



2017-2018 Women's Para-swimming National Meet Qualifying Standard (MQS) - Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:20.41	2:10.48	1:51.18	1:20.86	1:09.36	54.50	43.70	39.81	34.96	33.99	43.70	42.82	34.96	
100 Free	6:03.89	4:22.81	3:42.37	2:51.83	2:28.64	1:49.00	1:32.26	1:27.40	1:17.69	1:12.83	1:37.11	1:35.17	1:22.54	
200 Free	11:49.40	7:53.24	7:02.70	6:06.64	4:57.29									2:44.22
500 Free						10:01.14	9:14.40	8:38.67	8:00.48	7:35.84	9:14.40	9:03.31	8:12.80	
50 Back	3:01.94	2:11.40	2:01.29	1:30.97	1:19.27									
100 Back	6:13.08	4:32.00				2:08.82	1:56.54	1:46.82	1:37.11	1:27.40	1:56.54	1:54.20	1:37.11	1:37.12
50 Breast	3:32.27	2:41.72	2:01.29											
100 Breast				3:01.94	2:48.46	2:38.55	2:15.96	1:56.54	1:46.82		2:15.96	2:13.24	1:46.82	1:46.83
50 Fly	2:31.62	2:21.51	2:01.29	1:51.18	1:39.09	1:14.32	58.27							
100 Fly								1:56.54	1:46.82	1:37.11	1:56.54	1:54.20	1:37.11	1:46.83
150 IM	6:34.21	6:19.05	6:03.89	5:03.24										
200 IM					5:56.75	4:57.29	4:12.50	3:53.08	3:14.23	3:04.52	3:53.08	3:48.42	3:23.94	3:14.23

* swimmers must have two Meet Qualifying Standards to enter.

** Canadian registered swimmers can only qualify using long course times.

2017-2018 Women's Para-swimming National Event Entry Time (EET) - Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free														34.96
100 Free														1:17.69
200 Free						3:47.02	3:04.52	3:03.63	2:44.21	2:34.50	3:23.06	3:19.00	2:49.51	
500 Free	29:59.86	20:24.00	18:15.77	15:53.55	12:57.14									6:18.76
1000 Free						19:39.42	18:28.80	18:04.16	16:00.96	14:49.28	18:28.80	18:06.62	16:25.60	12:37.51
1650 Free						33:12.40	31:10.37	30:27.51	26:53.20	24:48.50	31:10.37	30:32.97	27:36.06	24:22.05
50 Back						59.90	53.85	49.88	44.14	39.28	53.85	52.77	44.14	44.14
100 Back			4:11.78	3:11.13	2:47.56									
200 Back	12:35.35	9:13.18	8:32.75	6:31.45	5:44.14	4:24.86	3:53.08	3:43.81	3:04.52	3:03.19	3:42.48	3:38.03	3:05.40	3:13.88
50 Breast				1:26.37	1:19.72	1:14.77	1:03.56	53.85	49.00		1:03.56	1:02.29	49.00	49.00
100 Breast	7:13.72	5:32.64	4:11.78											
200 Breast	14:27.45	11:05.29	8:23.56	6:39.72	5:28.82	5:00.90	4:31.04	3:34.41	3:34.54		3:56.61	3:51.88	3:34.54	3:34.54
50 Fly								53.85	49.00	44.14	53.85	52.77	44.14	49.00
100 Fly	5:12.43	4:47.62	4:07.18	3:46.05	3:22.70	2:37.65	2:00.95							
200 Fly	10:24.86	9:35.24	8:14.37	7:32.10	6:45.40	5:15.31	4:01.90	3:32.89	3:09.81	3:08.93	3:43.81	3:39.33	3:37.18	3:13.88
150 IM														
200 IM	9:10.43	7:50.02	8:09.78	6:59.02										
400 IM	18:20.86	15:40.05	16:19.56	13:58.05	12:02.52	10:03.60	8:33.83	7:09.96	6:15.22	6:00.21	6:43.47	6:35.40	5:44.32	6:15.23



2017-2018 Women's Para-swimming National Meet Qualifying Standard (MQS) - Short Course Metres

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:42.36	2:24.84	2:03.42	1:29.76	1:17.00	1:00.50	48.51	44.20	38.81	37.73	48.51	47.54	38.81	
100 Free	6:43.92	4:51.72	4:06.84	3:10.74	2:45.00	2:01.00	1:42.41	1:37.02	1:26.24	1:20.85	1:47.80	1:45.64	1:31.63	
200 Free	13:07.44	8:45.30	7:49.20	6:46.98	5:30.00									3:02.28
400 Free						8:46.00	8:05.10	7:54.32	7:00.42	6:38.86	8:05.10	7:55.40	7:11.20	
50 Back	3:21.96	2:25.86	2:14.64	1:40.98	1:28.00									
100 Back	6:54.12	5:01.92				2:23.00	2:09.36	1:58.58	1:47.80	1:37.02	2:09.36	2:06.77	1:47.80	1:47.80
50 Breast	3:55.62	2:59.52	2:14.64	1:35.88										
100 Breast				3:21.96	3:07.00	2:56.00	2:30.92	2:09.36	1:58.58		2:30.92	2:27.90	1:58.58	1:58.58
50 Fly	2:48.30	2:37.08	2:14.64	2:03.42	1:50.00	1:22.50	1:04.68							
100 Fly								2:09.36	1:58.58	1:47.80	2:09.36	2:06.77	1:47.80	1:58.58
150 IM	7:17.58	7:00.75	6:43.92	5:36.60										
200 IM					6:36.00	5:30.00	4:40.28	4:18.72	3:35.60	3:24.82	4:18.72	4:13.55	3:46.38	3:35.60

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2017-2018 Women's Para-swimming National Event Entry Time (EET) - Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free														34.96
100 Free														1:26.24
200 Free						4:12.00	3:24.82	3:23.84	3:02.28	2:51.50	3:45.40	3:40.89	3:08.16	
400 Free	26:14.88	17:51.00	15:58.80	13:54.36	11:20.00									7:00.42
800 Free						17:12.00	16:10.20	15:48.64	14:00.84	12:58.12	16:10.20	15:50.80	14:22.40	14:00.84
1500 Free						33:24.00	31:21.60	30:38.48	27:02.88	24:57.44	31:21.60	30:43.97	27:46.00	27:02.88
50 Back					1:28.00	1:06.50	59.78	55.37	49.00	43.61	59.78	58.58	49.00	0:49.00
100 Back			4:39.48	3:32.16	3:06.00									
200 Back	13:58.44	10:14.04	9:29.16	7:14.52	6:22.00	4:54.00	4:18.72	4:08.43	3:24.82	3:23.35	4:06.96	4:02.02	3:25.80	3:35.21
50 Breast				1:35.88	1:28.50	1:23.00	1:10.56	59.78	54.39		1:10.56	1:09.15	54.39	0:54.39
100 Breast	8:01.44	6:09.24	4:39.48											
200 Breast	16:02.88	12:18.48	9:18.96	7:23.70	6:05.00	5:34.00	5:00.86	3:58.63	3:58.14		4:22.64	4:17.39	3:58.14	3:58.14
50 Fly								59.78	54.39	49.00	59.78	58.58	49.00	0:54.39
100 Fly	5:46.80	5:19.26	4:34.38	4:10.92	3:45.00	2:55.00	2:14.26							
200 Fly	11:33.60	10:38.52	9:08.76	8:21.84	7:30.00	5:50.00	4:28.52	3:55.20	3:30.70	3:29.72	4:08.43	4:03.46	4:01.08	3:35.21
150 IM														
200 IM	10:10.98	8:41.73	9:03.66	7:45.12										
400 IM	20:21.96	17:23.46	18:07.32	15:30.24	13:22.00	11:10.00	9:30.36	7:57.26	6:56.50	6:39.84	7:27.86	7:18.90	6:22.20	6:56.50



2017-2018 Women's Para-swimming National Meet Qualifying Standard (MQS) - Long Course Metres

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:38.00	2:22.00	2:01.00	1:28.00	1:17.00	1:00.50	49.50	45.10	39.60	38.50	49.50	42.90	39.60	
100 Free	6:36.00	4:46.00	4:02.00	3:07.00	2:45.00	2:01.00	1:44.50	1:39.00	1:28.00	1:22.50	1:50.00	1:39.00	1:33.50	
200 Free	12:52.00	8:35.00	7:40.00	6:39.00	5:30.00									3:06.00
400 Free						8:46.00	8:15.00	8:04.00	7:09.00	6:47.00	8:15.00	7:42.00	7:20.00	
50 Back	3:18.00	2:23.00	2:12.00	1:39.00	1:28.00									
100 Back	6:46.00	4:56.00				2:23.00	2:12.00	2:01.00	1:50.00	1:39.00	2:12.00	2:01.00	1:50.00	1:50.00
50 Breast	3:51.00	2:56.00	2:12.00											
100 Breast				3:18.00	3:07.00	2:56.00	2:34.00	2:12.00	2:01.00		2:34.00	2:12.00	2:01.00	2:01.00
50 Fly	2:45.00	2:34.00	2:12.00	2:01.00	1:50.00	1:22.50	1:06.00							
100 Fly								2:12.00	2:01.00	1:50.00	2:12.00	2:01.00	1:50.00	2:01.00
150 IM	7:09.00	6:52.50	6:36.00	5:30.00										
200 IM					6:36.00	5:30.00	4:46.00	4:24.00	3:40.00	3:29.00	4:24.00	4:13.00	3:51.00	3:40.00

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2017-2018 Women's Para-swimming National Event Entry Time (EET) - Long Course Metres

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free														39.60
100 Free														1:28.00
200 Free						4:12.00	3:29.00	3:28.00	3:06.00	2:55.00	3:50.00	3:28.00	3:12.00	
400 Free	25:44.00	17:30.00	15:40.00	13:38.00	11:20.00									7:09.00
800 Free						17:12.00	16:30.00	16:08.00	14:18.00	13:14.00	16:30.00	15:24.00	14:40.00	14:18.00
1500 Free						33:24.00	32:00.00	31:16.00	27:36.00	25:28.00	32:00.00	29:28.00	28:20.00	27:36.00
50 Back						1:06.50	1:01.00	56.50	50.00	44.50	1:01.00	56.50	50.00	50.00
100 Back			4:34.00	3:28.00	3:06.00									
200 Back	13:42.00	10:02.00	9:18.00	7:06.00	6:22.00	4:54.00	4:24.00	4:13.50	3:29.00	3:27.50	4:12.00	3:31.50	3:30.00	3:39.60
50 Breast				1:34.00	1:28.50	1:23.00	1:12.00	1:01.00	55.50		1:12.00	1:01.00	55.50	55.50
100 Breast	7:52.00	6:02.00	4:34.00											
200 Breast	15:44.00	12:04.00	9:08.00	7:15.00	6:05.00	5:34.00	5:07.00	4:03.50	4:03.00		4:28.00	4:08.00	4:03.00	4:03.00
50 Fly								1:01.00	55.50	50.00	1:01.00	55.50	50.00	55.50
100 Fly	5:40.00	5:13.00	4:29.00	4:06.00	3:45.00	2:55.00	2:17.00							
200 Fly	11:20.00	10:26.00	8:58.00	8:12.00	7:30.00	5:50.00	4:34.00	4:00.00	3:35.00	3:34.00	4:13.50	4:07.50	4:06.00	3:39.60
200 IM	9:59.00	8:31.50	8:53.00	7:36.00										
400 IM	19:58.00	17:03.00	17:46.00	15:12.00	13:22.00	11:10.00	9:42.00	8:07.00	7:05.00	6:48.00	7:37.00	6:35.50	6:30.00	7:05.00



2017-2018 Men's Para-swimming National Meet Qualifying Standard (MQS) - Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:41.72	1:41.08	1:20.86	1:10.75	54.50	44.59	34.96	33.99	31.08	30.10	38.84	33.99	31.08	
100 Free	4:57.29	3:32.27	3:01.94	2:31.62	1:58.91	1:34.14	1:25.91	1:20.86	1:10.75	1:06.71	1:17.69	1:12.83	1:07.98	
200 Free	9:54.59	7:02.70	5:25.29	5:03.24	4:37.47									2:24.79
500 Free						8:48.00	8:32.91	8:20.09	7:41.62	7:28.80	8:37.44	7:48.16	7:26.88	
50 Back	2:38.55	2:01.29	1:41.08	1:20.86	59.45									
100 Back	5:21.62	4:11.78				1:49.00	1:41.08	1:46.02	1:20.86	1:18.10	1:46.82	1:37.11	1:27.40	1:17.69
50 Breast	3:16.39	2:01.29	1:41.08											
100 Breast				2:21.51	2:13.78	2:08.82	2:01.29	1:41.08	1:26.92		1:56.54	1:37.11	1:27.40	1:23.52
50 Fly	1:58.91	1:51.18	1:30.95	1:20.86	1:09.36	54.50	45.48							
100 Fly								1:36.02	1:20.86	1:15.35	1:37.11	1:22.54	1:17.69	1:17.69
150 IM	5:56.75	5:33.56	5:03.24	4:02.52										
200 IM					2:27.74	3:57.83	3:32.27	3:22.16	3:01.94	2:51.83	3:33.65	3:14.23	2:54.81	2:54.81

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2017-2018 Men's Para-swimming National Event Entry Time (EET) - Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free														31.08
100 Free														1:07.98
200 Free						3:16.39	3:01.02	2:50.91	2:30.70	2:21.51	2:44.21	2:34.50	2:24.79	
500 Free	25:31.42	17:40.80	13:45.32	13:12.68	12:06.85									5:49.62
1000 Free						17:36.00	17:05.82	16:40.80	15:23.24	14:57.60	17:14.88	15:36.32	14:53.76	11:39.24
1650 Free						30:36.97	26:18.66	24:58.06	22:18.87	21:10.43	27:58.95	24:11.49	21:52.67	19:25.85
50 Back						50.00	45:94	43:41	35.83	34:82	49.00	44.14	39.28	34.43
100 Back			3:26.75	2:46.32										
200 Back	10:52.25	8:23.47	7:02.70	5:41.83	5:09.90	3:36.21	3:31.35	3:12.05	2:50.91	2:45.40	4:17.11	3:23.06	3:03.63	2:44.22
50 Breast				1:06.16	1:02.38	59.90	56.05	45.94	38.87		53.85	44.14	39.28	37.35
100 Breast	6:41.80	4:07.18	3:31.35											
200 Breast	13:38.01	8:32.75	7:11.89	4:49.45	4:23.06	4:21.26	4:00.75	3:39.16	3:33.18		3:41.60	2:03.06	3:12.46	3:24.83
50 Fly								43.41	35.83	33.08	44.14	36.86	34.43	34.43
100 Fly	4:06.84	3:51.56	2:11.13	2:59.91	2:27.74	1:58.01	1:40.16							
200 Fly	8:22.70	7:52.32	6:31.45	5:51.02	5:09.00	4:05.04	3:29.51	3:17.56	3:06.54	2:54.59	3:14.23	3:11.58	2:52.16	3:13.88
150 IM														
200 IM	8:00.18	7:29.35	6:40.61	5:28.05										
400 IM	16:07.56	15:03.29	13:22.21	11:00.70	9:59.09	8:00.18	7:13.72	6:53.51	6:13.08	5:52.86	7:16.14	6:37.29	5:58.45	5:58.45



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	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:59.52	1:52.20	01:29.76	01:18.54	1:00.50	49.50	38.81	37.73	34.50	33.42	43.12	37.73	34.50	
100 Free	5:30.00	3:55.62	03:21.96	02:48.30	2:12.00	1:44.50	1:35.37	1:29.76	1:18.54	1:14.05	1:26.24	1:20.85	1:15.46	
200 Free	11:00.00	7:49.20	06:01.08	05:36.60	5:08.00									2:40.72
400 Free						7:42.00	7:28.80	7:17.58	6:43.92	6:32.70	7:32.76	6:49.64	6:31.02	
50 Back	2:56.00	2:14.64	01:52.20	01:29.76	1:06.00									
100 Back	5:57.00	4:34.38				2:01.00	1:52.20	1:46.59	1:29.76	1:26.70	1:58.58	1:47.80	1:37.02	1:26.24
50 Breast	3:38.00	2:14.64	01:52.20											
100 Breast				02:37.08	2:28.50	2:23.00	2:14.64	1:52.20	1:36.49		2:09.36	1:47.80	1:37.02	1:32.71
50 Fly	2:12.00	2:03.42	01:40.98	01:29.76	1:17.00	1:00.50	50.49							
100 Fly								1:46.59	1:29.76	1:23.64	1:47.80	1:31.63	1:26.24	1:26.24
150 IM	6:36.00	6:10.26	05:36.60	04:29.28										
200 IM					5:30.00	4:24.00	3:55.62	3:44.40	3:21.96	3:10.74	3:57.16	3:35.60	3:14.04	3:14.04

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2017-2018 Men's Para-swimming National Event Entry Time (EET) - Short Course Metres

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free														34.50
100 Free														1:15.46
200 Free						3:38.00	3:20.94	3:09.72	2:47.28	2:37.08	3:02.28	2:51.50	2:40.72	
400 Free	22:20.00	15:28.20	12:02.16	11:33.60	10:36.00									
800 Free						15:24.00	14:57.60	14:35.16	13:27.84	13:05.40	15:05.52	13:39.28	13:02.04	12:56.16
1500 Free						30:48.00	26:28.14	25:07.05	22:26.91	21:18.06	28:09.03	24:20.20	22:00.55	21:34.09
50 Back						55.50	51.00	48.19	39.78	38.66	54.39	49.00	43.61	38.22
100 Back			03:49.50	03:04.62										
200 Back	12:04.00	9:18.96	07:49.20	06:19.44	5:44.00	4:00.00	3:54.60	3:33.18	3:09.72	3:03.60	4:05.98	3:45.40	3:23.84	3:02.28
50 Breast				01:13.44	1:09.25	1:06.50	1:02.22	51.00	43.15		59.78	49.00	43.61	41.45
100 Breast	7:26.00	4:39.48	03:54.60											
200 Breast	15:08.00	9:29.16	07:59.40	05:21.30	4:52.00	4:50.00	4:27.24	4:03.27	3:56.64		4:28.52	3:45.40	3:33.64	3:47.36
50 Fly								48.19	39.78	36.72	49.00	40.92	38.22	38.22
100 Fly	4:34.00	4:17.04	03:32.16	03:09.72	2:44.00	2:11.00	1:51.18							
200 Fly	9:18.00	8:44.28	07:14.52	06:29.64	5:43.00	4:32.00	3:52.56	3:39.30	3:27.06	3:13.80	3:35.60	3:32.66	3:11.10	3:35.21
150 IM														
200 IM	8:53.00	8:18.78	07:22.68	06:04.14										
400 IM	17:54.00	16:42.66	14:50.46	12:13.38	11:05.00	8:53.00	8:01.44	7:39.00	6:54.12	6:31.68	8:04.12	7:21.00	6:37.88	6:37.88



2017-2018 Men's Para-swimming National Meet Qualifying Standard (MQS) - Long Course Metres

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:56.00	1:50.00	1:28.00	1:17.00	1:00.50	0:49.50	39.60	38.50	35.20	34.10	44.00	38.50	35.20	
100 Free	5:30.00	3:51.00	3:18.00	2:45.00	2:12.00	1:44.50	1:33.50	1:28.00	1:17.00	1:12.60	1:28.00	1:22.50	1:17.00	
200 Free	11:00.00	7:40.00	5:54.00	5:30.00	5:08.00									2:44.00
400 Free						7:42.00	7:20.00	7:09.00	6:36.00	6:25.00	7:42.00	6:58.00	6:39.00	
50 Back	2:56.00	2:12.00	1:50.00	1:28.00	1:06.00									
100 Back	5:57.00	4:29.00				2:01.00	1:50.00	1:44.50	1:28.00	1:25.00	2:01.00	1:50.00	1:39.00	1:28.00
50 Breast	3:38.00	2:12.00	1:50.00											
100 Breast				2:34.00	2:28.50	2:23.00	2:12.00	1:50.00	1:34.60		2:12.00	1:50.00	1:39.00	1:34.60
50 Fly	2:12.00	2:01.00	1:39.00	1:28.00	1:17.00	1:00.50	49.50							
100 Fly								1:44.50	1:28.00	1:22.00	1:50.00	1:33.50	1:28.00	1:28.00
150 IM	6:36.00	6:03.00	5:30.00	4:24.00										
200 IM					5:30.00	4:24.00	3:51.00	3:40.00	3:18.00	3:07.00	4:02.00	3:40.00	3:18.00	3:18.00

* swimmers must have two Meet Qualifying Standards to enter.

** Canadian registered swimmers can only qualify using long course times.

2017-2018 Men's Para-swimming National Event Entry Time (EET) - Long Course Metres

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free														35.20
100 Free														1:17.00
200 Free						3:38.00	3:17.00	3:06.00	2:44.00	2:34.00	3:06.00	2:55.00	2:44.00	
400 Free	22:20.00	15:10.00	11:48.00	11:20.00	10:36.00									6:36.00
800 Free						15:24.00	14:40.00	14:18.00	13:12.00	12:50.00	15:24.00	13:56.00	13:18.00	13:12.00
1500 Free						30:48.00	25:57.00	24:37.50	22:00.50	20:53.00	28:43.50	24:50.00	22:27.50	22:00.50
50 Back						55.50	50.00	47.25	39.00	37.90	55.50	50.00	44.50	39.00
100 Back			3:45.00	3:01.00	2:17.00									
200 Back	12:04.00	9:08.0	7:40.00	6:12.00	5:44.00	4:00.00	3:50.00	3:29.00	3:06.00	3:00.00	4:11.00	3:50.00	3:28.00	3:06.00
50 Breast				1:12.00	1:09.25	1:06.50	1:01.00	50.00	42.30		1:01.00	50.00	44.50	42.30
100 Breast	7:26.00	4:34.00	3:50.00											
200 Breast	15:08.00	9:18.00	7:50.00	5:15.00	4:52.00	4:50.00	4:22.00	3:58.50	3:52.00		4:34.00	3:50.00	3:38.00	3:52.00
50 Fly								47.25	39.00	36.00	50.00	41.75	39.00	39.00
100 Fly	4:34.00	4:12.00	3:28.00	3:06.00	2:44.00	2:11.00	1:49.00							
200 Fly	9:18.00	8:34.00	7:06.00	6:22.00	5:43.00	4:32.00	3:48.00	3:35.00	3:23.00	3:10.00	3:40.00	3:37.00	3:15.00	3:35.20
150 IM														
200 IM														
400 IM	17:54.00	16:23.00	14:33.00	11:59.00	11:05.00	8:53.00	7:52.00	7:30.00	6:46.00	6:24.00	8:14.00	7:30.00	6:46.00	6:46.00