

2018 ManSask Short Course Provincial Championships Dec 13 to 16, 2018



**Hosted by:
Saskatoon Goldfins**



2018 ManSask Short Course Provincial Championships**Dec 13 to 16, 2018****Shaw Centre – 122 Bowlt Crescent****Saskatoon, Sask****Sanction #: 32028**

Swimming Canada [Competition Safety Warm-up Procedures](#) will be in effect at this meet.

Current Swimming Canada Rules will apply except as specifically modified in this meet package - [Rules](#)

World Para Swimming Rules and Regulations will apply for Para swimmers – [Rules](#)

Dates:

Session #1 Thur. Dec 13/18	Prelims	Warm-up 4:30 pm	Competition 5:30 pm
Session #2 Fri Dec 14/18	Prelims	Warm-up 8:00 am	Competition 9:00 am
Session #3 Fri Dec 14/18	Finals	Warm-up 4:00 pm	Competition 5:00 pm
Session #4 Sat Dec 15/18	Prelims	Warm-up 8:00 am	Competition 9:00 am
Session #5 Sat Dec 15/18	Finals	Warm-up 4:00 pm	Competition 5:00 pm
Session #6 Sun Dec 16/18	Prelims	Warm-up 8:00 am	Competition 9:00 am
Session #7 Sun Dec 16/18	Finals	Warm-up 4:00 pm	Competition 5:00 pm

Meet Management in conjunction with Swim Sask, reserves the right to change session start times once entries are received. Coaches will be notified should session start times change.

Technical Meeting: Thursday, Dec 13, 2018 4:15 pm

Meet Manager	Co Meet Manager	Officials Coordinators	Entries Chairperson
Shawna Nelson	Bruce Lyle	Sue Ryan	Jay Magnus
shawnan@sheratonsaskatoon.com	brucelyle@gmrelectric.com	goldfinsofficials@gmail.com	goldfinsentries@gmail.com

Officials: As this is a provincial meet, with the Saskatoon Goldfins hosting on behalf of Swim Sask, officials from all clubs are requested to participate in officiating at the meet in whatever positions they are qualified in.

If you are a Goldfins member, please sign into your Team Unify your account to sign up.

Officials from other clubs are asked to contact the Goldfins Officials Coordinator at goldfinsofficials@gmail.com

1. Facility:

- One 25 meter 10 lane competition pool (Deep Tank)
Water Depth at Start end 4.85 meters; Water Depth at Turn end 3.05 meters
- One 25 meter 10 lanes will be open for warm-up and warm-down
- Non-Turbulent Lane markers
- Daktronics Electronic timing systems and plungers for backup
- Hy-Tek Meet Manager Computer Software

2. Eligibility:

- a. Entries will only be accepted for swimmers who are members of a Year-Round/ Winter Age Group club and are registered in the Swimming Canada registration database in an Age Group Competitive category, and have a Swimming Canada 9-digit registration ID number, unless the swimmer is registered with and representing a foreign FINA affiliated federation.
- b. All swimmers must have achieved at least one "AA" 2016-2020 ManSask time, [Short Course Standards](#) or [Long Course Standards](#), in any event, in their single age category; age as of first day of the competition. [Para Swimmers](#) must have achieved at least one Para Provincial standard.
- c. All qualifying swims must have been achieved during the qualifying period of: July 1, 2017 to November 30, 2018
- d. **Converted times will not be accepted.**
- e. Entry times will be accepted in LC or SC meters. Meet Management will convert the entry times, as required, using a 2% conversion prior to seeding.
- f. PARA events that do not have qualifying times may be used as bonus events, with the exception of 400 IM and 400, 800 and 1500m Free events.
- g. This is an open meet, swimmers from any Canadian Club or FINA affiliated country may enter, to a maximum of 400 swimmers. Only swimmers that are registered with a Year round/ Winter Age Group club may compete at this competition.
- h. As per Swim Sask policy, all swimmers must be a minimum of 7 years of age to compete. Swimmers age as first day of competition Dec 13, 2018.

3. Entry Deadline:

- a. **Entry deadline is Friday Nov 30, 2018 9:59 pm**
- b. Clubs from outside of Manitoba and Saskatchewan will only be allowed to enter if they have reserved spots. Please contact Swim Sask Executive Director Marj Walton at: marjwalton@swimsask.ca to reserve your spots.
- c. A maximum of 400 swimmers as the meet will be held single ended.
- d. All entries must be submitted via the Swimming Canada website at [Meet List](#)
- e. Direct all questions or request for additional information to the Meet Entries and Results chair. Jay Magus at goldfinsentries@gmail.com

4. Entry Fees:

- a. Individual: \$70.00
- b. Relay only swimmers: \$30.00
- c. Relay team event: \$ 9.00
- d. Individual deck entry: \$15.00
- e. Relay team deck entry: \$20.00
- f. Cheque for entry fees made payable to: **Saskatoon Goldfins Swim Club**
- g. All entry fees must be received by the first day of the meet prior to warm-up
- h. No swimmer / team will be allowed to start warm-up until entry fees have been paid
- i. [Entries Refund Policy](#): As per Winter Swimming Policy WC-4

5. Entries and Limitations:

- a. Swimmers can enter as many events as they have qualified for, up to a maximum of **SEVEN** individual events, plus relays.
- b. Meet Management reserves the right to limit entries in individual events. If necessary, priority will be given to regional club swimmers. Meet Management has the right to limit and / or remove the number of Bonus swims from non-regional club swimmers.
- c. Entries must include the swimmer's registration number and age as of the first day of the meet.
- d. **100 IM may not be used to qualify for ManSask Championships**
- e. Classification numbers for Para swimmers must accompany entries.
- f. PARA swimmers will be fully integrated into the meet, with the following exception:
The TOP ten swimmers in either gender from preliminaries, and all classifications S1 to S14 combined will advance to the following finals. Times achieved from preliminaries will be scored on the Swimming Canada Para Swimming Points calculator.

Para Specific Finals:

(1) 50 Free PARA final	(S1-S14) PARA final
(2) 100 Free PARA final	(S1-S14) PARA final
(3) 50 Back PARA final	(S1-S14) PARA final
(4) 150 IM (S1-S4) / 200 IM	(S5-S14) PARA final

6. Bonus Swims:

- a. All qualified swimmers may enter Bonus Swims as described below provided they **DO NOT** exceed the entry limit of **SEVEN** individual events.

<u># of Qualifying Times</u>	<u># of Bonus Swims</u>
1	6
2	5
3	4
4	3
5	2
6	1
7	0

- b. No-Time (NT) entries will be accepted for Bonus swims
- c. Swimmers who achieve one Man/Sask (AA) qualifying time in 400m Freestyle, 800m Freestyle, and/or 1500m Freestyle shall be allowed to enter a 400m Freestyle, 800m Freestyle and/or 1500m Freestyle as a bonus event.

7. Proof of Times:

- a. Meet Management will validate all times via the time validation process. Coaches will be notified of any times that do not pass the time validation report and they will have to provide a proof of time for an actual time, not a "custom time". The entry time must be something that can be verified.
- b. All individual entries must utilize a displayed time available in the Swimming Canada Entry system.
- c. Failure to prove any requested time will result in the swimmer being scratched from that event unless the event has been entered as a Bonus Swim. There will be no refund of entry fees from a failure to prove a time.

8. Relay Events:

- a. All relay events will be Timed Finals and be swum in Finals.
- b. Relay swimmers must be properly entered in at least ONE individual event.
EXCEPTION: a club entering only one relay team in an event may bring out "relay only" swimmers to a maximum of two per age group to complete a relay team. "Relay only" swimmers must be listed in the entries as "relay only" swimmers. Relay only swimmers must pay the relay only swimmer fee.
- c. A swimmer may only participate in ONE relay team in their age group and may only swim one leg of a relay per event per age group.
- d. In addition to swimming a relay in their own age category, swimmers may swim up an age category.
- e. Swim clubs may enter a maximum of **TWO** relay teams per event per age group.
- f. There are no qualifying times for relay events. To obtain a seeding time, it is recommended that a team time be submitted.

Relay Events Continued:

- g. Relay cards with complete swimmer names and requests for official splits must be submitted to the Clerk of Course within 30 minutes of the conclusion of the preliminary session on the day of that relay event.
- h. Final relay order may be changed through the Clerk of Course up to 30 minutes prior to the start of the finals session in which the relay is being held.
- i. Failure to meet the above criteria, the relay team will be considered 'exhibition' and is not eligible for points and awards.

9. Provincial Medley Relay Entries

- a. At the conclusion of regular competition in the final meet session, the Provincial Medley Relays will be swum.
- b. Each province may enter ONE relay team in each of the male and female age groups.
- c. Coaches select the swimmers 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 m event, (ii) a lead off relay split or (iii) the 50 split from an individual 100 or 200 meter event
- d. Provincial Relay cards are due no later than 15 minutes after the conclusion of all the 50 Back finals.

10. Deck Entries:

- a. Deck entries are only allowed if space permits; additional heats will not be created.
- b. Deck entry fees must be presented to the **Clerk of Course** prior to lane assignment (cash or cheque payable to **Saskatoon Goldfins Swim Club**)
- c. Deck Entry fee: \$15
- d. Relay Deck Entry: \$20
- e. Deck entries are NOT ALLOWED in the 800FR and 1500FR events.
- f. Deck entries will be swum as '**exhibition**' only.
- g. Deck entries will not be scored nor advance to finals.

11. Competition:

- a. The 800 FR and 1500 FR events will be swum as Timed Finals.
- b. All other individual pool events for all age groups will be swum as Preliminaries and Finals.
- c. Consolation finals will only be held for events 400 meters and under with **24 or more athletes** entered **at the entry deadline** for each age category and gender.
- d. The 'A' final will swim before the 'B' final where there is a consolation final.
- e. PARA athletes (S1 to S14) will swim integrated in all preliminary sessions. They may advance to a final in their proper age and gender category which does not have a PARA final. In events that offer a separate PARA Final, they may only advance to the PARA final.
- f. PARA athletes (S1 to S14) will be judged under IPC/WPS Rules and Regulations
- g. Meet Management reserves the right to limit entries in the 400, 800 and 1500 Free and 400 IM if registration exceeds pool-time capacity. In such cases, priority will be given to regional club swimmers.
- h. Meet Management reserves the right to adjust the competition pools as designated by athlete registration numbers.

12. Start: Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

13. Seeding:

- a. 800FR and 1500FR distance events will be senior seeded fastest to slowest, by gender.
 - i. Meet Management reserves the right to adjust the seeding criteria to maintain session timeline requirements and/or provide the fastest 10 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
- b. All other events: Preliminaries will be senior seeded by time alone, slowest to fastest, as per rule SW 3.1 and its sub-paragraphs, regardless of whether or not they are bonus events. The last 2 heats of 400 Free and 400 IM will be circle seeded.
- c. Meet Management reserves the right to adjust the seeding criteria for the 400FR event to maintain session timeline requirements. (i.e. 2 per lane)
- d. Finals for individual events will be swum by gender & age groups.

14. Scratches:

- a. All scratches must be submitted on official scratch cards available at the Clerk of Course and must be submitted to the Clerk of Course. Scratches submitted after the scratch deadline will automatically be considered a late scratch (subject to the authority of the Referee) and be subject to penalties outlined in clause (e) below.
- b. Scratches from time final events (800 and 1500 free) are requested to be submitted up to 15 minutes prior to the start of the Preliminary session on the day the event is scheduled to be held. Coaches are encouraged to submit time final scratches as soon as possible to allow Meet Management reseeding opportunities. Penalties for all late scratches will be enforced as detailed in clause (e) on the next page.
- c. Scratches from preliminary events are requested to be submitted up to 30 minutes prior to the start of the preliminary session in which event is being held. Penalties for late scratches will be enforced as detailed in clause (e) below.
- d. Scratches from finals events must be submitted 30 minutes following the completion of the preliminary events on the day the final is to be swum (excluding any time final events).
Saturday scratch deadline is 30 minutes after the completion of the 50 Breaststroke event as this is the last preliminary event on Saturday.
- e. Penalties for all unexcused scratches, no shows, step downs and unexcused incomplete swims (as determined by the Referee) will be enforced as follows:
 - 1) For all time final events unexcused late scratches, no shows and step downs simply create empty lanes. Scratches from time final events may be made at the time without penalty except for loss of entry fee.
 - 2) For all preliminary events unexcused scratches, no shows and step downs 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.
 - 3) For all final events unexcused scratches, no shows and step downs (as determined by the Referee) will result in the offending swimmer being scratched from all their remaining final events and relays, scheduled for that day. A relay team that includes a swimmer that has an unexcused late scratch, no show, step down etc. would also be prohibited from swimming. No monetary penalty fee is to be assessed.
- f. **Alternate swimmers:** In Finals, if a swimmer has not reported to the blocks when their race is called, the Referee shall replace the swimmer 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 prior to the event being called and be ready to swim, if necessary.

15. Age Group Categories:

- a. A swimmer's age shall be as of the first day of the meet – Dec 13, 2018
- b. For all individual events:
 - Female: 12 & Under, 13 &14, 15 & Over
 - Male: 13 & Under, 14 &15, 16 & Over
- c. For all relay events:
 - Female: 12 & Under, 13 & 14, 15 & Over
 - Male: 13 & Under, 14 & 15, 16 & Over

16. Scoring:

- a. Individual pool events for Age Group High Point Awards: 5 – 2 – 1
- b. The top 20 score in all events regardless if there is a consolation final or not.
- c. Individual pool events for Provincial Age Group Awards:
50-30-20-18-17-16-15-14-13-12 10-9-8-7-6-5-4-3-2-1
- d. Individual pool events (including PARA events that have a specific PARA Final) for team awards:
50-30-20-18-17-16-15-14-13-12/-10-9-8-7-6-5-4-3-2-1
- e. Relay events: 50-30-20-18-17-16-15-14-13-12

17. Results:

- a. Unofficial results will be posted in real time on Meet Mobile throughout the competition.
- b. Unofficial Hy-Tek Live results will be available through Meet Mobile and posted during the competition on the Goldfin website at: www.goldfins.ca
- c. Final results will be posted and may be downloaded from the Swimming Canada meet list site.
- d. Splits may not be available for distance events if they are swum two per lane.

18. Individual Awards:

- a. Individual awards:
 - i. 1st to 3rd place for Final events: Medals
- b. PARA awards:
 - i. 1st to 3rd place for PARA Final events: Medals
- c. Relay events:
 - i. 1st to 3rd place: Medals for all relay team members on club relays.
 - ii. 1st place for Provincial Relay: Medals to all relay team members
- d. Provincial Age Group Awards:
 - i. High point award for the top female and top male for each age category, for each: Manitoba and Saskatchewan
- e. Individual High Point Trophy:
 - i. High point award overall for the top female and top male for each age category
- f. Betty Lou Dean award:
 - i. Award for best performance on the World Performance Charts.
 - ii. One award each for the top female swim of the meet and the top male swim of the meet.
- g. Philip Clark Memorial Award:
The single best swim by a PARA (S1 to S14) swimmer, male or female, scored on the Swimming Canada Para Swimming Points calculator.

19. Club Awards:

- a. Manitoba Small Club: Awarded to the Manitoba swim club with 15 or fewer swimmers with the highest aggregate points.
- b. Saskatchewan Small Club: Awarded to the Saskatchewan swim club with 15 or fewer swimmers with the highest aggregate points.
- c. Top Manitoba Club: Awarded to the Manitoba swim club with the highest aggregate points.
- d. Top Saskatchewan Club: Awarded to the Saskatchewan swim club with the highest aggregate points.
- e. Overall Top Manitoba or Saskatchewan Small Club: Awarded to the Manitoba or Saskatchewan swim club with 15 or fewer swimmers with the overall highest aggregate points.
- f. Overall Top Manitoba or Saskatchewan Club: Awarded to the Manitoba or Saskatchewan swim club with the overall highest aggregate points

20. Technical Meeting:

Technical meeting will be held Thursday afternoon as indicated on page two. Further meetings may be held throughout the weekend if necessary.

21. Hospitality:

Food and refreshments will be provided to coaches and officials prior to and during each session.

22. Meet Safety Rules:

- a. Swimming Canada Warm-up Competition Safety Procedures will be in effect.
<https://www.swimming.ca/content/uploads/2015/06/swimming-canada-competition-warm-up-safety-procedures-september-26-2016.pdf>
- b. Safety Marshalls will be stationed around the pool deck during general warm-up.
- c. Entry into the pool must be feet-first at all times during general warm-up.
- d. During the last 30 minutes of warm-up, a minimum of two lanes will be designated as sprint lanes where an entrance dive is permitted. During this period, one-way swimming only is allowed.
- e. During the last 45 minutes of warm-up a minimum of two lanes will be designated as pace lanes, as required.
- f. Running on deck is NOT permitted.
- g. No fins, hand paddles or tubing may be used during warm-up.
- h. No 'deck changing' is allowed. All 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*.

23. General Info:

- Any changes to the meet information or format will be provided to the coaches via email prior to the meet or at the coaches meeting.
- All swimmers are asked to please use the change room and not change on deck.
- Glass containers and breakables are not allowed on the pool deck.
- Clubs will be responsible for their personal valuables. The Shaw Centre and Saskatoon Goldfins Swim Club will not accept responsibility for any lost or stolen items.
- All clubs are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by meet management.
- Please have your club's area in the stands and on-deck clean up before you leave each session.
- Swimmers caught vandalizing pool property or using offensive language will be disqualified from the meet and any expenses incurred as a result of the vandalism will be billed to their club.
- Smoking is prohibited in all areas of the pool, according to City of Saskatoon Bylaws. Food is also prohibited on the pool deck, including sunflower seeds with shells.
- Only the host club shall be allowed to sell equipment and merchandise.
- Your cooperation is expected in helping the officials to provide quiet for the start of each race.
- Only approved photographers will meet credentials will be permitted on deck, contact meet manager for more information.



Accommodations: Book by November 30TH / 2018

TownePlace Suites Saskatoon by Marriott

247 Willies Cres, Saskatoon, Sask

Last day to book: 11/30/18

Rates: \$122.00 CAD - \$129.00 CAD per night Includes Breakfast

Call 306-952-0400 and Ask for Andrea Roy

OR

[Book your group rate for Saskatoon Goldfins Swim Club](#)

Sheraton Cavalier Saskatoon

612 Spadina Cres E, Saskatoon, Sask

Last day to book: 11/30/18

Rates: 2 queen beds at \$135

1 queen with sofa bed at \$119

Method of Reservation:

- Online: <https://www.starwoodmeeting.com/Book/GoldfinsInvitational2018>
- Call: 306-667-0160 and ask for Lynsey and state for the ManSask – Goldfins Block
- Email: lynseyb@sheratonsaskatoon.com

One Free bus driver/coach room (single accommodation with minimum of 10 room block per night), bus parking is \$135/day

Includes hot breakfast and complimentary parking for individual vehicles

Mini bar fridge in each room, complimentary hospitality rooms provided based on availability, catered team meals available

ManSask Championship Meet Event List

Session 1		Warm up: 4:30 pm		Thursday Dec 13, 2018 - Prelims		Start time: 5:30 pm	
#		Gender	Event		#	Gender	
Prelims	1	Female	200 IM		2	Male	
Prelims	1	Female	200 IM Para - (S5-S14) / 150 IM (S1-S4)		2	Male	
Timed Finals	3	Female	1500 Freestyle		4	Male	
Session 2		Warm up: 8:00 am		Friday Dec 14, 2018 Prelims		Start time: 9:00 am	
#		Gender	Event		#	Gender	
Prelims	5	Female	100 Butterfly		6	Male	
Prelims	7	Female	200 Breaststroke		8	Male	
Prelims	11	Female	50 Free		12	Male	
Prelims	13	Female	100 Backstroke		14	Male	
Prelims	15	Female	400 Freestyle		16	Male	
Session 3		Warm up: 4:00 pm		Friday Dec 14, 2018 Finals		Start time: 5:00 pm	
#		Gender	Event		#	Gender	
Finals	5	Female	100 Butterfly		6	Male	
Finals	7	Female	200 Breaststroke		8	Male	
Finals	9	Mixed	50 Free - Para (S1-S14)		9	Mixed	
Finals	11	Female	50 Freestyle		12	Male	
Finals	13	Female	100 Backstroke		14	Male	
Finals	15	Female	400 Freestyle		16	Male	
Timed Finals	17	Female	200 Freestyle Relay 12 & Under				
Timed Finals			200 Freestyle Relay 13 & Under		18	Male	
Timed Finals	19	Female	200 Freestyle Relay 13 - 14				
Timed Finals			200 Freestyle Relay 14 - 15		20	Male	
Timed Finals	21	Female	200 Freestyle Relay 15 & Over				
Timed Finals			200 Freestyle Relay 16 & Over		22	Male	

ManSask Championship Meet Event List Continued:

Session 4 Warm up: 8:00 am Saturday, Dec 15, 2018 Prelims Start time: 9:00 am					
	#	Gender	Event	#	Gender
Prelims	23	Female	200 Butterfly	24	Male
Prelims	27	Female	100 Free	28	Male
Prelims	29	Female	200 Backstroke	30	Male
Prelims	31	Female	50 Breaststroke	32	Male
Prelims	35	Female	800 Freestyle	36	Male
Session 5 Warm up: 4:00 pm Saturday, Dec 15, 2018 Finals Start time: 5:00 pm					
	#	Gender	Event	#	Gender
Finals	23	Female	200 Butterfly	24	Male
Finals	25	Mixed	100 Free - Para (S1-S14)	25	Mixed
Finals	27	Female	100 Freestyle	28	Male
Finals	29	Female	200 Backstroke	30	Male
Finals	31	Female	50 Breaststroke	32	Male
Finals	33	Mixed	200 IM - Para (S5-S14) / 150 IM (S1-S4)	33	Mixed
Finals	1	Female	200 IM	2	Male
Timed Finals	37	Female	200 Medley Relay 12 & Under		
Timed Finals			200 Medley Relay 13 & Under	38	Male
Timed Finals	39	Female	200 Medley Relay 13 - 14		
Timed Finals			200 Medley Relay 14 - 15	40	Male
Timed Finals	41	Female	200 Medley Relay 15 & Over		
Timed Finals			200 Medley Relay 16 & Over	42	Male

ManSask Championship Meet Event List Continued:

Session 6 Warm up: 8:00 am Sunday, Dec 16, 2018 Prelims Start time: 9:00 am					
	#	Gender	Event	#	Gender
Prelims	43	Female	50 Butterfly	44	Male
Prelims	45	Female	200 Freestyle	46	Male
Prelims	49	Female	50 Backstroke	50	Male
Prelims	51	Female	100 Breaststroke	52	Male
Prelims	53	Female	400 IM	54	Male
Session 7 Warm up: 4:00 pm Sunday, Dec 16, 2018 Finals Start time: 5:00 pm					
	#	Gender	Event	#	Gender
Finals	43	Female	50 Butterfly	44	Male
Finals	45	Female	200 Freestyle	46	Male
Finals	47	Mixed	50 Backstroke - Para (S1-S14)	47	Mixed
Finals	49	Female	50 Backstroke	50	Male
Finals	51	Female	100 Breaststroke	52	Male
Finals	53	Female	400 IM	54	Male
Timed Finals	55	Female	200 MR Provincial Relay - 12 & Under		
Timed Finals			200 MR Provincial Relay - 13 & Under	56	Male
Timed Finals	57	Female	200 MR Provincial Relay - 13 - 14		
Timed Finals			200 MR Provincial Relay - 14 - 15	58	Male
Timed Finals	59	Female	200 MR Provincial Relay - 15 & Over		
Timed Finals			200 MR Provincial Relay - 16 & Over	60	Male



2016-2020 ManSask Standards as of September 8, 2018

Athletes may qualify for ManSask or Provincial Championships in single age categories but will compete in combined age groups as per item 15.

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	200I.M	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	400I.M	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	200I.M	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	400I.M	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16



2016-2020 ManSask Standards as of September 8, 2018

Athletes may qualify for ManSask or Provincial Championships in single age categories but will compete in combined age groups as per item 15.

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	200I.M	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	400I.M	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	200I.M	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	400I.M	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92