 2007

- The 400 IM to be swum senior seeded in morning prelims and then one final for each age group and gender.
- All preliminaries to be senior seeded via gender, slowest to fastest except the 800 free and 1500 free which is seeded fastest to slowest.
- Finals were added in 50 Free and 100 Free for SWAD swimmers. These 2 finals are to be the Top 8 SWAD swimmers based on points. The final will be mixed classes and mixed gender. Example: the final could have 6 males and 2 females and could be swimmer from 8 different classifications.
- Entry Fees were raised to \$7 for individual events and \$9 for relay events.
- Billeting information & requirements were revised to include per diem rates for any swimmers that are not able to be billeted and have to be put in a hotel.
- Bonus entries must be flagged as bonus swims; NT entries will NOT be accepted.
- Times to be submitted as actual times and Meet Manager will convert times to appropriate course using 2% conversion.
- Relay: - swimmers may only swim one leg of a relay per event per age group, but may also swim up an age category.
- Add SWAD stroke 50 qualifying times based on SNC standards 2005-2008 qualifying times.
- 800 Free and 1500 free are not allowed to be used for Deck Entries

Summary of changes made over the years continued

LC 2008

- Thursday session to start one half hour earlier with warm-ups at 4:30 and meet at 5:30
- Increased the number of bonus swims to allow swimmers a total of 6 swims:
 - 1 "AA" time + 5 Bonus swims
 - 2 "AA" times + 4 Bonus swims
 - 3 "AA" times + 3 Bonus swims
 - 4 "AA" times + 2 Bonus swims
 - 5 "AA" times + 1 Bonus swims
- Maintain the current 15 & 16 and 17 & Over age categories
- Initial relay cards to be completed by the conclusion of the preliminary session, however final relay order may be changed/submitted up to 30 minutes prior to the start of the relays event.
- Put back in the Overall Manitoba or Saskatchewan Top Small Club award. Small Club is defined as 15 or fewer swimmers entered in the meet.

SC 2009

- The 2 older age categories (15 & 16 and 17 & Over) were put back into 1 age category with a Consolation "B" Final if the number of entries warrant a "B" final as defined in the tech package.
- The Female age category changed to 15 & over and the Male age category changed to 16 & Over. Rationale for putting back into one age category is currently there are not enough swimmers and need to make this age category competitive again.
- The age groups changed and are different for females and males to address some of the LTAD principles.
- Age Categories changed to:

| |
|---|
| Females - 12 & under, 13 & 14 and 15 & over |
| Males – 13 & Under, 14 & 15 and 16 & over |
- To comply with SNC's LTAD Competition policy, to be eligible to qualify for ManSask, the younger swimmers must now qualify in both an IM event AND in a distance Freestyle event with an "A" time standard as follows:
 - 12 & Under Females - 200 IM or 400 IM AND one of 400, 800 or 1500 Free
 - 13 & 14 Females - 400 IM and either 800 or 1500 Free
 - 13 & Under Males - 200 IM or 400 IM AND one of 400, 800 or 1500 Free
 - 14 & 15 males - 400 IM and either 800 or 1500 Free

Once achieving the IM and Distance Freestyle events, a swimmer will still be required to achieve an "AA" time in an event to swim that event at the meet.

- New Time Standards in affect for the next quadrennial and will include some single year categories. These are just the standards the swimmers must achieve to enter the meet, but the meet will still be swum as listed above. So for an example 13 year old females will have a little bit slower of a time standard in an event than a 14 year old girl, but the age category at the meet will be 13 and 14.

Summary of changes made over the years continued

LC 2009

- Added 50 back as a SWAD final
- Age categories for individual events changed to single year ages as per the qualifying times (Females 11 & under, 12, 13, 14, 15 & Over; Males 12 & Under, 13, 14, 15 and 16 & Over.
- Age categories for relays will be combined ages: Female 12 & under, 13 & 14, 15 & Over; Male 13 & Under, 14 & 15 and 16 & over.
- There will be no Consolation "B" Finals except for in the older age category for each gender and only if 20 or more entries
- The A Final will be swum before the B Final
- Added the SNC Position Paper on suits
- Added that Classification numbers for SWAD swimmers must accompany entries.
- Added that there will be no deck changing. Swimmers must use the change rooms
- Wording for submitting relay entries and cards was revised.

SC 2010

- Billeting no longer required

SC 2011

- Harmonize with Age Group National Qualifying events which means that a 12 year old cannot qualify for ManSask in the 50 or 100 free. These events will still be offered at the meet and they can swim in it but as a Bonus swim.

**MANITOBA / SASKATCHEWAN
OPEN SHORT / LONG COURSE
CHAMPIONSHIPS
MARCH / JULY**

25-50 METRES

Manitoba Saskatchewan

SHORT/LONG COURSE

Sanction:

Manitoba #. _____
Saskatchewan #. _____

All current SNC rules will be in effect.

Dates & Times:

| | | | | |
|---------------------|----------|----------------------|---------|-----------|
| <u>Day 1</u> | Thursday | Prelim & Time Finals | Warm-up | 4:30 p.m. |
| | | | Start | 5:30 p.m. |

Day 2, 3 & 4

| | | | |
|----------|---------------|---------|-----------|
| Friday | Preliminaries | Warm-up | 8:00 a.m. |
| Saturday | | Start | 9:00 a.m. |
| Sunday | Finals | Warm-up | 4:00 p.m. |
| | | Start | 5:00 p.m. |

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.

Meet Managers must ensure that a full one hour warm-up is provided for all sessions (note: this may include warm-up lanes in another tank/pool)

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

When hosting the long course meet in a facility that only has one pool, 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, 8 lanes
- Warm-up/down pool
- Electronic timing and manual watch back up

Eligibility:

Open to all swimmers registered with S.N.C., U.S.A. 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 in heats and finals except for the 3 SWAD finals. Swimmers must have equalled or bettered the qualifying times prior to entry deadline.

Age Group Categories:**Females****Males**

11 & Under
12
13
14
15 & over

12 & Under
13
14
15
16 & over

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

In the finals session, there will only be an “A” final for each age category. “B” final 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 the entry deadline date.

The “A” Final will be swum first for any event that does have a “B” final.

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

Entry Deadline:

1. Tuesday, 9 days prior to meet start with a 11:59 pm cut off time
2. Cheques payable to:
 - In Manitoba: Swim Manitoba
 - In Saskatchewan: to host swim club
3. Entries must be received by 11:59 p.m. **9 days prior** to meet.
4. Entries **must** be submitted via uploading them to the SNC Meet List/National Meet sanctioning, entries and results system at: <https://www.swimming.ca/meetlist.aspx>

The Meet Entries Report must also be sent so that the entries person/meet manager can verify that all entries in the Entry file were downloaded correctly.

Qualifying Period:

All swimmer entry times must have been achieved within 18 months prior to the entry deadline date. (i.e. any times achieved since September 2007 for entry into the March 2009 Short Course meet and January 2008 for entry into the July 2009 Long Course meet)

Fees:

Individual events: \$7 per swimmer per event
Relay Teams: \$9 per team per event

Payment must be received by the entry chair on or before the entry deadline date. If entries are emailed, then the payment must be placed in the mail immediately. No swimmer will be allowed to swim whose entry fees have not been paid.

Financial report:

Meet management is required to submit a financial report to the ManSask Committee by March 31 for the Short Course meet and by August 31 for the Long Course meet. This financial report will be used to determine if the meet entry fees need to be adjusted or not.

Refunds:

Meet Management is not obligated to refund entry fees after the entry deadline date. When Saskatchewan hosts the meet, the Winter Swimming Entries Refund Policy WC-4 is in effect and should be copied into the meet package (copy found on page 22 of this technical package document).

Entries and Limitations:

1. Swimmers can enter as many events as they have qualified for, up to a maximum of **10 individual events**, plus relays.
2. *Meet Management reserves the right to limit entries in individual events if necessary.* Since these are provincial Championships, priority will be given to Manitoba and Saskatchewan swimmers. (Note: To maintain session times, Meet Management may have the right to reduce and/or remove bonus swims for the non Manitoba/Saskatchewan swimmers.
3. Swimmers must have achieved the qualifying standard in all events swum. Please see attached time standards.
4. Entries must include the swimmers registration number (SNC, USA or other country) and each swimmers exact age as of the first day of the meet.
5. Classification numbers for SWAD swimmers must accompany entries.
6. SWAD swimmers will be fully integrated into the meet, except that there will be a SWAD final for 50 Free, 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. To determine the SWAD swimmers that are to advance to the final, the times from SWAD swimmers must be scored on the SNC SWAD point charts calculator found on the Swim Sask website at http://www.swimsask.ca/programs_swad.htm

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 females as follows:

12 & Under Females – “A” time in 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.

All times must have been achieved during the qualifying period.

Converted times will NOT be accepted neither will NT’s.

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

At either meet (short course or long course), 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.

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 the non Manitoba/Saskatchewan swimmers.

Swimmers who have less than 4 qualifying “AA” times or SWAD times are eligible for bonus swims based on the following:

| | |
|----------------|---------------|
| 1 “AA” time + | 5 Bonus swims |
| 2 “AA” times + | 4 Bonus swims |
| 3 “AA” times + | 3 Bonus swims |
| 4 “AA” times + | 2 Bonus swims |
| 5 “AA” times + | 1 Bonus swim |

The 400 Free, 800 Free, 1500 Free and 400 IM may NOT be used as Bonus Swims

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.

NOTE TO MEET MANAGERS and/or ENTRIES CHAIRPERSONS:

In case there are clubs that do not have Hytek Team Manager version 4.0 you will need to set up meet manager to flag you when entries are received that are non-conforming times. In order to do this you have to ensure that the entry qualifying times are set up in Hytek meet manager and you need to Flag entry/entry limits, by clicking the box that says: “warn if times are out of range.”

Seeding:

- 800/1500 Free Senior seeded by gender, fastest to slowest
Meet management reserves the right to change the seeding criteria for the distance events in order to adhere to session time line requirements and/or to provide the fastest 8 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)
- All other events Senior seeded by gender, slowest to fastest. In order to adhere to session's time line requirements, Meet Management has the authority to swim the 400 free morning preliminary events with 2 swimmers per lane.

Meet Safety Rules:

- Current SNC warm-up procedures will be in effect as per Appendix F in the SNC Rule Book
- Safety Marshal will be stationed around the pool deck during warm-up.
- 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 30 minutes of warm-up, a minimum of 2 lanes will be 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.
- During the last 30 minutes of warm-up a minimum of 2 lanes will be designated as pace lanes as required
- Running on deck is **not** permitted.
- No fins or hand paddles during warm-up.
- **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)

Proof of Times:

- After uploading entries to the national meet sanctioning, entries and results site, Coaches **must** send the entries person and/or meet manager a Hytek Top Time Report for 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 and/or meet manager an MS Word document from Hytek for proof of times for all swimmers entered with bonus swims.
- Swimmers must be scratched if time cannot be verified.
- Failure to prove the 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 Hytek 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.

Competition:

- a) All individual events will be swum as preliminary heats and finals except that both the 800 and 1500 free events will be swum as time finals.
- b) 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 and Saskatchewan swimmers.
- c) Consolation finals will only be held for the oldest age category and only for events 200 meters and under in which 20 or more swimmers are entered in preliminaries (based on entry deadline date and regardless of scratches).
- d) The "A" Final will be swum first before the "B" Final (if offered)
- e) The 400 IM and 400 Free will only have an "A" Final
- f) 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:

1. All relay events will be Time Finals and be swum in finals.
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. Unattached swimmers are not eligible to swim in relays, with the exception of the provincial medley relay.
4. 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.
5. In addition to swimming a relay in their own age category, swimmers may swim up an age category.
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.
8. 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 |

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.

Clubs that submit relay names with their entry file do not require resubmitting of relay cards. However, if name changes and/or order of swimmers 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 for points and awards.

Provincial Medley Relay Entries

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.

Deck Entries:

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. 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 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 or consolation finals.

Scratches:

- a) Scratches for the 800 and 1500 must be made 30 minutes prior to the start time 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 simply create empty lanes, as there shall be no re-seeding. Scratches from preliminary heats may be made at any time without penalty except for loss of entry fee. Clubs are requested to report any scratches 30 minutes prior to the start of the session.
- c) The initial scratch deadline for Finals shall be 30 minutes following the conclusion of the heats each day.
- d) The last scratch deadline without penalty for both the final and the consolation 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.

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 clerk of course, or designate, prior to the initial scratch deadline.

- e) **Penalties:** Scratches after the last scratch 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 penalty 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 replace the contestant 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.

Individual and Relay Event Awards: (Medals and Ribbons)

In Saskatchewan, Swim Saskatchewan will purchase the medals and ship them to the host club. Host Club is responsible to purchase the ribbons and all the other trophies/awards listed below, except for the Provincial Age Group Awards.

1. **Individual:** Distinctive medals for placing first, second & third. Ribbons for placing fourth to eighth. No separate scoring or awards for SWAD swimmers except for the SWAD 50 Free and 100 Free events as there is a final for these 2 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.
2. **Relay events:** Medals for placing first. Ribbons for placing second or third.

Provincial Age Group Winner Awards: (prizes provided by the respective Provincial Sections; Swim Manitoba and Swim Saskatchewan).

The overall top Saskatchewan and top Manitoba swimmer in each age group and gender receives the provincial award. The award is of the provincial section choice. Meet Management does not score these awards; a representative from each provincial section will perform this function. Manitoba shall ensure that the top 3 Manitoba swimmers are scored in each event in order to award the Manitoba Provincial Age Group Awards to the best Manitoba swimmer (male/female) in each age group. Saskatchewan shall ensure that the top 3 Saskatchewan swimmers are scored in each event in order to award the Saskatchewan Provincial Age Group Awards to the best Saskatchewan swimmer (male/female) in each age group.

High Point Awards: (may be a trophy or plaque. In Sask this must be purchased by host club)

Open Individual high point trophies for male and female in each age group based upon performance in individual events. Any swimmer in the appropriate age group may win these meet trophies. They are not restricted to Manitoba and Saskatchewan swimmers. (In Saskatchewan, the host club is responsible to purchase these awards)

Betty Lou Dean Awards (may be a trophy or plaque. In Sask this must be purchased by host club))

Outstanding swim based on World Performance Charts.

Two awards - one given to the top Female swim of the meet and one to the top Male swim of the meet.

Club Awards: - There are a total of 6 Club Awards.

Club Awards may be a trophy or plaque. In Saskatchewan the host club is responsible for the purchase of all the Club awards. All that Swim Sask purchases is the medals for the individual events and the banner for the top club.

1. Manitoba Small Club: - Manitoba clubs with 15 or fewer swimmers entered in the meet
2. Saskatchewan Small Club: - Sask clubs with 15 or fewer swimmers entered in the meet.
3. Top Manitoba Club: - Manitoba clubs
4. Top Saskatchewan Club: - Saskatchewan clubs
5. 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. Club will be presented with a trophy or plaque.
6. 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.

The trophy is presented at the conclusion of the meet. The banner will be pre-printed and presented at the conclusion of the meet.

Club Awards continued:

The overall Manitoba or Saskatchewan Top Club trophy is a permanent award and is presented year after year. The club that was the previous Man/Sask winner shall ensure that this trophy is returned to the provincial section prior to the meet or brought to the meet with the team.

(In Saskatchewan, the host club is responsible for the purchase of the banner and for the engraving on the trophy. The banner will be ordered by Swim Saskatchewan, but the club will be responsible for the cost. To help keep costs to a minimum, and to ensure consistency of the banner, Swim Manitoba and Swim Saskatchewan will order the banner from the same supplier.)

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 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 is not to be scored for the club awards.

Meet Records:

Man/Sask meet records will be kept. Records should be loaded into Hytek so that they are printed on the meet program. Swim Saskatchewan will keep the Hytek file. Once the Meet Manager has been assigned he or she should email Swim Saskatchewan to request the Hytek file. After the swim meet, Swim Sask will import results and then update the meet records.

Accommodations:

Hosts should include a list of hotel accommodations.

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.

Event List for Prelims and Finals**Thursday:****Prelims**

200 IM (P)
1500 Free (TF)

Friday:**Prelims**

100 Fly (P)
200 Breast (P)
50 Free (P)

100 Back (P)
400 Free (P)

Finals

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

Saturday:**Prelims**

200 Fly (P)
100 Free (P)

200 Back (P)
50 Breast (P)
800 Free (TF)

Finals

200 Medley Relay (TF)
200 Fly (F)
100 Free SWAD (F)
Top 8 mixed gender & classes S1 to S14 included
100 Free (F)
200 Back (F)
50 Breast (F)
200 IM (F)

Sunday:**Prelims**

50 Fly (P)
200 Free (P)
50 Back (P)
100 Breast (P)
400 IM (P)

Finals

50 Fly (F)
200 Free (F)
50 Back SWAD (F)
Top 8 mixed gender & classes S1 to S14 included
50 Back (F)
100 Breast (F)
400 IM (F)
200 Provincial Medley Relay (TF)

Notes:

- 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. The "A" Final will be swum before the consolation final.
- 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.

Event List Hy-tek

| Female Event # | EVENT | AGE | Male Event # |
|---------------------------|---------------------------------------|------------|-------------------------|
| | Day 1 Thursday PRELIMS | | |
| 1 | 200 IM | Open | 2 |
| | Day 1 Thursday TIME FINALS | | |
| 3 | 1500 Free | OPEN | 4 |

| Female Event # | EVENT | AGE | Male Event # |
|---------------------------|-----------------------------|------------|-------------------------|
| | Day 2 Friday PRELIMS | | |
| 5 | 100 fly | Open | 6 |
| 7 | 200 breast | Open | 8 |
| 9 | 50 free | Open | 10 |
| 11 | 100 back | Open | 12 |
| 13 | 400 free | Open | 14 |

Notes:

- Consolation finals will only be run in the oldest category for each gender for events of 200 meters and under and only if the event has original entries of 20 or more. The “A” Final will be swum before the consolation final.
- There will be no Consolation Final for 400 Free or 400 IM
- 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.

| Female Event # | EVENT Day 2 Friday FINALS | AGE | MALE Event # |
|-----------------------|--|--------------------------------------|---------------------|
| 15 | 200 Free relay | Female 12 & Under Male 13 & Under | 16 |
| 17 | 200 Free relay | Female 13 & 14 Male 14 & 15 | 18 |
| 19 | 200 Free relay | Female 15 & Over Male 16 & Over | 20 |
| 5 | 100 fly | Female 11 & Under Male 12 & Under | 6 |
| 5 | 100 fly | Female 12 Male 13 | 6 |
| 5 | 100 fly | Female 13 Male 14 | 6 |
| 5 | 100 fly | Female 14 Male 15 | 6 |
| 5 | 100 fly | Female 15 & over Male 16 & Over | 6 |
| 7 | 200 breast | Female 11 & Under Male 12 & Under | 8 |
| 7 | 200 breast | Female 12 Male 13 | 8 |
| 7 | 200 breast | Female 13 Male 14 | 8 |
| 7 | 200 breast | Female 14 Male 15 | 8 |
| 7 | 200 breast | Female 15 & over Male 16 & Over | 8 |

| Female Event # | EVENT Day 2 Friday FINALS Continued | AGE | MALE Event # |
|-----------------------|--|---------------------------------------|---------------------|
| 53 | 50 free SWAD | Top 8 Mixed Gender & Mixed Classes | 53 |
| 9 | 50 free | Female 11 & Under Male 12 & Under | 10 |
| 9 | 50 free | Female 12 Male 13 | 10 |
| 9 | 50 free | Female 13 Male 14 | 10 |
| 9 | 50 free | Female 14 Male 15 | 10 |
| 9 | 50 free | Female 15 & over Male 16 & Over | 10 |
| 11 | 100 back | Female 11 & Under Male 12 & Under | 12 |
| 11 | 100 back | Female 12 Male 13 | 12 |
| 11 | 100 back | Female 13 Male 14 | 12 |
| 11 | 100 back | Female 14 Male 15 | 12 |
| 11 | 100 Back | Female 15 & over Male 16 & Over | 12 |
| 13 | 400 free | Female 11 & Under Male 12 & Under | 14 |
| 13 | 400 free | Female 12 Male 13 | 14 |
| 13 | 400 free | Female 13 Male 14 | 14 |
| 13 | 400 free | Female 14 Male 15 | 14 |
| 13 | 400 free | Female 15 & Over Male 16 & Over | 14 |

| Female Event # | Day 3 Saturday PRELIMS | Age | Male Event # |
|-----------------------|-------------------------------|------------|---------------------|
| 21 | 200 fly | Open | 22 |
| 23 | 100 free | Open | 24 |
| 25 | 200 back | Open | 26 |
| 27 | 50 breast | Open | 28 |

| Female Event # | Day 3 Saturday Time Finals (this event swims in Saturday Prelims session) | Age | Male Event # |
|-----------------------|---|------------|---------------------|
| 29 | 800 Free | Open | 30 |

Notes:

- Consolation finals will only be run in the oldest category for each gender for events of 200 meters and under and only if the event has original entries of 20 or more. The “A” Final will be swum before the consolation final.
- There is no consolation final for the 400 Free or 400 IM
- 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.

| Female | Day 3 Saturday Finals | Age | Male |
|--------|-----------------------|---------------------------------------|------|
| 31 | 200 Medley relay | Female 12 & Under Male 13 & Under | 32 |
| 33 | 200 Medley relay | Female 13 & 14 Male 14 & 15 | 34 |
| 35 | 200 Medley relay | Female 15 & over Male 16 & Over | 36 |
| 21 | 200 fly | Female 11 & Under Male 12 & Under | 22 |
| 21 | 200 fly | Female 12 Male 13 | 22 |
| 21 | 200 fly | Female 13 Male 14 | 22 |
| 21 | 200 fly | Female 14 Male 15 | 22 |
| 21 | 200 fly | Female 15 & over Male 16 & Over | 22 |
| 54 | 100 free SWAD | Top 8 Mixed Gender & Mixed Classes | 54 |
| 23 | 100 free | Female 11 & Under Male 12 & Under | 24 |
| 23 | 100 free | Female 12 Male 13 | 24 |
| 23 | 100 free | Female 13 Male 14 | 24 |
| 23 | 100 free | Female 14 Male 15 | 24 |
| 23 | 100 free | Female 15 & over Male 16 & Over | 24 |

| Female | Day 3 Saturday Finals Continued | Age | Male |
|---------------|--|--------------------------------------|-------------|
| 25 | 200 back | Female 11 & Under Male 12 & Under | 26 |
| 25 | 200 back | Female 12 Male 13 | 26 |
| 25 | 200 back | Female 13 Male 14 | 26 |
| 25 | 200 back | Female 14 Male 15 | 26 |
| 25 | 200 back | Female 15 & over Male 16 & Over | 26 |
| 27 | 50 breast | Female 11 & Under Male 12 & Under | 28 |
| 27 | 50 breast | Female 12 Male 13 | 28 |
| 27 | 50 breast | Female 13 Male 14 | 28 |
| 27 | 50 breast | Female 14 Male 15 | 28 |
| 27 | 50 breast | Female 15 & over Male 16 & Over | 28 |
| 1 | 200 IM | Female 11 & Under Male 12 & Under | 2 |
| 1 | 200 IM | Female 12 Male 13 | 2 |
| 1 | 200 IM | Female 13 Male 14 | 2 |
| 1 | 200 IM | Female 14 Male 15 | 2 |
| 1 | 200 IM | Female 15 & over Male 16 & Over | 2 |

| Female | Day 4 Sunday Prelims | AGE | MALE |
|---------------|-----------------------------|------------|-------------|
| 37 | 50 fly | Open | 38 |
| 39 | 200 free | Open | 40 |
| 41 | 50 back | Open | 42 |
| 43 | 100 breast | Open | 44 |
| 45 | 400 IM | Open | 46 |

| Female | Day 4 Sunday Finals | Age | Male |
|---------------|----------------------------|--------------------------------------|-------------|
| 37 | 50 fly | Female 11 & Under Male 12 & Under | 38 |
| 37 | 50 fly | Female 12 Male 13 | 38 |
| 37 | 50 fly | Female 13 Male 14 | 38 |
| 37 | 50 fly | Female 14 Male 15 | 38 |
| 37 | 50 fly | Female 15 & over Male 16 & Over | 38 |
| 39 | 200 free | Female 11 & Under Male 12 & Under | 40 |
| 39 | 200 free | Female 12 Male 13 | 40 |
| 39 | 200 free | Female 13 Male 14 | 40 |
| 39 | 200 free | Female 14 Male 15 | 40 |
| 39 | 200 free | Female 15 & over Male 16 & Over | 40 |

| Female | Day 4 Sunday Finals Continued | Age | Male |
|---------------|--------------------------------------|--|-------------|
| 55 | 50 Back SWAD | Top 8 Mixed Gender & Mixed Classes | 55 |
| 41 | 50 back | Female 11 & Under Male 12 & Under | 42 |
| 41 | 50 back | Female 12 Male 13 | 42 |
| 41 | 50 back | Female 13 Male 14 | 42 |
| 41 | 50 back | Female 14 Male 15 | 42 |
| 41 | 50 back | Female 15 & over Male 16 & Over | 42 |
| 43 | 100 breast | Female 11 & Under Male 12 & Under | 44 |
| 43 | 100 breast | Female 12 Male 13 | 44 |
| 43 | 100 breast | Female 13 Male 14 | 44 |
| 43 | 100 breast | Female 14 Male 15 | 44 |
| 43 | 100 breast | Female 15 & over Male 16 & Over | 44 |

Notes:

- 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. The "A" Final will be swum before the consolation final.
- There is no Consolation final for 400 Free or 400 IM
- 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.

| Female | Day 4 Sunday Finals Continued | Age | Male |
|---------------|--------------------------------------|--------------------------------------|-------------|
| 45 | 400 IM | Female 11 & Under Male 12 & Under | 46 |
| 45 | 400 IM | Female 12 Male 13 | 46 |
| 45 | 400 IM | Female 13 Male 14 | 46 |
| 45 | 400 IM | Female 14 Male 15 | 46 |
| 45 | 400 IM | Female 15 & over Male 16 & Over | 46 |
| 47 | 200 MR provincial Relay | Female 12 & Under Male 13 & Under | 48 |
| 49 | 200 MR provincial Relay | Female 13 & 14 Male 14 & 15 | 50 |
| 51 | 200 MR provincial Relay | Female 15 & over Male 16 & Over | 52 |

Notes:

- 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. The "A" Final will be swum before the consolation final.
- There is no Consolation Final for 400 Free or 400 IM
- 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.

Swim Saskatchewan Inc.**WINTER SWIMMING POLICIES****Type:** Competition**Name:** Entries Refund Policy**Authority:** Winter Swimming Program Committee**Policy Number:** WC-4**Date Approved:** September 2003**Date Revised:** April 2004

Reference:

Entry fees for individual and relay competition at sanctioned Winter swim meets will be specified in the meet package and are due at the entry deadline. Swim Saskatchewan expects that all clubs will submit entry fees in advance of the meet, on or before the entry deadline.

Entries may be scratched without penalty prior to the entry deadline. If entry fees have been submitted, they will be refunded provided that the Meet Manager has received the scratch notification prior to the entry deadline.

The fees for any swimmer who is scratched from competition AFTER the entry deadline will not be refunded.

Any swimmer who is entered in the meet after the entry deadline will be considered a deck entry. Entry fees are due for any swimmer so entered at the time that the deck entry is submitted. Note that a swimmer who is deck entered CANNOT substitute for a swimmer who has been scratched after the entry deadline. The fees for the scratched swimmer are non-refundable, AND fees are due for the swimmer who is deck entered.

Fees MAY be refunded for a swimmer who is a late scratch, at the sole discretion of the Meet Manager, only for scratches due to illness of the swimmer, or due to other serious extenuating circumstances. Such refunds are a courtesy, and will not be expected. Host clubs may set internal policy governing refunds of entry fees for late scratches. Host clubs shall not suffer financial losses due to refund of entry fees.

In accordance with Winter Swimming Cancellations due to Weather or Any Other Unforeseen Circumstances Policy WC-6, Fees will not be refunded for scratches due to weather conditions beyond the control of the host club or the traveling club. If weather conditions prevent some or all of the members of a team or teams from traveling to a meet, they will not be eligible for a refund of entry fees.

Short Course Time Standards 2008 - 2012

May be reviewed at the end of the 2008/2009 season

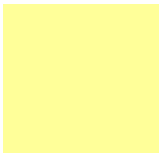
Published Sept 30, 2008

| 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 | 0:45.63 | 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 | 0:45.54 | 0:33.45 |
| 100 Back | 1:45.89 | 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 | 3:45.42 | 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 | 1:45.88 | 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 | 3:27.45 | 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 | 6:35.45 | 6:51.08 | 6:12.07 | 6:42.20 | 5:57.51 | 6:33.44 | 5:49.72 | 6:15.59 | 5:33.86 |

2009 - 2012 Manitoba/Saskatchewan Para Swimming Time Standards

Women - Short Course

| Stroke | S1 | S2 | S3 | S4 | S5 | S6 | S7 | S8 | S9 | S10 | S11 | S12 | S13 | S14 |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | SB1 | SB2 | SB3 | SB4 | SB5 | SB6 | SB7 | SB8 | SB9 | SM10 | | | | |
| | SM1 | SM2 | SM3 | SM4 | SM5 | SM6 | SM7 | SM8 | SM9 | | | | | |
| 50 Free | 4:15.71 | 2:46.57 | 2:21.93 | 1:43.22 | 1:28.55 | 1:09.57 | 0:55.79 | 0:50.83 | 0:44.63 | 0:43.39 | 0:55.79 | 0:54.67 | 0:44.63 | 0:44.63 |
| 100 Free | 7:44.51 | 5:35.48 | 4:43.87 | 3:39.35 | 3:09.75 | 2:19.15 | 1:57.77 | 1:51.57 | 1:39.18 | 1:32.98 | 2:03.97 | 2:01.49 | 1:45.37 | 1:39.18 |
| 200 Free | 15:05.56 | 10:04.09 | 8:59.58 | 7:48.03 | 6:19.50 | 4:49.80 | 3:55.54 | 3:54.42 | 3:29.62 | 3:17.22 | 4:19.21 | 4:14.02 | 3:36.38 | 3:29.62 |
| 400 Free | 30:11.11 | 20:31.65 | 18:22.62 | 15:59.51 | 13:02.00 | 10:04.90 | 9:17.86 | 9:05.47 | 8:03.48 | 7:38.69 | 9:17.86 | 9:06.71 | 8:15.88 | 8:03.48 |
| 800 Free | | | | | | 19:46.80 | 18:35.73 | 18:10.94 | 16:06.97 | 14:54.84 | 18:35.73 | 18:13.42 | 16:31.76 | 16:06.97 |
| 1500 Free | | | | | | 38:24.60 | 36:03.84 | 35:14.25 | 31:06.31 | 28:42.06 | 36:03.84 | 35:20.57 | 31:55.90 | 31:06.31 |
| 50 Back | 3:52.25 | 2:47.74 | 2:34.84 | 1:56.13 | 1:41.20 | 1:16.47 | 1:08.75 | 1:03.68 | 0:56.35 | 0:50.15 | 1:08.75 | 1:07.37 | 0:56.35 | 0:56.35 |
| 100 Back | 7:56.24 | 5:47.21 | 5:21.40 | 4:03.98 | 3:33.90 | 2:44.45 | 2:28.76 | 2:16.37 | 2:03.97 | 1:51.57 | 2:28.76 | 2:25.79 | 2:03.97 | 2:03.97 |
| 200 Back | 16:04.21 | 11:46.15 | 10:54.53 | 8:19.70 | 7:19.30 | 5:38.10 | 4:57.53 | 4:45.69 | 3:55.54 | 3:53.85 | 4:44.00 | 4:38.32 | 3:56.67 | 4:07.49 |
| 50 Breast | 4:30.96 | 3:26.45 | 2:34.84 | 1:50.26 | 1:41.78 | 1:35.45 | 1:21.14 | 1:08.75 | 1:02.55 | | 1:21.14 | 1:19.52 | 1:02.55 | 1:02.55 |
| 100 Breast | 9:13.66 | 7:04.63 | 5:21.40 | 3:52.25 | 3:35.05 | 3:22.40 | 2:53.56 | 2:28.76 | 2:16.37 | | 2:53.56 | 2:50.08 | 2:16.37 | 2:16.37 |
| 200 Breast | 18:27.31 | 14:09.25 | 10:42.80 | 8:30.25 | 6:59.75 | 6:24.10 | 5:45.99 | 4:34.42 | 4:33.86 | | 5:02.04 | 4:56.00 | 4:33.86 | 4:33.86 |
| 50 Fly | 3:13.54 | 3:00.64 | 2:34.84 | 2:21.93 | 2:06.50 | 1:34.87 | 1:14.38 | 1:08.75 | 1:02.55 | 0:56.35 | 1:08.75 | 1:07.37 | 0:56.35 | 1:02.55 |
| 100 Fly | 6:38.82 | 6:07.15 | 5:15.54 | 4:48.56 | 4:18.75 | 3:21.25 | 2:34.40 | 2:28.76 | 2:16.37 | 2:03.97 | 2:28.76 | 2:25.79 | 2:03.97 | 2:16.37 |
| 200 Fly | 13:17.64 | 12:14.30 | 10:31.07 | 9:37.12 | 8:37.50 | 6:42.50 | 5:08.80 | 4:30.48 | 4:02.30 | 4:01.18 | 4:45.69 | 4:39.98 | 4:37.24 | 4:07.49 |
| 150 IM | 8:23.22 | 8:03.86 | 7:44.51 | 6:27.09 | | | | | | | | | | |
| 200 IM | 11:42.63 | 9:59.99 | 10:25.21 | 8:54.89 | 7:35.40 | 6:19.50 | 5:22.32 | 4:57.53 | 4:07.94 | 3:55.54 | 4:57.53 | 4:51.58 | 4:20.34 | 4:07.94 |
| 400 IM | 23:25.25 | 19:59.98 | 20:50.42 | 17:49.78 | 15:22.30 | 12:50.50 | 10:55.91 | 9:08.85 | 7:58.98 | 7:39.82 | 8:35.04 | 8:24.73 | 7:19.53 | 7:58.98 |

2009 - 2012 Manitoba/Saskatchewan Para Swimming Time Standards Men - Short Course

| Stroke | S1 | S2 | S3 | S4 | S5 | S6 | S7 | S8 | S9 | S10 | S11 | S12 | S13 | S14 |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | SB1 | SB2 | SB3 | SB4 | SB5 | SB6 | SB7 | SB8 | SB9 | SM10 | | | | |
| | SM1 | SM2 | SM3 | SM4 | SM5 | SM6 | SM7 | SM8 | SM9 | | | | | |
| 50 Free | 3:26.45 | 2:09.03 | 2:11.61 | 2:14.24 | 1:09.57 | 0:56.93 | 0:44.63 | 0:43.39 | 0:39.68 | 0:38.43 | 0:49.59 | 0:43.39 | 0:39.68 | 0:39.68 |
| 100 Free | 6:19.50 | 4:30.96 | 4:36.38 | 4:41.91 | 2:31.80 | 2:00.17 | 1:49.68 | 1:43.22 | 1:30.32 | 1:25.16 | 1:39.18 | 1:32.98 | 1:26.78 | 1:26.78 |
| 200 Free | 12:39.00 | 8:59.58 | 9:10.37 | 9:21.38 | 5:54.20 | 4:10.70 | 3:51.08 | 3:38.18 | 3:12.37 | 3:00.64 | 3:29.62 | 3:17.22 | 3:04.83 | 3:04.83 |
| 400 Free | 25:41.00 | 17:47.43 | 18:08.77 | 18:30.55 | 12:11.40 | 8:51.30 | 8:36.12 | 8:23.22 | 7:44.51 | 7:31.61 | 8:40.67 | 7:51.09 | 7:29.67 | 7:26.29 |
| 800 Free | | | | | | 17:42.60 | 17:12.24 | 16:46.43 | 15:29.02 | 15:03.21 | 17:21.35 | 15:42.17 | 14:59.35 | 14:52.58 |
| 1500 Free | | | | | | 35:25.20 | 30:26.36 | 28:53.11 | 25:48.95 | 24:29.77 | 32:22.38 | 27:59.23 | 25:18.63 | 24:48.20 |
| 50 Back | 3:22.40 | 2:34.84 | 2:37.93 | 2:41.09 | 1:15.90 | 1:03.82 | 0:58.65 | 0:55.42 | 0:45.75 | 0:44.46 | 1:02.55 | 0:56.35 | 0:50.15 | 0:43.95 |
| 100 Back | 6:50.55 | 5:15.54 | 5:21.85 | 5:28.28 | 2:37.55 | 2:19.15 | 2:09.03 | 2:02.58 | 1:43.22 | 1:39.70 | 2:16.37 | 2:03.97 | 1:51.57 | 1:39.18 |
| 200 Back | 13:52.60 | 10:42.80 | 10:55.66 | 11:08.77 | 6:35.60 | 4:36.00 | 4:29.79 | 4:05.16 | 3:38.18 | 3:31.14 | 4:42.88 | 4:19.21 | 3:54.42 | 3:29.62 |
| 50 Breast | 4:10.70 | 2:34.84 | 2:37.93 | 2:41.09 | 1:19.64 | 1:16.47 | 1:11.55 | 0:58.65 | 0:49.62 | | 1:08.75 | 0:56.35 | 0:50.15 | 0:47.67 |
| 100 Breast | 8:32.90 | 5:21.40 | 5:27.83 | 5:34.39 | 2:50.78 | 2:44.45 | 2:34.84 | 2:09.03 | 1:50.96 | | 2:28.76 | 2:03.97 | 1:51.57 | 1:46.62 |
| 200 Breast | 17:24.20 | 10:54.53 | 11:07.62 | 11:20.97 | 5:35.80 | 5:33.50 | 5:07.33 | 4:39.76 | 4:32.14 | | 5:08.80 | 4:19.21 | 4:05.69 | 4:21.46 |
| 50 Fly | 2:31.80 | 2:21.93 | 2:24.77 | 2:27.67 | 1:28.55 | 1:09.57 | 0:58.06 | 0:55.42 | 0:45.75 | 0:42.23 | 0:56.35 | 0:47.06 | 0:43.95 | 0:43.95 |
| 100 Fly | 5:15.10 | 4:55.60 | 5:01.51 | 5:07.53 | 3:08.60 | 2:30.65 | 2:07.86 | 2:02.58 | 1:43.22 | 1:36.19 | 2:03.97 | 1:45.37 | 1:39.18 | 1:39.18 |
| 200 Fly | 10:41.70 | 10:02.92 | 10:14.99 | 10:27.28 | 6:34.45 | 5:12.80 | 4:27.44 | 4:12.19 | 3:58.12 | 3:42.87 | 4:07.94 | 4:04.56 | 3:39.77 | 4:07.49 |
| 150 IM | 7:35.40 | 7:05.80 | 7:14.32 | 7:23.00 | | | | | | | | | | |
| 200 IM | 10:12.95 | 9:33.60 | 9:45.07 | 9:56.77 | 6:19.50 | 5:03.60 | 4:30.96 | 4:18.06 | 3:52.25 | 3:39.35 | 4:32.73 | 4:07.94 | 3:43.15 | 3:43.15 |
| 400 IM | 20:35.10 | 19:13.06 | 19:36.12 | 19:59.65 | 12:44.75 | 10:12.95 | 9:13.66 | 8:47.85 | 7:56.24 | 7:30.43 | 9:16.74 | 8:27.15 | 7:37.56 | 7:37.56 |

2009 - 2012 Manitoba/Saskatchewan Para Swimming Time Standards Women - Long Course

| Stroke | S1 | S2 | S3 | S4 | S5 | S6 | S7 | S8 | S9 | S10 | S11 | S12 | S13 | S14 |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | SB1 | SB2 | SB3 | SB4 | SB5 | SB6 | SB7 | SB8 | SB9 | SM10 | | | | |
| | SM1 | SM2 | SM3 | SM4 | SM5 | SM6 | SM7 | SM8 | SM9 | | | | | |
| 50 Free | 4:10.70 | 2:43.30 | 2:19.15 | 1:41.20 | 1:28.55 | 1:09.57 | 0:56.93 | 0:51.86 | 0:45.54 | 0:44.28 | 0:56.93 | 0:49.33 | 0:45.54 | 0:45.54 |
| 100 Free | 7:35.40 | 5:28.90 | 4:38.30 | 3:35.05 | 3:09.75 | 2:19.15 | 2:00.17 | 1:53.85 | 1:41.20 | 1:34.87 | 2:06.50 | 1:53.85 | 1:47.52 | 1:41.20 |
| 200 Free | 14:47.80 | 9:52.25 | 8:49.00 | 7:38.85 | 6:19.50 | 4:49.80 | 4:00.35 | 3:59.20 | 3:33.90 | 3:21.25 | 4:24.50 | 3:59.20 | 3:40.80 | 3:33.90 |
| 400 Free | 29:35.60 | 20:07.50 | 18:01.00 | 15:40.70 | 13:02.00 | 10:04.90 | 9:29.25 | 9:16.60 | 8:13.35 | 7:48.05 | 9:29.25 | 8:51.30 | 8:26.00 | 8:13.35 |
| 800 Free | | | | | | 19:46.80 | 18:58.50 | 18:33.20 | 16:26.70 | 15:13.10 | 18:58.50 | 17:42.60 | 16:52.00 | 16:26.70 |
| 1500 Free | | | | | | 38:24.60 | 36:48.00 | 35:57.40 | 31:44.40 | 29:17.20 | 36:48.00 | 33:53.20 | 32:35.00 | 31:44.40 |
| 50 Back | 3:47.70 | 2:44.45 | 2:31.80 | 1:53.85 | 1:41.20 | 1:16.47 | 1:10.15 | 1:04.98 | 0:57.50 | 0:51.18 | 1:10.15 | 1:04.98 | 0:57.50 | 0:57.50 |
| 100 Back | 7:46.90 | 5:40.40 | 5:15.10 | 3:59.20 | 3:33.90 | 2:44.45 | 2:31.80 | 2:19.15 | 2:06.50 | 1:53.85 | 2:31.80 | 2:19.15 | 2:06.50 | 2:06.50 |
| 200 Back | 15:45.30 | 11:32.30 | 10:41.70 | 8:09.90 | 7:19.30 | 5:38.10 | 5:03.60 | 4:51.52 | 4:00.35 | 3:58.62 | 4:49.80 | 4:03.22 | 4:01.50 | 4:12.54 |
| 50 Breast | 4:25.65 | 3:22.40 | 2:31.80 | 1:48.10 | 1:41.78 | 1:35.45 | 1:22.80 | 1:10.15 | 1:03.82 | | 1:22.80 | 1:10.15 | 1:03.82 | 1:03.82 |
| 100 Breast | 9:02.80 | 6:56.30 | 5:15.10 | 3:47.70 | 3:35.05 | 3:22.40 | 2:57.10 | 2:31.80 | 2:19.15 | | 2:57.10 | 2:31.80 | 2:19.15 | 2:19.15 |
| 200 Breast | 18:05.60 | 13:52.60 | 10:30.20 | 8:20.25 | 6:59.75 | 6:24.10 | 5:53.05 | 4:40.02 | 4:39.45 | | 5:08.20 | 4:45.20 | 4:39.45 | 4:39.45 |
| 50 Fly | 3:09.75 | 2:57.10 | 2:31.80 | 2:19.15 | 2:06.50 | 1:34.87 | 1:15.90 | 1:10.15 | 1:03.82 | 0:57.50 | 1:10.15 | 1:03.82 | 0:57.50 | 1:03.82 |
| 100 Fly | 6:31.00 | 5:59.95 | 5:09.35 | 4:42.90 | 4:18.75 | 3:21.25 | 2:37.55 | 2:31.80 | 2:19.15 | 2:06.50 | 2:31.80 | 2:19.15 | 2:06.50 | 2:19.15 |
| 200 Fly | 13:02.00 | 11:59.90 | 10:18.70 | 9:25.80 | 8:37.50 | 6:42.50 | 5:15.10 | 4:36.00 | 4:07.25 | 4:06.10 | 4:51.52 | 4:44.63 | 4:42.90 | 4:12.54 |
| 150 IM | 8:13.35 | 7:54.37 | 7:35.40 | 6:19.50 | | | | | | | | | | |
| 200 IM | 11:28.85 | 9:48.23 | 10:12.95 | 8:44.40 | 7:35.40 | 6:19.50 | 5:28.90 | 5:03.60 | 4:13.00 | 4:00.35 | 5:03.60 | 4:50.95 | 4:25.65 | 4:13.00 |
| 400 IM | 22:57.70 | 19:36.45 | 20:25.90 | 17:28.80 | 15:22.30 | 12:50.50 | 11:09.30 | 9:20.05 | 8:08.75 | 7:49.20 | 8:45.55 | 7:34.82 | 7:28.50 | 8:08.75 |

2009 - 2012 Manitoba/Saskatchewan Para Swimming Time Standards Men - Long Course

| Stroke | S1 | S2 | S3 | S4 | S5 | S6 | S7 | S8 | S9 | S10 | S11 | S12 | S13 | S14 |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | SB1 | SB2 | SB3 | SB4 | SB5 | SB6 | SB7 | SB8 | SB9 | SM10 | | | | |
| | SM1 | SM2 | SM3 | SM4 | SM5 | SM6 | SM7 | SM8 | SM9 | | | | | |
| 50 Free | 3:22.40 | 2:06.50 | 1:41.20 | 1:28.55 | 1:09.57 | 0:56.93 | 0:45.54 | 0:44.28 | 0:40.48 | 0:39.21 | 0:50.60 | 0:44.28 | 0:40.48 | 0:40.48 |
| 100 Free | 6:19.50 | 4:25.65 | 3:47.70 | 3:09.75 | 2:31.80 | 2:00.17 | 1:47.52 | 1:41.20 | 1:28.55 | 1:23.49 | 1:41.20 | 1:34.87 | 1:28.55 | 1:28.55 |
| 200 Free | 12:39.00 | 8:49.00 | 6:47.10 | 6:19.50 | 5:54.20 | 4:10.70 | 3:46.55 | 3:33.90 | 3:08.60 | 2:57.10 | 3:33.90 | 3:21.25 | 3:08.60 | 3:08.60 |
| 400 Free | 25:41.00 | 17:26.50 | 13:34.20 | 13:02.00 | 12:11.40 | 8:51.30 | 8:26.00 | 8:13.35 | 7:35.40 | 7:22.75 | 8:51.30 | 8:00.70 | 7:38.85 | 7:35.40 |
| 800 Free | | | | | | 17:42.60 | 16:52.00 | 16:26.70 | 15:10.80 | 14:45.50 | 17:42.60 | 16:01.40 | 15:17.70 | 15:10.80 |
| 1500 Free | | | | | | 35:25.20 | 29:50.55 | 28:19.12 | 25:18.57 | 24:00.95 | 33:02.03 | 28:33.50 | 25:49.63 | 25:18.57 |
| 50 Back | 3:22.40 | 2:31.80 | 2:06.50 | 1:41.20 | 1:15.90 | 1:03.82 | 0:57.50 | 0:54.34 | 0:44.85 | 0:43.58 | 1:03.82 | 0:57.50 | 0:51.18 | 0:44.85 |
| 100 Back | 6:50.55 | 5:09.35 | 4:18.75 | 3:28.15 | 2:37.55 | 2:19.15 | 2:06.50 | 2:00.17 | 1:41.20 | 1:37.75 | 2:19.15 | 2:06.50 | 1:53.85 | 1:41.20 |
| 200 Back | 13:52.60 | 10:30.20 | 8:49.00 | 7:07.80 | 6:35.60 | 4:36.00 | 4:24.50 | 4:00.35 | 3:33.90 | 3:27.00 | 4:48.65 | 4:24.50 | 3:59.20 | 3:33.90 |
| 50 Breast | 4:10.70 | 2:31.80 | 2:06.50 | 1:22.80 | 1:19.64 | 1:16.47 | 1:10.15 | 0:57.50 | 0:48.64 | | 1:10.15 | 0:57.50 | 0:51.18 | 0:48.64 |
| 100 Breast | 8:32.90 | 5:15.10 | 4:24.50 | 2:57.10 | 2:50.78 | 2:44.45 | 2:31.80 | 2:06.50 | 1:48.79 | | 2:31.80 | 2:06.50 | 1:53.85 | 1:48.79 |
| 200 Breast | 17:24.20 | 10:41.70 | 9:00.50 | 6:02.25 | 5:35.80 | 5:33.50 | 5:01.30 | 4:34.28 | 4:26.80 | | 5:15.10 | 4:24.50 | 4:10.70 | 4:26.80 |
| 50 Fly | 2:31.80 | 2:19.15 | 1:53.85 | 1:41.20 | 1:28.55 | 1:09.57 | 0:56.93 | 0:54.34 | 0:44.85 | 0:41.40 | 0:57.50 | 0:48.01 | 0:44.85 | 0:44.85 |
| 100 Fly | 5:15.10 | 4:49.80 | 3:59.20 | 3:33.90 | 3:08.60 | 2:30.65 | 2:05.35 | 2:00.17 | 1:41.20 | 1:34.30 | 2:06.50 | 1:47.52 | 1:41.20 | 1:41.20 |
| 200 Fly | 10:41.70 | 9:51.10 | 8:09.90 | 7:19.30 | 6:34.45 | 5:12.80 | 4:22.20 | 4:07.25 | 3:53.45 | 3:38.50 | 4:13.00 | 4:09.55 | 3:44.25 | 4:07.48 |
| 150 IM | 7:35.40 | 6:57.45 | 6:19.50 | 5:03.60 | | | | | | | | | | |
| 200 IM | 10:12.95 | 9:22.35 | 8:19.10 | 6:50.55 | 6:19.50 | 5:03.60 | 4:25.65 | 4:13.00 | 3:47.70 | 3:35.05 | 4:38.30 | 4:13.00 | 3:47.70 | 3:47.70 |
| 400 IM | 20:35.10 | 18:50.45 | 16:43.95 | 13:46.85 | 12:44.75 | 10:12.95 | 9:02.80 | 8:37.50 | 7:46.90 | 7:21.60 | 9:28.10 | 8:37.50 | 7:46.90 | 7:46.90 |