

**Where Friends Meet  
Long Course Swim Competition  
May 26 – 27, 2018**

**SNC Sanction #21615**

**HOSTED BY**



**25 Poseidon Bay  
Winnipeg, Manitoba R3M 3E4  
T: (204) 452-4655  
[www.mantaswimming.ca](http://www.mantaswimming.ca)**

Session	Date and Time	Times	
1	Saturday, May 26, 2018 Warm-up: 7:30 a.m. Start: 8:30 a.m.	'AA/AAA'	Timed Finals
2	Saturday, May 26, 2018 Warm-up: 11:30 a.m. Start: 12:30 p.m.	'A'	Timed Finals
3	Sunday, May 27, 2018 Warm-up: 7:30 a.m. Start: 8:30 a.m.	'AA/AAA'	Timed Finals
4	Sunday, May 27, 2018 Warm-up: 11:30 a.m. Start: 12:30 p.m.	'A'	Timed Finals

**Meet Manager**

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**Meet Entries and Results**

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**Officials Coordinator**

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**1. Facility & Timing:**

- a. Pan Am Pool, Training Tank
- b. Eight lane 50 meter competition pool
- c. Quantum electronic timing system with manual watch back up

**2. Eligibility:**

- a. Open to all swimmers currently registered with SNC, USS or FINA affiliated organizations

**3. Age Group Categories: (for all events)**

- a. Female: 10 & Under, 11-12, 13-14, 15 & Over
- b. Male: 10 & Under, 11-13, 14-15, 16 & Over
- c. A swimmers age shall be as of the FIRST DAY of the competition

**4. Entry Deadline:**

- a. Monday, May 16, 2018, 11:59 p.m.

**5. Online Entries:**

- a. All entries must be submitted with a time. **"No Time" (NT) entries will not be accepted.**
- b. All entries must submitted as a Hytek Entry File and uploaded to the Swim Natation Canada (SNC) website <https://www.swimming.ca/MeetList.aspx>
- c. Direct questions or requests for additional information to the Meet Entries and Results contact

**6. Entry Fees and Refunds:**

- a. Individual events (including \$1.00 SNM Splash fee): **\$8.50 per event**
- b. SNM participation fee: **\$6.00 per swimmer**
- c. Deck entry fee: **\$10.00 per event**
- d. All entry fees must be received by the first day of the meet
- e. Swimmers will not be allowed to swim if entry fees have not been paid
- f. Cheques payable to MANTA SWIM CLUB can be submitted to the Meet Office
- g. Meet Management is not obligated to refund entry fees after the entry deadline date

**7. Entries and Limitations:**

- a. Swimmers are limited to **THREE (3)** events per session
- b. Entry times are acceptable in both short course (SC) and long course (LC) times
- c. Enter a swimmer in **Sessions ONE and THREE** if the majority of the swimmer's times are EQUAL TO OR FASTER THAN 'AA' times
- d. Enter a swimmer in **Sessions TWO and FOUR** if the majority of the swimmer's times are SLOWER THAN 'AA' times

**8. Deck Entries: May be permitted if the following guidelines are met:**

- a. Lane space is available
- b. Deck entry fee of \$10.00 per event must be paid to Clerk of Course prior to lane assignment
- c. Deck entries must be submitted to the Clerk of Course **no later than 30 minutes before the start of the session**
- d. For deck entries of new swimmers not already entered online, coaches must provide full name, SNC number, birthdate and gender of the swimmer
- e. No new heats will be created for deck entered swimmers
- f. Deck entry swims are for exhibition only and will not be eligible for awards

**9. Scratches:**

- a. The Swim Natation Manitoba Scratch Rule is in effect (please see p. 6)
- b. Scratches are to be submitted to the Clerk of Course **no later than 30 minutes before the start of the session**

**10. Seeding:**

- a. All individual events will be seeded slowest to fastest

**11. Competition:**

- a. Current SNC rules are in effect
- b. Current SNM rules and policies are in effect
- c. Any changes to the meet package or competition requires the approval of Swimming Manitoba
- d. **Meet Management reserves the right to limit the number of entries in any event or change the sequence of events or sessions in case of time constraints**

**12. Awards:**

- a. Sessions ONE and THREE: for each gender and age group ribbons will be awarded for 1<sup>st</sup> to 3<sup>rd</sup> place for each individual event
  - i. Female: 10 & Under, 11-12, 13-14, 15 & Over
  - ii. Male: 10 & Under, 11-13, 14-15, 16 & Over
- b. Sessions TWO and FOUR: for each gender and age group ribbons will be awarded for 1<sup>st</sup> to 8<sup>th</sup> place for each individual event
  - i. Female: 10 & Under, 11-12, 13-14, 15 & Over
  - ii. Male: 10 & Under, 11-13, 14-15, 16 & Over

**13. Results:**

- a. Final results will be posted and may be downloaded from the SNC website at [www.swimming.ca](http://www.swimming.ca)

**14. Hospitality**

- a. Hospitality will be provided for coaches and volunteers prior to the sessions

**15. Programs:**

- a. Programs will be available for purchase at the meet

**16. Seating:**

- a. There is limited seating available for the Training Tank and as a result Meet Management asks that Priority Seating for the elderly or disabled be made available if required
- b. Please note that chairs of any sort are not permitted at the railing on the upper deck as per City of Winnipeg by-law

**17. Miscellaneous:**

- a. There are lockers at Pan Am Pool at a cost of 25 cents per use
- b. Swimmers are encouraged to ensure that their belongings are secured to avoid loss
- c. The City of Winnipeg maintains a **"No Food on Deck"** policy. Coaches are responsible for ensuring their swimmers comply with this policy.

**18. Safety:**

- a. SNC Warm Up Procedures are in effect
- b. Each athlete must be under the supervision of a head or deck coach
- c. It is the responsibility of the head or deck coach to inform their swimmers of the safety rules and ensure they are followed

## Meet Event List

Session 1	Girls	Description	Boys	
Saturday, May 26, 2018	101	400 Freestyle	102	Timed Finals
Warm up: 7:30 a.m.	103	200 IM	104	Timed Finals
Start: 8:30 a.m.	105	200 Butterfly	106	Timed Finals
AA/AAA times	107	100 Backstroke	108	Timed Finals
	109	100 Freestyle	110	Timed Finals
	111	200 Breaststroke	112	Timed Finals
Session 2	Girls	Description	Boys	
Saturday, May 26, 2018	203	50 Breaststroke	204	Timed Finals
Warm up: 11:30 a.m.	207	100 Backstroke	208	Timed Finals
Start: 12:30 p.m.	209	100 Freestyle	210	Timed Finals
A times	211	200 IM	212	Timed Finals
Session 3	Girls	Description	Boys	
Sunday, May 27, 2018	313	100 Butterfly	314	Timed Finals
Warm up: 7:30 a.m.	315	100 Breaststroke	316	Timed Finals
Start: 8:30 a.m.	317	200 Backstroke	318	Timed Finals
AA/AAA times	319	200 Freestyle	320	Timed Finals
	321	400 IM	322	Timed Finals
Session 4	Girls	Description	Boys	
Sunday, May 27, 2018	413	50 Backstroke	414	Timed Finals
Warm up: 11:30 a.m.	415	100 Breaststroke	416	Timed Finals
Start: 12:30 p.m.	417	100 Butterfly	418	Timed Finals
A times	419	200 Freestyle	420	Timed Finals

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## **COMPETITION CODE OF CONDUCT**

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

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

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

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



### **SWIM NATATION MANITOBA**

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# SWIM MANITOBA

[www.swimmanitoba.mb.ca](http://www.swimmanitoba.mb.ca)

## Swim Natation Manitoba Provincial Scratch Rule

This scratch rule will be in effect at all Swim Manitoba sanctioned meets, in accordance with Swimming Canada rule CSW 3.6.

It is superseded by:

- Swimming Canada (SNC) rule **SNC 3 (3.1 to 3.4)** at SNC designated meets held in Manitoba.
- The scratch rule for ManSask Championships, when they are held in Manitoba.

### **SCRATCHES:**

#### **1. Time Final Events**

- a. There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the clerk of course as soon as possible.
- b. **Penalties:** Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

#### **2. Prelims/Final Events**

- a. Scratches from **preliminary heats:**
  - i. May be made at any time.
  - ii. Scratches, no-shows, and unexcused incomplete swims simply create empty lanes, as there shall be no re-seeding.
  - iii. Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee
- b. Scratches from **finals:**
  - i. Must be made within 30 minutes after the end of the preliminary session.
  - ii. **Penalties:** Scratches after the scratch deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.
  - iii. **ALTERNATE SWIMMERS:** Alternates **MUST** report to the Clerk of Course at least 10 minutes prior to the event and be ready to swim if necessary.
  - iv. If a swimmer 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.

#### **3. Relay Events**

- a. For time final events scratch rules for **Time Final Events** apply.
- b. For prelims/final events scratch rules for **Prelims/Final Events** apply.
- c. Relay names can be changed up to 30 minutes prior to start of relay event.



## COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

### EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

### VIOLATIONS:

*It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.*

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.



- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

**SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

**PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**





2016 - 2020 Girls ManSask "AA" Time Standards												
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:35.98	00:33.46	00:31.95	00:30.99	00:30.53	00:30.22	50Fr	00:29.52	00:29.82	00:30.27	00:31.21	00:32.68	00:35.14
01:18.65	01:13.14	01:09.85	01:07.76	01:06.74	01:06.07	100Fr	01:04.95	01:05.60	01:06.60	01:08.66	01:11.90	01:17.31
02:51.10	02:39.12	02:31.96	02:27.40	02:25.19	02:23.74	200Fr	02:21.23	02:22.65	02:24.83	02:29.30	02:36.34	02:48.11
06:03.34	05:37.90	05:22.70	05:13.02	05:08.32	05:05.24	400Fr	04:57.86	05:00.86	05:05.45	05:14.89	05:29.73	05:54.55
12:34.94	11:42.09	11:10.50	10:50.38	10:40.63	10:34.22	800Fr	10:18.08	10:24.32	10:33.83	10:53.43	11:24.22	12:15.72
24:40.53	22:56.90	21:54.94	21:15.49	20:56.36	20:43.79	1500Fr	20:13.55	20:25.81	20:44.48	21:22.97	22:23.42	24:04.54
00:41.47	00:38.57	00:36.83	00:35.73	00:35.19	00:34.84	50Bk	00:34.09	00:34.44	00:34.96	00:36.04	00:37.74	00:40.58
01:28.34	01:22.16	01:18.46	01:16.11	01:14.97	01:14.22	100Bk	01:12.60	01:13.33	01:14.45	01:16.75	01:20.36	01:26.41
03:12.36	02:58.90	02:50.85	02:45.72	02:43.24	02:41.60	200Bk	02:36.52	02:38.10	02:40.51	02:45.47	02:53.27	03:06.31
00:46.12	00:42.90	00:40.97	00:39.74	00:39.14	00:38.75	50Br	00:38.09	00:38.48	00:39.06	00:40.27	00:42.17	00:45.34
01:40.83	01:33.77	01:29.55	01:26.86	01:25.56	01:24.70	100Br	01:22.37	01:23.20	01:24.47	01:27.08	01:31.19	01:38.05
03:38.16	03:22.89	03:13.76	03:07.95	03:05.13	03:03.28	200Br	02:58.31	03:00.11	03:02.85	03:08.51	03:17.39	03:32.25
00:38.84	00:36.12	00:34.50	00:33.46	00:32.96	00:32.63	50FL	00:32.42	00:32.74	00:33.24	00:34.27	00:35.88	00:38.59
01:27.02	01:20.93	01:17.29	01:14.97	01:13.84	01:13.10	100FL	01:12.25	01:12.98	01:14.09	01:16.38	01:19.98	01:26.00
03:19.62	03:05.65	02:57.29	02:51.97	02:49.39	02:47.70	200FL	02:43.41	02:45.06	02:47.58	02:52.76	03:00.90	03:14.52
03:15.40	03:01.72	02:53.55	02:48.34	02:45.81	02:44.16	200 IM	02:39.50	02:41.11	02:43.56	02:48.62	02:56.57	03:09.86
06:54.38	06:25.38	06:08.03	05:56.99	05:51.64	05:48.12	400 IM	05:39.15	05:42.57	05:47.79	05:58.54	06:15.44	06:43.70

2016 - 2020 Girls ManSask "A" Time Standards												
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:40.47	00:37.64	00:35.95	00:34.87	00:34.35	00:34.00	50Fr	00:33.21	00:33.55	00:34.06	00:35.11	00:36.77	00:39.53
01:28.48	01:22.29	01:18.58	01:16.23	01:15.08	01:14.33	100Fr	01:13.07	01:13.80	01:14.93	01:17.25	01:20.89	01:26.97
03:12.49	02:59.01	02:50.96	02:45.83	02:43.34	02:41.71	200Fr	02:38.88	02:40.48	02:42.93	02:47.97	02:55.88	03:09.12
06:48.75	06:20.14	06:03.03	05:52.14	05:46.86	05:43.39	400Fr	05:35.09	05:38.47	05:43.63	05:54.25	06:10.95	06:38.87
14:09.30	13:09.85	12:34.31	12:11.68	12:00.70	11:53.50	800Fr	11:35.34	11:42.36	11:53.05	12:15.11	12:49.75	13:47.68
27:45.60	25:49.01	24:39.30	23:54.92	23:33.40	23:19.27	1500Fr	22:45.25	22:59.04	23:20.04	24:03.34	25:11.35	27:05.10
00:46.65	00:43.39	00:41.44	00:40.19	00:39.59	00:39.19	50Bk	00:38.36	00:38.74	00:39.33	00:40.55	00:42.46	00:45.66
01:39.39	01:32.43	01:28.27	01:25.62	01:24.34	01:23.49	100Bk	01:21.67	01:22.50	01:23.75	01:26.34	01:30.41	01:37.22
03:36.41	03:21.26	03:12.20	03:06.44	03:03.64	03:01.80	200Bk	02:56.08	02:57.86	03:00.57	03:06.15	03:14.93	03:29.60
00:51.89	00:48.26	00:46.09	00:44.70	00:44.03	00:43.59	50Br	00:42.86	00:43.29	00:43.95	00:45.31	00:47.44	00:51.01
01:53.43	01:45.49	01:40.74	01:37.72	01:36.25	01:35.29	100Br	01:32.67	01:33.60	01:35.03	01:37.97	01:42.59	01:50.31
04:05.43	03:48.25	03:37.98	03:31.44	03:28.27	03:26.19	200Br	03:20.60	03:22.62	03:25.71	03:32.07	03:42.06	03:58.78
00:43.70	00:40.64	00:38.81	00:37.65	00:37.08	00:36.71	50FL	00:36.47	00:36.84	00:37.40	00:38.55	00:40.37	00:43.41
01:37.90	01:31.04	01:26.95	01:24.34	01:23.07	01:22.24	100FL	01:21.28	01:22.10	01:23.35	01:25.93	01:29.98	01:36.75
03:44.57	03:28.85	03:19.45	03:13.47	03:10.57	03:08.66	200FL	03:03.84	03:05.70	03:08.53	03:14.36	03:23.51	03:38.83
03:39.83	03:24.44	03:15.24	03:09.38	03:06.54	03:04.67	200 IM	02:59.44	03:01.25	03:04.01	03:09.70	03:18.64	03:33.59
07:46.18	07:13.55	06:54.04	06:41.62	06:35.59	06:31.64	400 IM	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16

Athletes may qualify for ManSask or Provincial Championships in single age categories, but may compete in combined age groups as defined by their respective technical packages.



### 2016 - 2020 Boys ManSask "AA" Time Standards

12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:33.85	00:31.31	00:29.74	00:28.70	00:27.98	00:27.56	50Fr	00:26.73	00:27.13	00:27.83	00:28.84	00:30.36	00:32.82
01:13.60	01:08.08	01:04.68	01:02.42	01:00.86	00:59.94	100Fr	00:58.40	00:59.29	01:00.81	01:03.02	01:06.33	01:11.71
02:41.19	02:29.10	02:21.65	02:16.69	02:13.27	02:11.27	200Fr	02:08.02	02:09.97	02:13.30	02:18.13	02:25.40	02:37.19
05:44.13	05:18.32	05:02.40	04:51.82	04:44.52	04:40.26	400Fr	04:31.63	04:35.77	04:42.84	04:53.10	05:08.52	05:33.54
12:03.15	11:08.91	10:35.46	10:13.22	09:57.89	09:48.92	800Fr	09:29.91	09:38.59	09:53.42	10:14.95	10:47.31	11:39.80
22:53.97	21:10.92	20:07.38	19:25.12	18:55.99	18:38.95	1500Fr	18:09.67	18:26.26	18:54.63	19:35.78	20:37.67	22:18.02
00:38.98	00:36.05	00:34.25	00:33.05	00:32.22	00:31.74	50Bk	00:30.90	00:31.37	00:32.18	00:33.35	00:35.10	00:37.95
01:23.93	01:17.63	01:13.75	01:11.17	01:09.39	01:08.35	100Bk	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.44	02:47.83	02:39.44	02:33.86	02:30.02	02:27.77	200Bk	02:21.88	02:24.04	02:27.74	02:33.10	02:41.15	02:54.22
00:43.00	00:39.77	00:37.78	00:36.46	00:35.55	00:35.02	50Br	00:34.62	00:35.14	00:36.05	00:37.35	00:39.32	00:42.51
01:34.09	01:27.03	01:22.68	01:19.78	01:17.79	01:16.62	100Br	01:14.24	01:15.37	01:17.30	01:20.10	01:24.32	01:31.15
03:24.88	03:09.51	03:00.03	02:53.73	02:49.39	02:46.85	200Br	02:41.82	02:44.28	02:48.49	02:54.60	03:03.79	03:18.70
00:36.33	00:33.60	00:31.92	00:30.80	00:30.03	00:29.58	50FL	00:29.42	00:29.87	00:30.63	00:31.74	00:33.41	00:36.12
01:20.70	01:14.65	01:10.92	01:08.43	01:06.72	01:05.72	100FL	01:05.02	01:06.01	01:07.70	01:10.15	01:13.85	01:19.83
03:03.93	02:50.13	02:41.63	02:35.97	02:32.07	02:29.79	200FL	02:25.53	02:27.75	02:31.54	02:37.03	02:45.30	02:58.70
03:01.38	02:47.78	02:39.39	02:33.81	02:29.96	02:27.71	200 IM	02:24.00	02:26.19	02:29.94	02:35.38	02:43.56	02:56.82
06:31.10	06:01.76	05:43.68	05:31.65	05:23.36	05:18.51	400 IM	05:08.32	05:13.02	05:21.04	05:32.69	05:50.20	06:18.59

### 2016 - 2020 Boys ManSask "A" Time Standards

12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:38.08	00:35.22	00:33.46	00:32.29	00:31.48	00:31.01	50Fr	00:30.07	00:30.52	00:31.31	00:32.44	00:34.15	00:36.92
01:22.80	01:16.59	01:12.76	01:10.22	01:08.46	01:07.44	100Fr	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.34	02:47.74	02:39.35	02:33.78	02:29.93	02:27.68	200Fr	02:24.02	02:26.21	02:29.96	02:35.40	02:43.58	02:56.84
06:27.15	05:58.11	05:40.20	05:28.30	05:20.09	05:15.29	400Fr	05:05.58	05:10.24	05:18.19	05:29.73	05:47.09	06:15.23
13:33.54	12:32.52	11:54.90	11:29.88	11:12.63	11:02.54	800Fr	10:41.15	10:50.91	11:07.60	11:31.82	12:08.23	13:07.27
25:45.71	23:49.79	22:38.30	21:50.76	21:17.99	20:58.82	1500Fr	20:25.88	20:44.55	21:16.46	22:02.76	23:12.37	25:05.27
00:43.85	00:40.56	00:38.53	00:37.18	00:36.25	00:35.71	50Bk	00:34.77	00:35.30	00:36.20	00:37.51	00:39.49	00:42.69
01:34.42	01:27.34	01:22.97	01:20.07	01:18.06	01:16.89	100Bk	01:13.91	01:15.04	01:16.96	01:19.75	01:23.95	01:30.76
03:24.12	03:08.81	02:59.37	02:53.09	02:48.77	02:46.24	200Bk	02:39.62	02:42.05	02:46.21	02:52.23	03:01.30	03:16.00
00:48.37	00:44.74	00:42.51	00:41.02	00:39.99	00:39.39	50Br	00:38.94	00:39.54	00:40.55	00:42.02	00:44.23	00:47.82
01:45.85	01:37.91	01:33.01	01:29.76	01:27.51	01:26.20	100Br	01:23.52	01:24.79	01:26.96	01:30.11	01:34.86	01:42.55
03:50.48	03:33.20	03:22.54	03:15.45	03:10.56	03:07.71	200Br	03:02.04	03:04.82	03:09.55	03:16.43	03:26.77	03:43.53
00:40.87	00:37.80	00:35.91	00:34.66	00:33.79	00:33.28	50FL	00:33.10	00:33.60	00:34.46	00:35.71	00:37.59	00:40.64
01:30.79	01:23.98	01:19.78	01:16.99	01:15.06	01:13.94	100FL	01:13.14	01:14.26	01:16.16	01:18.92	01:23.08	01:29.81
03:26.92	03:11.40	03:01.83	02:55.47	02:51.08	02:48.51	200FL	02:43.72	02:46.22	02:50.48	02:56.66	03:05.96	03:21.04
03:24.05	03:08.75	02:59.31	02:53.03	02:48.71	02:46.18	200 IM	02:42.00	02:44.47	02:48.68	02:54.80	03:04.00	03:18.92
07:19.98	06:46.99	06:26.64	06:13.10	06:03.78	05:58.32	400 IM	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92

Athletes may qualify for ManSask or Provincial Championships in single age categories, but may compete in combined age groups as defined by their respective technical packages.

2016-2020 ManSask Standards as of September 8, 2016