



2019 WESTERN REGIONAL LONG COURSE CHAMPIONSHIP

MAY 31 – JUNE 2, 2019

MEET INFORMATION PACKAGE

HOSTED BY: Windsor Aquatic Club



WESTERN REGION LC CHAMPIONSHIP 2019

Dates: May 31, 2019 – June 2, 2019

Hosted by: Windsor Aquatic Club

Venue: Windsor International Aquatic and Training Center
401 Pitt Street, Windsor Ontario, N8A 0B2

Facility:

- The pool is a 10 lane 72-meter indoor facility. Bulkhead divided will include a 50-meter competition pool and 6 lanes 25 meter warm up pool.
- Omega Quantum Electronic Timing System and 10 lane display score board with Hy-tek Meet Manager for scoring.
- Backstroke ledges will be made available for 13 & Over sessions (prelims & finals).
- Spectator seating will be upstairs on the mezzanine level.
- **GLASS CONTAINERS** are strictly prohibited in and around the deck area.

****THE ONLY MEET PACKAGE WHICH WILL BE CONSIDERED AS VALID MUST BE THE MOST CURRENT VERSION FOUND ON www.swimming.ca ****

Competition Coordinators: Linda Stanczak - stanczaks@hotmail.com Jen Potma - jen.potma@gmail.com

Meet Manager: Sherry Gibson – sherry@windsoraquatic.com

Minor Official Coordinator: Van Nguy - officials@windsoraquatic.com

Description:

- 12&Under – events will be timed finals and will swim in the afternoon.
- 13&Over – Preliminary events swim in the morning – Top 10 swimmers of each age group will advance to finals.
- Meet will consist of Timed Final Distance Events 400, 800 & 1500m
- All Relay events are timed finals

Competition Rules:

- Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
- All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator(s).
- Swimming Canada Competition Warm-up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

Dive Starts: As per the Facility Rules for Dive Starts, this competition will be conducted as follows

- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from both ends

Records:

- Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

Age Classifications:

- Male and Female
- Individual: 10&Under; 11; 12; 13; 14; 15; 16; 17&Over
- Relays: 10&Under; 11-12; 13-14; 15&Over

Age Up Date: Ages submitted are to be as of the start date of the meet May 31, 2019.

- Birthdays which fall between WOSA Champs & Festivals/Ontario Youth Junior/Ontario Swimming Championships – if a coach wants to have a swimmer compete in a de-qualified event for the purpose of achieving a Standard in the next age group, they must email Meet Management to find out if there is room available to have the swimmer placed as exhibition for this swim in their current age group. Exhibition swims are not eligible to score or swim at finals.

Eligibility:

- All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.

Qualifying \ De – Qualifying Information:

- All swimmers must be registered with a **Western Region** club and in good standing.
- Valid LC times along with SC entry times will be accepted and not converted. See Appendix B.
- Any 12 & under swimmer qualifying for Ontario Festivals Championships Winter / Summer Standard, are de-qualified from that event.
- Any 13-year-old swimmer qualifying for Ontario Youth-Junior Championships Spring or Summer Standard, are de-qualified from that event.
- Any 14 & over swimmer qualifying for Ontario Swimming Championships Spring or Summer Standard, are de-qualified for that event.
- A coach who has a swimmer qualify for any de-qualification standard by age, after the entry deadline has passed, must email meet management to withdraw the swimmer(s) from that event. The swimmer may be placed in an alternate event of which the swimmer is not de-qualified with NO PENALTY, provided there is an open lane. If no open lane exists, the swimmer will be refunded for the event. A new heat will not be created. It is incumbent on the coaches to make sure over-qualified swimmers are not entered in events, whether qualification was in SC or LC.
- Stroke 50's (50 fly, 50 back & 50 breast) have no de-qualification standards.
- Entry priority order for seeding will be LCM, then SCM, then bonus swims.
- For all PARA events, see qualifying times in Appendix B.
- **"I Made it!" t-shirts** will be given out to all swimmers achieving a Festival/Provincial Standard, regardless if the swimmer qualified previously.

Entry Fees:

- \$9.00 per individual events
- \$10.00 per relay team
- Swimmer Surcharge - \$5.00 per swimmer, including relay only swimmers
- Please submit one cheque for all club swimmers, payable to **Windsor Aquatic Club**, before the start of warm up on **Friday, May 31, 2019**.

Entries:

- Entries will be at the discretion of the Meet Manager. Only appropriate and complete event files with appropriate times will be accepted.
- All entries must be in Hy-Tek accepted format and must be submitted through the SNC online entries system at www.swimming.ca. Meet Management will not accept entries via email.
- Initial entry files (roster) must be received by **midnight May 20, 2019**. After that time, fees will be calculated; no refunds will be granted for missed swims.
- Coaches will be sent entry list receipt of club entries; please contact Meet Management immediately if there is a discrepancy or issue of any kind.
- "Relay-Only" swimmers are permitted. The remaining three members of the relay team must be properly qualified for the meet in an individual event. The relay only swimmer's name must appear in the team entry file (roster) with no individual entries.
- No limitation on number of events entered, providing qualifying criteria has been met.
- Except for relays, swimmers must swim in the proper age group, no swimming up is permitted. Swimming "up" is only permitted on relays per SC rules. A maximum of 2 swimmers may swim up for a relay team. An exception to this can be located under "Age Up Date"

Bonus Swims:

- Any swimmer qualifying with only one (1) qualifying standard may have three (3) additional bonus swims. If they qualify in two (2), they receive two (2) additional bonus swims and if they qualify in three (3), they receive one (1) bonus swim.
- All bonus swims must be entered with a "B" indicator following the seed time.
- To facilitate the most efficient swim sessions, coaches are requested to enter actual times for bonus swims and NOT enter them as NT.
- The 400 IM and 400/800/1500 Free may not be used as bonus events.

PARA:

- PARA swimmers will be officiated under WPS Swimming Rules.

PARA Entries:

- PARA events are as follows:
 - 50 Free S1-S13, 100 Free S1-S14, 200 Free S1-5 & S14, 400 Free S6-S13
 - 50 Back S1-S5, 100 Back S1-S14
 - 50 Breast S2-S7, 100 Breast S8-S14
 - 50 Fly S1-S7, 100 Fly S8-S14
 - 150 IM SM1-SM4, 200IM SM5-SM14
- PARA swimmers may enter other events in which they meet the Regional time standard, but there will not be separate PARA awards for these events. There will be no bonus swims for PARA for distances greater than 100m.

- In PARA swimming events with five (5) or more entries, Para-swimmers will complete in able-bodied heats during the preliminaries, seeded by time, then compete in a PARA swimming final during final sessions. (once event has been completed, the results will be moved into the 400 series event).
- In PARA swimming events with fewer than five (5) entries, the event will be para-swimmer only timed finals during the preliminary session.
- PARA that have the Able-Bodied standard in any event may enter that event as Able Bodied. A PARA athlete may swim as either Able Bodied or PARA in any event they qualify for, but not both.
- PARA only events will be in the series 400+, see event file.
- Coaches must indicate each PARA classification with their entries: Able Bodied swims entered into the Able-Bodied events; PARA swims entered into the 400+ series events.
- Para swimmers 12&Under – PARA qualified events only: PARA will swim in the 12&Under session with peers in the “Able Bodied” events. These results will be moved to the 400+ series PARA events for scoring.

Scratch Rules & Check Ins:

- Swimmers will not be penalized for scratching from preliminary/timed finals heats.
- **Finals “No Show” Fee** – A \$10 penalty will be charged per “no show”, per event. The swimmer will NOT be permitted to swim in any further events until the penalty is paid. The penalty will be payable to the host club. Coaches are to ensure all their swimmers know they are in finals. The scratch deadline will be one (1) hour after the preliminary session. Coaches should check scratch sheets and/or posted results to ensure that their swimmer is crossed out. Once heat sheets are printed for finals, the fee will only apply to the top 10 swimmers in each final, and 2 alternates.
- Relay sheets are to be obtained during warm-up, verified and submitted back to meet management **30 minutes prior to the start of relay events.**
- Positive Check-In is required for the 400 Free, 800 Free, 1500 and 400 IM these events **30 minutes prior to the session start @ the Clerk of Course Desk.**

Cancellation:

- In the event of unforeseen circumstances beyond the control of the City of Windsor or Windsor Aquatic Club, (for example but not limited to: weather interruptions or facility malfunctions) that force the cancellation of all or part of the meet, a partial refund may be granted at the discretion of the Meet Manager.

Session Times:

- Meet management reserves the right to change warm up and start times for sessions.
- No session will be longer than 4.5 hours
- Management also reserves the right to cancel relay events should sessions run late.

Session		Warm-up	Start	Age Group
Friday May 31, 2019	1	7:00 am	8:00 am	13 & Over
	2	12:00 am	1:00 pm	12 & Under
	3	5:00 pm	6:00 pm	Finals
Saturday March 30th	4	7:00 am	8:00 am	13 & Over
	5	12:00 pm	1:00 pm	12 & Under
	6	5:00 pm	6:00 pm	Finals
Sunday March 31st	7	7:00 am	8:00 am	13 & Over
	8	12:00 pm	1:00 pm	12 & Under
	9	5:00 pm	6:00 pm	Finals

Warm Up:

- Sprint lanes (lanes 0,1 and 8,9) will be available for the last 20 minutes of warm-ups. These lanes will be used for Sprinting and are designated as diving lanes. After the dive the swimmer must leave the lane and return to the start end. Additional diving lanes may be opened at the discretion of Meet Management.
- PARA warm-up lanes may also be designated, will be announced and then will be controlled by the Safety Marshals.

Schedule of Event: See event list – Appendix A

Coaches Registration: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Seeding:

- Meet Management reserves the right to combine age groups/events if time requires, and the right to split preliminary session age categories to ensure proper session lengths.
- All 12 & Under events will be timed finals.
- 13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals.
- Meet Management reserves the right to combine age groups for 1500/800/400 events if time requires.
- There will be an “A” final for male and female 13, 14, 15, 16 and 17 & Over.
- All Relays, Distance Free Events and the 400 IM will be timed finals.
- The 800 Free & 1500 Free will swim fastest to slowest and will be timed finals.
- The 400 Free and 400 IM will swim slowest to fastest and will be timed finals. Fastest heat in 13 & Over sessions (male & female) will swim during finals session.
- Meet Management reserves the right to senior seed 1500/800/400 events if demand warrants.
- Meet Management reserves the right to swim the distance freestyle events 2 per lane.
- Preliminary events with less than 11 swimmers will still be swum – will not go straight to finals.
- No deck entries will be permitted
- No exhibition swims will be permitted (Except those referred to in Age Up Date)

Time Splits:

- Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session in question.
- The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the session. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.
- Final sessions are not eligible for official splits.

Scoring:

- All Individual and Relay Events will be scored from 1st – 8th place: 9-7-6-5-4-3-2-1
- If there are fewer than 8 entrants, the event will be "Reversed-scored" (For example, if there are 4 entrants, the event will be scored 4-3-2-1)
- PARA scoring will be based on the number of entrants and will be scored the same as Able Bodied swimmers.

Awards:

- Able Bodied Medals 1st TO 3rd - individual events; 1st for Relay events.
- Able Bodied Ribbons 4th TO 8th - individual events; 2nd & 3rd for Relay events.
- PARA medals will be awarded in IPC eligible events only using PARA British Points System and shall be awarded on a "mixed gender" basis to the top 3 swimmers in each event. In order to award gold, there must be at least 2 competitors, to award silver there must be at least 3 competitors and to award bronze there must be at least 4 competitors in the event.

Results:

- Result will be posted just outside the spectator hallway
- Unofficial LIVE Results will be available at www.windsoraquatic.com and on Meet Mobile
- Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Recording of the Event: Only individuals that have made application and received authorization to record the event in any manner, in any medium or context now known or hereafter developed shall be granted access and permission to do so. Please contact Meet Manager for application and authorization.

Safety & Liability:

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- Meet Officials will provide a safe environment and an organized competition. Meet Officials are not responsible for the supervision of the athletes during the competition or during session breaks
- Coaches are responsible for the supervision of their swimmers during warm up. Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence of these rules and to discipline the athletes' behaviour if necessary.

Officials: It would be appreciated if each club would provide some officials to help with the meet. Anyone interested in officiating can sign up via Sign-Up Genius by searching for the meet using officials@windsoraquatic.com or by contacting the Minor Official Coordinator. Officials Level III, IV, V or requesting a senior position please contact the Competition Coordinator directly.

WOSA 2019 SPECIAL TICKET PRICING TO



All-Day Pass \$15.00

Starlight Pass (after 4pm) \$12.00

To order your tickets please email

calgia22@gmail.com

By May 27, 2019

Please include Your Name, Name of Club and the Number of tickets needed. Tickets can be paid for and picked up at WOSA Meet.

For more information about Adventure Bay:

<http://adventurebay.ca/Pages/home.aspx>

APPENDIX A

WOSA LC Championship 2019

Order of Events

Session 1:

13 & Over
Prelims & Timed Finals

Friday May 31, 2019
Warm-up: 7:00 am
Start: 8:00 am

Event #	Women	Event	Men	Event #
1	13 & Over	400IM	13 & Over	2
401	S1-S14	100 Free	S1-S14	401
3	13 & Over	100 Free	13 & Over	4
402	S1-S5	50 Backstroke	S1-S5	402
5	13 & Over	50 Backstroke	13 & Over	6
403	S8-S14	100 Breaststroke	S8-S14	403
7	13 & Over	100 Breaststroke	13 & Over	8
9	13 & Over	200 Butterfly	13 & Over	10
11	13 & Over	800 Free	13 & Over	12

Session 2:

12 & Under
Timed Finals

Friday May 31, 2019
Warm-up: 12:00 pm
Start: 1:00 pm

Event #	Women	Event	Men	Event #
101	11 & 12	400IM	11 & 12	102
103	10 & Under	100 Free	10 & Under	104
105	11	100 Free	11	106
107	12	100 Free	12	108
109	10 & Under	50 Backstroke	10 & Under	110
111	11	50 Backstroke	11	112
113	12	50 Backstroke	12	114
115	10 & Under	100 Breaststroke	10 & Under	116
117	11	100 Breaststroke	11	118
119	12	100 Breaststroke	12	120
121	11	200 Butterfly	11	122
123	12	200 Butterfly	12	124
125	11 & 12	800 Free	11 & 12	126

Session 3:

13 & Over
Finals

Friday May 31, 2019
Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
1	13 & Over	400IM (fastest heat)	13 & Over	2
3	13,14,15,16,17&Over	100 Free	13,14,15,16,17&Over	4
5	13,14,15,16,17&Over	50 Backstroke	13,14,15,16,17&Over	6
7	13,14,15,16,17&Over	100 Breast	13,14,15,16,17&Over	8
9	13,14,15,16,17&Over	200 Fly	13,14,15,16,17&Over	10

Session 4:13 & Over
Prelims & Timed Finals

Saturday, June 1, 2019

Warm-up: 7:00 am

Start: 8:00 am

Event #	Women	Event	Men	Event #
404	S6-S13	400 Free	S6-S13	404
13	13 & Over	400 Free	13 & Over	14
405	S2-S7	50 Breaststroke	S2-S7	405
15	13 & Over	50 Breaststroke	13 & Over	16
17	13 & Over	200 Backstroke	13 & Over	18
406	S1-S13	50 Free	S1-S13	406
19	13 & Over	50 Free	13 & Over	20
407	S8-S14	100 Butterfly	S8-S14	407
21	13 & Over	100 Butterfly	13 & Over	22
408	SM1-SM4	150 IM	SM1-SM4	408
409	SM5-SM14	200 IM	SM5-SM14	409
23	13 & Over	200 IM	13 & Over	24
201	15 & Over	4x50 Medley Relay	15 & Over	202
203	13-14	4x50 Medley Relay	13-14	204

Session 5:12 & Under
Timed Finals

Saturday, June 1, 2019

Warm-up: 12:00 pm

Start: 1:00 pm

Event #	Women	Event	Men	Event #
127	10 & Under	200 Backstroke	10 & Under	128
129	11	200 Backstroke	11	130
131	12	200 Backstroke	12	132
133	10 & Under	50 Free	10 & Under	134
135	11	50 Free	11	136
137	12	50 Free	12	138
139	10 & Under	100 Butterfly	10 & Under	140
141	11	100 Butterfly	11	142
143	12	100 Butterfly	12	144
145	10 & Under	50 Breaststroke	10 & Under	146
147	11	50 Breaststroke	11	148
149	12	50 Breaststroke	12	150
151	10 & Under	200 IM	10 & Under	152
153	11	200 IM	11	154
155	12	200 IM	12	156
205	10 & Under	4x50 Free Relay	10 & Under	206
207	11-12	4x50 Free Relay	11-12	208

Session 6:13 & Over
Finals

Saturday, June 1, 2019

Warm-up: 5:00 pm

Start: 6:00 pm

Event #	Women	Event	Men	Event #
15	13 & Over	400 Free (Fastest Heat)	13 & Over	16
17	13,14,15,16,17&Over	50 Breaststroke	13,14,15,16,17&Over	18
19	13,14,15,16,17&Over	200 Backstroke	13,14,15,16,17&Over	20
21	13,14,15,16,17&Over	50 Free	13,14,15,16,17&Over	22
23	13,14,15,16,17&Over	100 Butterfly	13,14,15,16,17&Over	24
25	13,14,15,16,17&Over	200 IM	13,14,15,16,17&Over	26

Session 7:13 & Over
Prelims & Timed Finals

Sunday June 2, 2019

Warm-up: 7:00 am

Start: 8:00 am

Event #	Women	Event	Men	Event #
410	S1-S5 & S14	200 Free	S1-S5 & S14	410
27	13 & Over	200 Free	13 & Over	28
411	S1-S7	50 Butterfly	S1-S7	411
29	13 & Over	50 Butterfly	13 & Over	30
31	13 & Over	200 Breaststroke	13 & Over	32
412	S1-S14	100 Backstroke	S1-S14	412
33	13 & Over	100 Backstroke	13 & Over	34
209	15 & Over	4x50 Free Relay	15 & Over	210
211	13-14	4x50 Free Relay	13-14	212
35	13 & Over	1500 Free	13 & Over	36

Session 8:12 & Under
Timed FinalsSunday, June 2, 2019
Warm-up: 12:00 pm
Start: 1:00 pm

Event #	Women	Event	Men	Event #
157	10 & Under	200 Free	10 & Under	158
159	11	200 Free	11	160
161	12	200 Free	12	162
163	10 & Under	100 Backstroke	10 & Under	164
165	11	100 Backstroke	11	166
167	12	100 Backstroke	12	168
169	11	200 Breaststroke	11	170
171	12	200 Breaststroke	12	172
173	10 & Under	50 Butterfly	10 & Under	174
175	11	50 Butterfly	11	176
177	12	50 Butterfly	12	178
179	10 & Under	400 Free	10 & Under	180
181	11	400 Free	11	182
183	12	400 Free	12	184
213	10 & Under	4x50 Medley Relay	10 & Under	214
215	11-12	4x50 Medley Relay	11-12	216

Session 9:13 & Over
FinalsSunday, June 2, 2019
Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
27	13,14,15,16,17&Over	200 Free	13,14,15,16,17&Over	28
29	13,14,15,16,17&Over	50 Butterfly	13,14,15,16,17&Over	30
31	13,14,15,16,17&Over	200 Breaststroke	13,14,15,16,17&Over	32
33	13,14,15,16,17&Over	100 Backstroke	13,14,15,16,17&Over	34

APPENDIX B

WOSA LC Championship 2019

Time Standards

Long Course							
FEMALE	10 & U	11	12	13	14	15	16 & O
50 FR	39.03	36.12	34.24	33.14	32.12	31.53	31.11
100 FR	0.1:26.39	01:19.09	0.1:14.94	0.1:12.12	0.1:09.97	0.1:08.30	0.1:07.50
200 FR	0.3:10.25	0.2:52.78	0.2:42.78	0.2:36.39	0.2:31.26	0.2:29.29	0.2:26.49
400 FR	0.6:38.13	0.6:11.53	0.5:46.97	0.5:36.60	0.5:19.93	0.5:15.97	0.5:10.83
800 FR		0.12:41.89	0.11:45.73	0.11:25.20	0.11:07.48	0.10:50.46	0.10:41.15
1500 FR				0.21:32.50	0.21:14.01	0.20:43.84	0.20:35.43
50 BK	46.28	43.2	40.2	39.11	37.22	36.91	36.00
100 BK	0.1:38.70	0.1:31.00	0.1:25.44	0.1:22.34	0.1:18.64	0.1:17.02	0.1:15.87
200 BK	0.3:33.88	0.3:14.62	0.3:03.04	0.2:57.94	0.2:48.07	0.2:44.24	0.2:42.00
50 BR	53.93	48.53	45.01	44.01	43.18	42.65	41.50
100 BR	0.1:52.39	0.1:45.08	0.1:39.10	0.1:33.94	0.1:31.81	0.1:29.15	0.1:28.67
200 BR		0.3:44.93	0.3:31.67	0.3:23.35	0.3:14.27	0.3:14.00	0.3:11.22
50 FLY	45.02	41.02	39.85	37.24	34.49	34.00	33.50
100 FLY	0.1:44.22	0.1:34.47	0.1:27.65	0.1:23.44	0.1:20.04	0.1:18.87	0.1:16.00
200 FLY		0.3:37.19	0.3:19.51	0.3:10.09	0.2:57.53	0.2:56.27	0.2:52.76
200 IM	0.3:37.06	0.3:18.93	0.3:07.20	0.2:59.52	0.2:51.38	0.2:49.64	0.2:47.19
400 IM		0.6:59.50	06:33.85	0.6:22.60	0.6:05.90	0.5:55.70	0.5:50.44
MALE	10 & U	11	12	13	14	15	16 & O
50 FR	39.43	36.27	33.53	31.49	30.17	29.45	28.21
100 FR	0.1:28.21	0.1:20.46	0.1:13.68	0.1:09.07	0.1:05.61	0.1:04.17	0.1:02.34
200 FR	0.3:15.58	0.2:56.90	0.2:41.22	0.2:31.97	0.2:25.58	0.2:20.21	0.2:16.08
400 FR	0.6:49.07	0.6:19.09	0.5:48.09	0.5:30.99	0.5:07.78	0.5:01.49	0.4:51.55
800 FR		0.13:14.15	0.11:54.58	0.11:17.47	0.10:45.42	0.10:30.72	0.10:13.04
1500 FR				0.21:33.56	0.20:38.18	0.20:01.09	0.19:35.37
50 BK	47.99	46.29	42.28	39.99	36.97	36.50	35.75
100 BK	0.1:41.46	0.1:32.07	0.1:26.55	0.1:19.57	0.1:15.30	0.1:14.02	0.1:10.50
200 BK	0.3:43.77	0.3:18.53	0.3:04.09	0.2:53.51	0.2:44.47	0.2:39.48	0.2:34.04
50 BR	54.99	50.04	48.82	43.69	42.76	41.86	38.99
100 BR	0.1:56.54	0.1:47.63	0.1:38.15	0.1:32.28	0.1:26.10	0.1:25.16	0.1:21.08
200 BR		0.3:54.88	0.3:31.67	0.3:18.94	0.3:06.69	0.3:03.75	0.2:56.14
50 FLY	48.47	43.15	40.15	38.37	36.86	33.08	32.50
100 FLY	0.1:49.51	0.1:37.36	0.1:27.10	0.1:20.12	0.1:15.14	0.1:12.06	0.1:10.21
200 FLY		0.4:02.61	0.3:22.82	0.3:07.88	0.2:51.71	0.2:46.52	0.2:35.61
200 IM	0.3:40.42	0.3:20.35	0.3:06.89	0.2:54.47	0.2:44.93	0.2:40.55	0.2:34.81
400 IM		0.7:26.39	0.6:41.55	0.6:14.75	0.5:52.38	0.5:45.40	0.5:40.80

REGIONAL STANDARDS

SHORT COURSE

FEMALE	10 & U	11	12	13	14	15	16 & O
50 FR	38.18	35.67	33.99	32.49	31.56	31.02	30.89
100 FR	0.1:24.65	0.1:18.35	0.1:13.51	0.1:10.70	0.1:07.99	0.1:07.02	0.1:06.58
200 FR	0.3:06.60	0.2:50.87	0.2:39.12	0.2:33.32	0.2:27.04	0.2:25.52	0.2:24.09
400 FR	0.6:31.48	0.6:03.60	0.5:40.30	0.5:30.00	0.5:13.53	0.5:10.88	0.5:06.82
800 FR		0.12:30.47	0.11:32.19	0.11:11.77	0.10:53.08	0.10:40.68	0.10:33.72
1500 FR				0.21:43.44	0.20:58.44	0.20:42.55	0.20:20.76
50 BK	44.38	42.31	40.06	36.06	35.35	34.51	34.00
100 BK	0.1:36.81	0.1:29.22	0.1:23.81	0.1:20.72	0.1:17.63	0.1:15.91	0.1:15.40
200 BK	0.3:29.78	0.3:10.36	0.2:59.53	0.2:54.45	0.2:45.19	0.2:44.04	0.2:43.06
50 BR	51.32	48.16	44.76	43.00	41.21	40.86	39.87
100 BR	0.1:49.27	0.1:42.77	0.1:37.81	0.1:32.10	0.1:29.09	0.1:28.36	0.1:27.03
200 BR		0.3:40.62	0.3:27.61	0.3:19.36	0.3:11.04	0.3:08.96	0.3:06.52
50 FLY	44.76	42.25	37.49	35.00	34.00	33.00	32.90
100 FLY	0.1:42.22	0.1:32.59	0.1:25.97	0.1:21.81	0.1:16.54	0.1:15.16	0.1:14.41
200 FLY		0.3:33.03	0.3:15.70	0.3:06.36	0.2:55.20	0.2:52.59	0.2:48.47
100 IM	0.1:40.60						
200 IM	0.3:32.90	0.3:14.35	0.3:03.30	0.2:56.00	0.2:49.07	0.2:46.37	0.2:44.28
400 IM		0.6:50.90	0.6:26.45	0.6:15.10	0.6:01.85	0.5:52.79	0.5:48.56
MALE	10 & U	11	12	13	14	15	16 & O
50 FR	38.35	35.54	33.29	30.88	29.56	28.99	28.3
100 FR	0.1:26.51	0.1:18.43	0.1:12.57	0.1:07.72	0.1:04.29	0.1:03.03	0.1:01.39
200 FR	0.3:12.10	0.2:52.71	0.2:38.95	0.2:28.98	0.2:21.99	0.2:17.30	0.2:14.36
400 FR	0.6:41.23	0.6:10.50	0.5:41.40	0.5:24.50	0.5:03.84	0.4:53.72	0.4:47.91
800 FR		0.12:58.87	0.11:40.86	0.11:04.18	0.10:40.95	0.10:20.63	0.9:59.27
1500 FR					0.20:20.59	0.19:45.16	0.19:01.07
50 BK	46.28	44.33	41.26	36.54	35.01	34.50	34.00
100 BK	0.1:39.52	0.1:30.31	0.1:24.89	0.1:18.01	0.1:14.49	0.1:12.60	0.1:09.52
200 BK	0.3:39.53	0.3:14.70	0.3:00.07	0.2:50.12	0.2:40.05	0.2:37.41	0.2:30.55
50 BR	53.93	49.99	45.26	41.39	38.68	37.51	36.29
100 BR	0.1:52.68	0.1:44.94	0.1:36.27	0.1:30.48	0.1:24.45	0.1:23.52	0.1:19.44
200 BR		0.3:50.37	0.3:25.82	0.3:15.03	0.3:04.93	0.3:01.26	0.2:53.74
50 FLY	45.02	43.83	41.32	37.94	33.82	32.50	30.80
100 FLY	0.1:47.81	0.1:32.18	0.1:25.44	0.1:18.55	0.1:13.40	0.1:11.18	0.1:08.87
200 FLY		0.3:57.96	0.3:18.77	0.3:04.19	0.2:48.77	0.2:43.31	0.2:35.24
100 IM	0.1:42.77						
200 IM	0.3:36.80	0.3:16.50	0.3:03.30	0.2:51.05	0.2:40.49	0.2:37.08	0.2:33.60
400 IM		0.7:15.99	0.6:31.50	0.6:07.40	0.5:45.60	0.5:40.28	0.5:31.09

PARA WOSA REGIONAL QUALIFYING STANDARDS

FEMALE	S18B1SM1	S28B2SM2	S38B3SM3	S48B4SM4	S58B5SM5	S68B6SM6	S78B7SM7	S88B8SM8	S98B9SM9	S108B10SM10	S118B11SM11	S128B12SM12	S138B13SM13	S148B14SM14
50 BR	4:1.36	03:03.2	02:36.1	01:53.5	01:37.0	01:16.5	01:01.4	55.91	49.09	47.72	01:01.4	01:00.1	49.09	49.09
100 FR	8:30.95	6:09.02	5:12.24	4:01.10	3:28.72	2:33.06	2:09.54	2:03.88	1:49.09	1:42.27	2:16.37	2:13.63	1:55.91	1:49.10
200 FR	16:36.11	11:04.50	9:53.54	8:34.82	7:16.42									4:00.46
400 FR														
50 BK	4:15.47	3:04.15	2:50.42	2:07.73	1:51.32	1:24.12	1:15.61	1:10.54	1:01.99	55.17	1:15.61	1:14.09	1:01.99	1:01.99
100 BK	8:43.86	6:21.27	5:53.53	4:28.38	3:55.39	3:00.89	2:43.63	2:29.99	2:16.37	2:02.73	2:43.63	2:40.36	2:16.37	2:16.37
50 BR	4:58.05	3:47.09	2:50.32	2:01.28	1:51.95	1:45.00	1:29.25	1:15.61	1:08.79		1:29.25	1:27.46	1:08.79	1:08.79
100 BR	10:09.17	7:47.08	6:53.53	4:15.47	3:56.56	3:42.64	3:10.91	2:43.63	2:29.99		3:10.91	3:07.94	2:29.99	2:29.99
50 FLY	3:32.90	3:18.70	2:50.31	2:16.12	2:18.00	1:44.36	1:21.81	1:15.61	1:08.79	1:01.99	1:15.61	1:14.09	1:01.99	1:08.79
100 FLY	8:39.20	6:43.86	5:47.08	5:17.41	4:44.63	3:31.38	2:49.83	2:43.63	2:29.99	2:16.37	2:43.63	2:40.36	2:16.37	2:29.99
150 IM	9:13.53	8:12.24	8:30.96	7:05.80										
200 IM						8:20.94	6:57.45	5:54.55	5:27.28	4:32.73	4:19.10	5:54.55	5:20.74	4:46.36
MALE	S15B1SM1	S25B2SM2	S35B3SM3	S45B4SM4	S55B5SM5	S65B6SM6	S75B7SM7	S85B8SM8	S95B9SM9	S105B10SM10	S115B11SM11	S125B12SM12	S135B13SM13	S145B14SM14
50 BR	3:47.09	2:17.66	2:24.76	2:21.93	1:16.53	1:02.62	49.09	47.73	43.64	42.27	54.45	47.73	43.64	43.64
100 BR	6:57.45	5:10.04	5:04.14	4:58.06	2:46.98	2:12.19	2:00.64	1:53.54	1:39.35	1:33.67	1:49.09	1:42.27	1:34.45	1:35.45
200 BR	13:54.90	10:17.51	10:05.39	9:53.54	7:16.43									3:32.55
400 BR														
50 BK	3:42.64	2:57.19	2:53.72	2:50.32	1:23.49	1:10.21	1:04.52	1:00.95	50.31	48.90	1:08.79	1:01.99	55.17	48.35
100 BK	7:31.63	6:01.10	5:40.03	5:47.08	2:53.31	2:33.07	2:21.93	2:14.83	1:53.54	1:49.68	2:29.99	2:16.37	2:02.73	1:49.09
50 BR	4:35.77	2:57.19	2:53.72	2:50.32	1:27.60	1:24.12	1:18.71	1:04.52	54.58		1:15.61	1:01.99	55.17	52.43
100 BR	9:24.19	6:07.82	6:00.61	3:17.71	3:07.80	3:00.90	2:50.32	2:21.93	2:02.05		2:43.63	2:16.37	2:02.73	1:57.28
50 FLY	1:46.98	2:42.44	2:36.24	2:36.12	1:37.41	1:16.53	1:03.86	1:00.95	50.31	46.45	1:01.99	1:01.99	48.35	48.35
100 FLY	5:46.63	5:38.28	5:31.65	5:04.45	3:27.46	2:45.72	2:20.63	2:14.83	1:53.54	1:45.80	2:16.37	1:55.91	1:49.09	1:49.09
150 IM	8:20.94	8:07.30	7:57.74	7:48.37	6:57.45	5:33.96	4:58.06	4:43.87	4:15.47	4:01.28	5:00.00	4:58.03	4:05.46	4:05.46