SWIMMING CANADA NATATION

2017 SPEEDO CAN AM PARA-SWIMMING CHAMPIONSHIPS
March 31-April 2, 2017

General Information

The 2017 Speedo CAN-AM Para-Swimming Championships is a Long Course competition, which is governed by the current IPC Swimming technical rules. Competition Rules or procedures contained in this Meet Information package supersede those found within the IPC Swimming.

This competition is open to Swimming Canada registered swimmers, US Paralympic Committee recognized swimmers, and IPC or FINA registered foreign swimmers with an impairment who meet the classification requirements of IPC Swimming and who also meet the qualifying standards for the competition.

IPC International Classification for athletes will not take place at this competition.

National classification will take place, please refer to the classification section of this document.

National Team Selection

This competition will serve as the selection trials for the 2017 IPC Swimming World Championships.

Foreign Swimmers

Foreign swimmers (non-USA) must provide a letter from their IPC or FINA Swimming affiliated Federation confirming they are a registered member in good standing.

The letter must be submitted to azevnik@swimming.ca prior to the meet entry deadline.

It is the responsibility of each nation to ensure they have the proper documentation to enter the Canada. Should visas be required, please contact Amanda Zevnik for a letter of support (if necessary) – email: azevnik@swimming.ca

Competition Hosts

Swimming Canada and Windsor Aquatic Club

Venue

Windsor International Aquatic and Training Centre
401 Pitt St W, Windsor, ON N9A 0B2

Pool

10 lane 50 m competition pool
6 lane 25 m warm down pool

Sanction/Approval

Sanction is provided by Swimming Canada and approved by IPC Swimming with all current Swimming Canada and IPC Swimming Technical rules applying.

Organizing Committee

National Meet Director
Jeff Holmes jeff_holmes@bell.net

National Meet Referee
Jocelyne Mc Lean jocelyne.mclean@videotron.qc.ca

Meet Manager
Linda Stanczak stanczaks@hotmail.com

Officials Coordinator
Jennifer Potma jen.potma@gmail.com

Swimming Canada Classification Chair
Janet Dunn jdunn@swimming.ca

Swimming Canada Classification Coordinator:
Emma Van Steen evansteen@swimming.ca

Swimming Canada Meet Entry Coordinator
Carole Thomas canam@swimming.ca

Swimming Canada Events Manager
Amanda Zevnik azevnik@swimming.ca

Swimming Canada Senior Manager High Performance Para-swimming Programs
James Hood jhood@swimming.ca

Meet Registration

Club/Delegation representatives or coaches are required to register at the registration desk at the pool to receive accreditation.
The registration desk will be open:
Wednesday, March 29 08:00-11:00 and 15:30-18:00
Thursday, March 30 08:00-11:00 and 15:30-18:00

Technical Meeting

Thursday March 30, 15:00 at a location to be determined at the Aquatic Centre.

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Meet Standards

Can-Am MQS and MET Standards in Long Course Metres (LCM), Short Course Metres (SCM) and Short Course Yards (SCY) can be found at the end of this document

*Please note that all Canadian para-swimmers must meet the LCM set of standards in order to be entered in this competition.

Swimmers must have at least one Can-Am Minimum Qualifying Standard (MQS), in the following IPC Swimming Paralympic Sport Class events to enter the meet.

Eligible events are:

(50 Free [S1-S13]; 100 Free [S1-S13]; 200 Free [S1-S5,S14]; 400 Free [S6-S13]; 50 Backstroke [S1-S5]; 100 Backstroke [S1-S2 and S6-S14]; 50 Breaststroke [SB1-SB3]; 100 Breaststroke [SB4-SB9 and SB11-SB14]; 50 Butterfly [S1-S7]; 100 Butterfly [S8-S14]; 150 IM [SM1-SM4]; 200 IM [SM5-SM14].

Once a swimmer has qualified with one or more MQS times, they may swim any event on the event program as long as they have equaled or bettered either the MQS or the MET. Swimmers may enter bonus swims as per the Bonus Swim section of the meet information.

Swimmers are allowed a maximum of 7 individual entries.

If an event is not offered for a specific Sport Class, an athlete may enter the same stroke and distance event of a higher sport class provided that the athlete has obtained the MQS or MET time standard for that event.

Swimmers who only have an SB sport classification (SB9) are eligible to enter up to a maximum of 2 events in the S/SM10 sport class events provided they meet the S/SM10 standards. These swims will be exhibition only swum in the preliminary session. No Bonus Swims are allowed for these swimmers.

Proof-of-Time is required with entry submission from sanctioned competitions or events. (See attached entry forms).

Classification

Entry Information

Swimmers who are being classified (National) at the competition must enter at least one (1) S sport class stroke event and one 1 SB sport class stroke event.

Any swimmer who is required to complete in an event as part of the classification process will have their entry accepted without the requirement of having achieved the published entry standard.

Swimmers should enter the meet using their current IPC Swimming sport class (which may be found online at http://www.paralympic.org/swimming/classification/masterlist).

Canadian and US Paralympic swimmers can also check the domestic websites for their swimming classification Canada (https://www.swimming.ca/ParaswimmingClassification) or USA (http://www.teamusa.org/US-Paralympics/Sports/Swimming/Classification).

Foreign Swimmers (with the exception of US), must provided classification AND exception codes for each of their swimmers who are not listed or are indicated as NEW on the IPC Swimming Classification Masterlist.

If a swimmer has not been previously classified at a national level, they should enter at their provincial/state sport class, and adjustments may be made as necessary following the classification appointment preceding the competition.

Swimmers will be allowed to compete if their final sport class differs from their entered sport class, even if they do not meet the qualifying standards.

Any swimmers who are deemed Not Eligible (NE – i.e. do not meet minimal impairment requirements for the IPC Swimming Sport Classification system) during the classification process will be eligible to compete as exhibition only and swim in the preliminary session as per their original entries.

Dates and Process

Classification will be conducted on Wednesday and Thursday March 29 and 30, 2017. All swimmers requesting classification need to be available for either day. NO accommodations will be made for specific classification slots.

International classification must go through your National Sport Federations.
Canadian swimmers/coaches should contact classification@swimming.ca and USA swimmers should contact Queenie Nicholas Queenie.Nichols@usoc.org

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IPC Classification prerequisites:

- Athletes must be registered and licensed in the SDMS database, and uploaded all medical documentation six weeks prior to Classification
- Athletes must be entered in a minimum of one S event (Freestyle, Backstroke, Butterfly) and one SB event (Breaststroke) (Swimmers with a physical impairment only
- Athletes must be entered in 200m Freestyle or 100m Backstroke and 100m Breaststroke for the 100m breaststroke and at least one of: the 200m freestyle or 100m backstroke (swimmers with an intellectual impairment only)
- NPCs must apply for a spot (on behalf of their athlete) on the classification schedule approx. 2 month in advance with IPC Swimming (A hard deadline will be required here)

For more information, see the subsequent classification section of this meet packet

Entry Fees

Individual Events: $100.00 CAD per swimmer
Coaches/Support Staff: $75.00 CAD
Entry fees must be paid prior to or at meet registration. All entry fees must be paid prior to the technical meeting.
All cheques are payable to Swimming Canada. Clubs/NPC's may pay by credit card (on site), or by e-transfer or wire transfer. Clubs/NPC's should contact Amanda Zevnik (azevnik@swimming.ca) for payment instructions.

Entry Information

Meet Entry Deadline

February 15, 2017
Late entries may be accepted until the start of the technical meeting, but will be assessed a late fee of double the meet entry fee.

No deck entries will be accepted.

*Please Note that swimmers who are entered after February 15 2017 will not be considered for classification

Entry Process

All Canadian entries must be submitted via the Meet List on-line entries system (https://www.swimming.ca/MeetList.aspx)

All foreign entries can be submitted via the Meet List on-line entries system (https://www.swimming.ca/MeetList.aspx) or via hard copy (found at the end of this document) and emailed to canam@swimming.ca.

***Please note that ALL Canadian entries must be submitted in LCM**
***Please note that ALL foreign entries must be submitted in the course swum (LCM, SCM, SCY). Meet Management will convert times for seeding purposes.**

When coaches submit an entry file via the Meet List on-line entries system, the entry system will automatically email a confirmation of entry when the file has been uploaded.

Foreign entries that are submitted via hard copy will receive an email from the entries coordinator confirming their entry file has been received and accepted, within 2 business days.

Changes and corrections

Changes and corrections may be made up to the meet entry deadline without penalty. Following the meet entry deadline, corrections and modifications to entries may be made up until the start of the technical meeting at a cost of ***$100 per change***.

Master Entry Form

In addition to submitting entries, all participating clubs or NPC's must complete the Official Master Entry Form (found at the end of this document) and return either a hard copy or an electronic copy to Swimming Canada. Electronic files can be emailed to azevnik@swimming.ca or faxed to +1 613.260.0804.

Qualification Period

All times swum from January 1, 2016 until the published entry deadline will be eligible for entry.

LCM times only for Canadian swimmers

Bonus Swims:

Swimmers who have met less than five (5) MQS or MET qualifying standards for the competition may enter bonus events as follows:

- 1 Qualifying Time 2 Bonus Events
- 2 Qualifying Times 2 Bonus Events
- 3 Qualifying Times 2 Bonus Events
- 4 or more Qualifying Times 1 Bonus Event to a maximum of 7 entries

Please indicate bonus events by checking the BONUS box in the Hytek/SPLASH entry file or indicating BONUS on the CSV file from Splash or indicating it on the hard copy form below.

Bonus swims are to be entered with actual times for seeding purposes (only enter as NT if the swimmer does not have a valid time in the event within the qualifying period.)

Proof of Time
Individual Events: All entries will be proven via the on-line entry system or on the Proof of Times sheet below. Meet management may challenge any entry time before or during the competition. It is the responsibility of the club to prove any entry times if requested. Any club/delegation not able to prove an entry time when challenged will be fined $100.00. Entry time upgrades will NOT be accepted past the entry deadline.

Psych Sheets
Psych sheets will be posted on Swimming Canada's web site following the entry deadline.

Seeding
After all times have been proven and converted they shall be senior seeded based on the converted times regardless of sport classification.

Pre-Competition Training Times

Tuesday, March 28	4:00pm-8:00pm
Wednesday, March 29	8:00am-12:00pm
	4:00pm-8:00pm
Thursday, March 30	8:00am-12:00pm
	4:00pm-8:00pm

If clubs/NPC's are interested in additional pre-meet training times outside of those listed above, they should contact Amanda Zevnik (azevnik@swimming.ca)

Accreditation
In order to access deck accreditation for all team staff (inclusive of coaches, team manager and support staff), all Club/NPC's must complete the Official Master Entry form below.

Deck access for additional Support Staff is at the discretion of meet management and must be a proven need (E.g. tappers, personal assistants). There is no fee for identified support staff based on the need of swimmers with sport classes S1-5 and S11.
Coaches and Team Managers will be accredited based on a registration fee of $75.00 CAD per person.

Lost accreditation will be replaced at a cost of $60.00 per accreditation.

Coach Accreditation
Canadian coaches must be registered with the CSCTA as an "A1" or "B" member, Swimming Canada and meet the minimum NCCP requirements as outlined in the Swimming Canada National Registration Policy & Membership Procedures Manual to receive a coach accreditation card and access to the pool deck. Accreditation passes must be visible while on deck. Foreign coaches are asked to fill out the following accreditation request form. All coaches (other than those member of USA swimming) are asked to have their National Federation provide a letter to azevnik@swimming.ca confirming that they are a National coach or officially tied to a club in that country. For more information, please see the following document.

Swimmer Accreditation
Swimmers will be provided an accreditation card for deck access. This card must be displayed at all times. Access to the pool will be through the locker rooms and past the main security checkpoint.

Note
The Deck Accreditation Card remains the property of Swimming Canada and can be withdrawn at Swimming Canada's sole discretion. By using this Card, individuals agree to be filmed, televised, photographed, and otherwise recorded during the Competition for purposes relating to the promotion of Swimming Canada and the development of the sport of swimming.

Competition Information
Warm-up Information
Meet warm-up information will be posted at the pool and distributed at the technical meeting.

Competition Start Times
Heats: 08:00-09:20 warm-up, 09:30 start 08:00-13:00 (training pool)
Finals: 16:00 - 17:45 warm-up, 18:00 start (competition pool)
16:00 – 20:30 (training pool)

Competition Format
Preliminaries, time finals and finals will be swum in 10 lanes.

Only events that are indicated as eligible events under the Entry Information section will advance to finals.
All preliminary events will be seeded by time and gender (regardless of sport classification).

Finals will be seeded by sport classification, or as defined in the seeding and running of the A final.
IPC rule 2.7.1.2.1 will not be applied during this competition

Protests and appeals on disqualification will be dealt in accordance with Swimming Canada rule [GR 9.2 and GR 9.3] which can be found here.

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Relays
All relays will be swum at the end of finals. There must be 2 teams entered in order to run the event. Sign-up sheets will be available at registration. Events offered will be:

20 pts Mixed 4 x 50m Freestyle Relay
34 pts Men's 4 x 100m Freestyle Relay
34 pts Women's 4 x 100 Freestyle Relay
34 pts Women's 4 x 100 Medley Relay
34 pts Men's 4 x 100m Medley Relay

Backstroke Ledges will be available at the competition (TBC)

Awards
A medal will be presented to the first place finisher in each sport class per event in the finals session and for events indicated as Time finals only (TF) during preliminaries sessions.

Female and Male Swimmer of the Day awards based on the top individual scoring swim (Paralympic events only) using LC Performance Points Charts will be awarded at the start of finals the following day.

One Female and one Male top Swim of the Meet Award will be awarded from results throughout the meet and will be based on World Records (Paralympic Events only) using LC Performance Points Charts. This will be presented at the conclusion of the meet.

Other Competition Information
The location for lactate testing, ice baths and massage therapy will be outlined during the Technical Meeting.

Scratches
Emailed scratches will be accepted prior to the Technical Meeting to scratches@swimming.ca.

Following the start of the technical meeting, email scratches WILL NOT be accepted and meet scratch cards are required.
The scratch deadline for all preliminary events on Day 1 will be 30 minutes following the conclusion of the technical meeting on Thursday, March 30.
The scratch deadline for all preliminary events on Days 2 and 3 will be 30 minutes following the start of Finals the evening prior.
The scratch deadline for Finals each day will be 30 minutes following the conclusion of the preliminaries.

Fines and Protests
Fines and Protest Fees will be accepted in Canadian or US Dollars or by credit card payment onsite. The fees are as follows:
Re-Entry back into the meet for a missed event $50.00

Protest a Technical Disqualification during competition $50.00

Technical Protests and appeals on disqualification will be dealt in accordance with Swimming Canada rule [GR 9.2 and GR 9.3, which can be found here.

Classification Protest – may be presented as per IPC Swimming Classification Rules and Regulations; however protests will only be conducted if there are sufficient classification panels present to conduct a protest. Should there not be sufficient classifiers to conduct protests, the Chief Classifier may accept the protest form and the applicable fees and submit these to IPC Swimming.

Communication
For information and updates please refer to the Swimming Canada website

Site Information
Hospitality
A hospitality room will be available for coaches/support staff and officials. Refreshments will be served throughout the competition.

Parking
Parking is available at the facility in designated areas in the pay parking lots on the west side of the facility.

Lockers
Lockers are available at the pool in the change rooms—bring your own locks.

Travel Information
Official Host Hotel
Best Western Plus Waterfront Hotel
Contact Sue Kurdi-Levasseur: 519-973-5555
Use "CANAM MEET"
By: Friday December 29, 2016
More information can be found at:
https://www.swimming.ca/en/resources/miscellaneous/hotels/

Swimming Canada Rental Car Partner
National Rent a Car / Enterprise Rent a Car - for bookings visit
https://www.swimming.ca/en/resources/miscellaneous/travel-tools/

Doping Control
Swimming Canada is a partner with the Canadian Centre for Ethics in Sport and are a signatory to the Canadian Anti-Doping Policy. As part of this program Swimming Canada is committed to clean sport for all.

Swimming Canada athletes are included in both in competition and out of competition testing throughout the year. All Swimming Canada designated competitions are included in the annual testing programs of the CCES.

Swimming Canada encourages our coaches, members and athletes to be familiar with the Canadian Anti-Doping Policy and the educational opportunities that are available online through both the CCES and the World Anti-Doping Agency (WADA).

The CCES website includes many areas that help to educate and inform athletes, coaches, parents and your medical professionals. Visit www.cces.ca and explore the various areas.

Doping Control Procedure

- Swimmers are selected randomly each day doping control is scheduled. Swimmers are notified by a Doping Control Chaperone and are required to sign a notification form.
- A Doping Control Chaperone will accompany the swimmer until released by the Doping Control Officer (DCO). Upon notification of testing and if necessary, the athlete may notify the DCO if they are competing in another event in the same session. In such cases, the DCO may direct that testing be carried out later in the session, provided a Chaperone accompanies and/or observes the Athlete at all times and until such time as the Athlete reports back to the Doping Control Station for testing.
- Photo identification is required for doping control. Coaches are asked to instruct athletes to bring photo identification to competitions (i.e. driver's license, school identification, passport, etc.)

Doping Control Information

- Swimmers may reference the list of banned substances in the Canadian Centre for Ethics in Sport (CCES) publication "Drug Classification" OR by accessing the CCES website at www.cces.ca. (Recommended)
- Please be aware of advisory notes on www.cces.ca.
- For specific drug inquiries please contact the CCES at 1-800-672-7775.

This document has been prepared in English and translated to French. Where there is a discrepancy between the two versions, the English version shall be applied

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Event Program

Day 1 PRELIMS			FINALS		
1	200m Freestyle (S1- S14)	2	1	200m Freestyle (S1-S5, S14)	2
3	400m Freestyle (S1-S14)	4	3	400m Freestyle (S6-S13)	4
5	200m Breaststroke (SB1-SB14) TF	6			
7	100m Butterfly (S1-S14)	8	7	100m Butterfly (S8-S14)	8
9	50m Butterfly (S1-S14)	10	9	50m Butterfly (S1-S7)	10
11	400m IM (SM1-SM14) TF	12			
Day 2 PRELIMS			FINALS		
13	50m Freestyle (S1-S14)	14	13	50m Freestyle (S1-S13)	14
15	100m Breaststroke (SB1-SB14)	16	15	100m Breaststroke (SB4-SB14)	16
17	50m Breaststroke (SB1-SB14)	18	17	50m Breaststroke (SB1-SB3)	18
19	200m Butterfly (S6-S14) TF	20	19		20
21	100m Backstroke (S1-S14)	22	21	100m Backstroke (S1-S2 and S6-S14)	22
Day 3 PRELIMS			FINALS		
23	150m IM (SM1-SM4)	24	23	150m IM (SM1-SM4)	24
25	200m IM (SM5-S14)	26	25	200m IM (SM5-S14)	26
27	50m Backstroke (S1-S14)	28	27	50m Backstroke (S1-S5)	28
29	200m Backstroke (S1-S14)TF	30			
31	100m Freestyle (S1-S14)	32	31	100m Freestyle (S1-S13)	32
33	800mFreestyle (S6-S14)TF				
	1500m Freestyle (S6-S14)TF	34			

CLASSIFICATION

Please note that all swimmers requesting national classification must plan their travel so that they are available for classification starting at 8am Wednesday, March 29, 2017.

Who must be classified?
The classification status of swimmers with physical impairments is listed on the IPC Swimming website at http://www.paralympic.org/swimming/rules-and-regulations/classification/masterlist.Click on the relevant country then search for your name. Canadian and US swimmers can also check their domestic websites for their swimming classification (https://www.swimming.ca/ParaswimmingClassification) or (http://www.teamusa.org/US-Paralympics/Sports/Swimming/Classification).

If your IPC status is 'C' Confirmed, you do not require further classification.

Canadian or American swimmers who have never been classified **nationally**, or have an IPC Swimming International Classification status of N (new) or R (review), must request to be classified at this competition.

You will be notified by email about your classification appointment. National notification will be sent from Emma Van Steen.

Canadian Swimmers needing National Classification

Canadian swimmers who have a Physical Impairment sport class who have a national review date, and are attending their first Can Am competition, or have only a provincial classification must request classification on line. https://www.swimming.ca/en/resources/para-swimming/request-for-sport-class-form/

Swimmers who are not classified at a National level prior to the start of competition will not be allowed to compete.

Canadian swimmers who have a Visually Impaired who have not been previously nationally classified must complete an Swimming Canada request for sport class evaluation by **February 15, 2017.** Completed requests must be completed on the Swimming Canada website at https://www.swimming.ca/en/resources/para-swimming/request-for-sport-class-form/

National level VI classification requires a physical assessment/evaluation of vision by a national VI classifier and the results approved prior to the start of the meet. The VI classification may require swimmers to travel to the VI classifier in their province or the province with a VI classifier closest to them.

Swimmers who have a Swimming Canada national level designation as S14, or who are on the IPC athlete database do not have to submit any documentation. Those Swimmers with an intellectual impairment wishing to be evaluated as an S14 at the national level must complete a sport class evaluation: https://www.swimming.ca/en/resources/para-swimming/request-for-sport-class-form/

S14 national requests for classification must be submitted by February 15, 2017

National Classification Appointments Physical Impairment classification for swimmers with physical impairments will be scheduled on Wednesday, March 29 and Thursday, March 30, 2017. Swimmers will be notified by email of their appointment times per the conditions stated on the National Request for Classification form. **There is a $150 fine payable to Swimming Canada per missed appointment.**

Submitting National Physical Impairment Classification requests:

National
Requests for both National visual impairment, physical impairment classification and intellectual impairment classification must be received by February 15, 2017. Swimmers who submit their requests for classification after February 15, 2017 will only be considered is there are spaces available. Submit the enclosed Request for National to:
https://www.swimming.ca/en/resources/para-swimming/request-for-sport-class-form/

Official Master Entry Form

Name of Team/NPC for Program:
("UNAT" for unattached swimmers)

Official Team Name:

Official Team Address: _____

City: _____ State/Province: _____ PC/Zip: _____ Country: _____

Phone ( ) Fax ( ) Email: _____

Team Manager: _____ Email: _____ Phone: _____

Head Coach: _____ Email: _____ Phone: _____

Please list all Team Staff requiring deck passes:

NAME	POSITION (i.e. Asst. Coach, PCA, Physician, etc.)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

ENTRY FEE SUMMARY:
Number of Staff Requiring Deck Access Passes _____ x $75.00 = _____
Number of Women Entrants _____ x $100.00 = _____
Number of Men Entrants _____ x $100.00 = _____
Fee for manual entries – i.e. no HyTek file submitted (if applicable) x $50.00 _____
Late entry fee (if applicable): _____

Entry Fee Total $_____ (Please staple cheque to this form.)

CHECK OFF LIST
~ Entry forms w/all times noted LCM/SCM/SCY?
~ All proper signatures?
~ Copies of ALL Proof of Times?
~ Check for ALL Fees?

SEND ENTRIES TO:
Swimming Canada
307 Gilmour St
Ottawa, Ontario, Canada
K2P 0P7
Attn: Amanda Zevnik

Entry fees may be paid by cheque, wire transfer, credit card payment (credit cards will be processed on site) or cash. Make cheques Payable to: Swimming Canada
For wire transfers please contact Amanda Zevnik azevnik@swimming.ca.

The undersigned coach or team representative hereby certifies that all times stated on the enclosed entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times, and acknowledges that a fine of $100.00 will be paid to Swimming Canada for each time that is false, incorrect, or unacceptable.

Coach/Team Representative Signature_____ Date _____

Printed Name _____ Position _____

**This form MUST be submitted with ALL entries –
including entries submitted via Hy Tek/Splash**

	Name (Last, First, MI)	M / F	Birth Date DD-MM-YY		200 free S1-5 & S14	400 free S6 -13	50 back S1 -5	100 fly S8 -14	150 IM SM1-4	200 IM SM5-14	50 fly S1-7	100 breast SB4-SB9, SB11-14	50 Free S1-13
1				Time									
				Date									
2				Time									
				Date									
3				Time									
				Date									
4				Time									
				Date									

	Name (Last, First, MI)	M / F	Birth Date DD-MM-YY		200 free S1-5 & S14	400 free S6 -13	50 back S1 -5	100 fly S8 -14	150 IM SM1-4	200 IM SM5-14	50 fly S1-7	100 breast SB4-SB9, SB11-14	50 Free S1-13
5				Time									
				Date									
6				Time									
				Date									
7				Time									
				Date									
8				Time									
				Date									

Team: _____

	Name (Last, First, MI)	M / F	Birth Date DD-MM-YY		100 Free SB1-13	50 breast SB1-3	100 back S1-2, S6-14
1				Time			
				Date			
2				Time			
				Date			
3				Time			
				Date			
4				Time			
				Date			
5				Time			
				Date			
6				Time			
				Date			
7				Time			
				Date			

	Name (Last, First, MI)	M / F	Birth Date DD-MM-YY		100 Free SB1-13	50 breast SB1-3	100 back S1-2, S6-14
8				Time			
				Date			

Team: _____

If your proof of time swim meet is not listed in the IPC World Rankings (www.paralympic.org), please list the pertinent information below. If the information is not located on the internet, please attach the printed meet results to this form.

These forms may be duplicated as required.

Swimmer's Name	Event	Time	Meet Date	Meet Name	Web Site with Results

Team: _____
Please list ALL members of your team/delegation on the form below.
These forms may be duplicated as required.

	Name	Position (i.e. swimmer, coach, etc.)	Classification (Swimmers ONLY)	Fee
1.			S SB SM	
2.			S SB SM	
3.			S SB SM	
4.			S SB SM	
5.			S SB SM	
6.			S SB SM	
7.			S SB SM	
8.			S SB SM	
9.			S SB SM	
10.			S SB SM	
11.			S SB SM	
12.			S SB SM	
13.			S SB SM	
14.			S SB SM	

Team: _____

Para-Swimming CAN-AM Championships 2012-2016

MQS (Minimum Qualifying Standard) and MET (Meet Entry Time)

Short Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
50m Free	S1	2:59.52	2:59.52	3:42.36	3:42.36
	S2	1:52.20	1:52.20	2:24.84	2:24.84
	S3	1:29.76	1:29.76	2:03.42	2:03.42
	S4	1:18.54	1:18.54	1:29.76	1:29.76
	S5	1:00.50	1:00.50	1:17.00	1:17.00
	S6	:49.50	:49.50	1:00.50	1:00.50
	S7	:38.81	:38.81	:48.51	:48.51
	S8	:37.73	:37.73	:44.20	:44.20
	S9	:34.50	:34.50	:38.81	:38.81
	S10	:33.42	:33.42	:37.73	:37.73
	S11	:43.12	:43.12	:48.51	:48.51
	S12	:37.73	:37.73	:47.54	:47.54
	S13	:34.50	:34.50	:38.81	:38.81
	S14		:34.50		:38.81
100 Free	S1	5:30.00	5:30.00	6:43.92	6:43.92
	S2	3:55.62	3:55.62	4:51.72	4:51.72
	S3	3:21.96	3:21.96	4:06.84	4:06.84
	S4	2:48.30	2:48.30	3:10.74	3:10.74
	S5	2:12.00	2:12.00	2:45.00	2:45.00
	S6	1:44.50	1:44.50	2:01.00	2:01.00
	S7	1:35.37	1:35.37	1:42.41	1:42.41
	S8	1:29.76	1:29.76	1:37.02	1:37.02
	S9	1:18.54	1:18.54	1:26.24	1:26.24
	S10	1:14.05	1:14.05	1:20.85	1:20.85
	S11	1:26.24	1:26.24	1:47.80	1:47.80
	S12	1:20.85	1:20.85	1:45.64	1:45.64
	S13	1:15.46	1:15.46	1:31.63	1:31.63
	S14		1:15.46		1:26.24

Para-Swimming CAN-AM Championships 2012-2016

MQS (Minimum Qualifying Standard) and MET (Meet Entry Time)

Short Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
50m Free	S1	2:59.52	2:59.52	3:42.36	3:42.36
	S2	1:52.20	1:52.20	2:24.84	2:24.84
	S3	1:29.76	1:29.76	2:03.42	2:03.42
	S4	1:18.54	1:18.54	1:29.76	1:29.76
	S5	1:00.50	1:00.50	1:17.00	1:17.00
	S6	:49.50	:49.50	1:00.50	1:00.50
	S7	:38.81	:38.81	:48.51	:48.51
	S8	:37.73	:37.73	:44.20	:44.20
	S9	:34.50	:34.50	:38.81	:38.81
	S10	:33.42	:33.42	:37.73	:37.73
	S11	:43.12	:43.12	:48.51	:48.51
	S12	:37.73	:37.73	:47.54	:47.54
	S13	:34.50	:34.50	:38.81	:38.81
	S14		:34.50		:38.81
100 Free	S1	5:30.00	5:30.00	6:43.92	6:43.92
	S2	3:55.62	3:55.62	4:51.72	4:51.72
	S3	3:21.96	3:21.96	4:06.84	4:06.84
	S4	2:48.30	2:48.30	3:10.74	3:10.74
	S5	2:12.00	2:12.00	2:45.00	2:45.00
	S6	1:44.50	1:44.50	2:01.00	2:01.00
	S7	1:35.37	1:35.37	1:42.41	1:42.41
	S8	1:29.76	1:29.76	1:37.02	1:37.02
	S9	1:18.54	1:18.54	1:26.24	1:26.24
	S10	1:14.05	1:14.05	1:20.85	1:20.85
	S11	1:26.24	1:26.24	1:47.80	1:47.80
	S12	1:20.85	1:20.85	1:45.64	1:45.64
	S13	1:15.46	1:15.46	1:31.63	1:31.63
	S14		1:15.46		1:26.24

Short Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Free	S1	11:00.00	11:00.00	13:07.44	13:07.44
	S2	7:49.20	7:49.20	8:45.30	8:45.30
	S3	6:01.08	6:01.08	7:49.20	7:49.20
	S4	5:36.60	5:36.60	6:46.98	6:46.98
	S5	5:08.00	5:08.00	5:30.00	5:30.00
	S6		3:38.00		4:12.00
	S7		3:20.94		3:24.82
	S8		3:09.72		3:23.84
	S9		2:47.28		3:02.28
	S10		2:37.08		2:51.50
	S11		3:02.28		3:45.40
	S12		2:51.50		3:40.89
	S13		2:40.72		3:08.16
	S14	2:40.72	2:40.72	3:02.28	3:02.28
400 Free	S1		22:20.00		26:14.88
	S2		15:28.20		17:51.00
	S3		12:02.16		15:58.80
	S4		11:33.60		13:54.36
	S5		10:36.00		11:20.00
	S6	7:42.00	7:42.00	8:46.00	8:46.00
	S7	7:28.80	7:28.80	8:05.10	8:05.10
	S8	7:17.58	7:17.58	7:54.32	7:54.32
	S9	6:43.92	6:43.92	7:00.42	7:00.42
	S10	6:32.70	6:32.70	6:38.86	6:38.86
	S11	7:32.76	7:32.76	8:05.10	8:05.10
	S12	6:49.64	6:49.64	7:55.40	7:55.40
	S13	6:31.02	6:31.02	7:11.20	7:11.20
	S14		6:28.08		7:00.42
800 Free	S1				
	S2				
	S3				
	S4				
	S5				
	S6		15:24.00		17:12.00
	S7		14:57.60		16:10.20
	S8		14:35.16		15:48.64
	S9		13:27.84		14:00.84
	S10		13:05.40		12:58.12
	S11		15:05.52		16:10.20
	S12		13:39.28		15:50.80
	S13		13:02.04		14:22.40
	S14		12:56.16		14:00.84

Short Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
1500 Free	S1				
	S2				
	S3				
	S4				
	S5				
	S6		30:48.00		33:24.00
	S7		26:28.14		31:21.60
	S8		25:07.05		30:38.48
	S9		22:26.91		27:02.88
	S10		21:18.06		24:57.44
	S11		28:09.03		31:21.60
	S12		24:20.20		30:43.97
	S13		22:00.55		27:46.00
	S14		21:34.09		27:02.88
50 Back	S1	2:56.00	2:56.00	3:21.96	3:21.96
	S2	2:14.64	2:14.64	2:25.86	2:25.86
	S3	1:52.20	1:52.20	2:14.64	2:14.64
	S4	1:29.76	1:29.76	1:40.98	1:40.98
	S5	1:06.00	1:06.00	1:28.00	1:28.00
	S6		:55.50		1:06.50
	S7		:51.00		:59.78
	S8		:48.19		:55.37
	S9		:39.78		:49:00
	S10		:38.66		:43.61
	S11		:54.39		:59.78
	S12		:49.00		:58.58
	S13		:43.61		:49.00
	S14		:38.22		:49.00
100 Back	S1	5:57.00	5:57.00	6:54.12	6:54.12
	S2	4:34.38	4:34.38	5:01.92	5:01.92
	S3		3:49.50		4:39.48
	S4		3:04.62		3:32.16
	S5		2:17.00		3:06.00
	S6	2:01.00	2:01.00	2:23.00	2:23.00
	S7	1:52.20	1:52.20	2:09.36	2:09.36
	S8	1:46.59	1:46.59	1:58.58	1:58.58
	S9	1:29.76	1:29.76	1:47.80	1:47.80
	S10	1:26.70	1:26.70	1:37.02	1:37.02
	S11	1:58.58	1:58.58	2:09.36	2:09.36
	S12	1:47.80	1:47.80	2:06.77	2:06.77
	S13	1:37.02	1:37.02	1:47.80	1:47.80
	S14	1:26.24	1:26.24	1:47.80	1:47.80

Short Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Back	S1		12:04.00		13:58.44
	S2		9:18.96		10:14.04
	S3		7:49.20		9:29.16
	S4		6:19.44		7:14.52
	S5		5:44.00		6:22.00
	S6		4:00.00		4:54.00
	S7		3:54.60		4:18.72
	S8		3:33.18		4:08.43
	S9		3:09.72		3:24.82
	S10		3:03.60		3:23.35
	S11		4:05.98		4:06.96
	S12		3:45.40		4:02.02
	S13		3:23.84		3:25.80
	S14		3:02.28		3:35.21
50 Breast	SB1	3:38.00	3:38.00	3:55.62	3:55.62
	SB2	2:14.64	2:14.64	2:59.52	2:59.52
	SB3	1:52.20	1:52.20	2:14.64	2:14.64
	SB4		1:13.44		1:35.88
	SB5		1:09.25		1:28.50
	SB6		1:06.50		1:23.00
	SB7		1:02.22		1:10.56
	SB8		:51.00		:59.78
	SB9		:43.15		:54.39
	SB11		:59.78		1:10.56
	SB12		:49.00		1:09.15
	SB13		:43.61		:54.39
	SB14		:41.45		:54.39
100 Breast	SB1		7:26.00		8:01.44
	SB2		4:39.48		6:09.24
	SB3		3:54.60		4:39.48
	SB4	2:37.08	2:37.08	3:21.96	3:21.96
	SB5	2:28.50	2:28.50	3:07.00	3:07.00
	SB6	2:23.00	2:23.00	2:56.00	2:56.00
	SB7	2:14.64	2:14.64	2:30.92	2:30.92
	SB8	1:52.20	1:52.20	2:09.36	2:09.36
	SB9	1:36.49	1:36.49	1:58.58	1:58.58
	SB11	2:09.36	2:09.36	2:30.92	2:30.92
	SB12	1:47.80	1:47.80	2:27.90	2:27.90
	SB13	1:37.02	1:37.02	1:58.58	1:58.58
	SB14	1:32.71	1:32.71	1:58.58	1:58.58

Short Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Breast	SB1		15:08.00		16:02.88
	SB2		9:29.16		12:18.48
	SB3		7:59.40		9:18.96
	SB4		5:21.30		7:23.70
	SB5		4:52.00		6:05.00
	SB6		4:50.00		5:34.00
	SB7		4:27.24		5:00.86
	SB8		4:03.27		3:58.14
	SB9		3:56.64		3:58.14
	SB11		4:28.52		4:22.64
	SB12		3:45.40		4:17.39
	SB13		3:33.64		3:58.14
	SB14		3:47.36		3:58.14
50 Butterfly	S1	2:12.00	2:12.00	2:48.30	2:48.30
	S2	2:03.42	2:03.42	2:37.08	2:37.08
	S3	1:40.98	1:40.98	2:14.64	2:14.64
	S4	1:29.76	1:29.76	2:03.42	2:03.42
	S5	1:17.00	1:17.00	1:50.00	1:50.00
	S6	1:00.50	1:00.50	1:22.50	1:22.50
	S7	:50.49	:50.49	1:04.68	1:04.68
	S8		:48.19		:59.78
	S9		:39.78		:54.39
	S10		:36.72		:49.00
	S11		:49.00		:59.78
	S12		:40.92		:58.58
	S13		:38.22		:49.00
	S14		:38.22		:54.39
100 Butterfly	S1		4:34.00		5:46.80
	S2		4:17.04		5:19.26
	S3		3:32.16		4:34.38
	S4		3:09.72		4:10.92
	S5		2:44.00		3:45.00
	S6		2:11.00		2:55.00
	S7		1:51.18		2:14.26
	S8	1:46.59	1:46.59	2:09.36	2:09.36
	S9	1:29.76	1:29.76	1:58.58	1:58.58
	S10	1:23.64	1:23.64	1:47.80	1:47.80
	S11	1:47.80	1:47.80	2:09.36	2:09.36
	S12	1:31.63	1:31.63	2:06.77	2:06.77
	S13	1:26.24	1:26.24	1:47.80	1:47.80
	S14	1:26.24	1:26.24	1:58.58	1:58.58

Short Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Butterfly	S1		9:18.00		11:33.60
	S2		8:44.28		10:38.52
	S3		7:14.52		9:08.76
	S4		6:29.64		8:21.84
	S5		5:43.00		7:30.00
	S6		4:32.00		5:50.00
	S7		3:52.56		4:28.52
	S8		3:39.30		3:55.20
	S9		3:27.06		3:30.70
	S10		3:13.80		3:29.72
	S11		3:35.60		4:08.43
	S12		3:32.66		4:03.46
	S13		3:11.10		4:01.08
	S14		3:35.21		3:35.21
150 IM	SM1	6:36.00	6:36.00	7:17.58	7:17.58
	SM2	6:10.26	6:10.26	7:00.75	7:00.75
	SM3	5:36.60	5:36.60	6:43.92	6:43.92
	SM4	4:29.28	4:29.28	5:36.60	5:36.60
	SM5				
	SM6				
	SM7				
	SM8				
	SM9				
	SM10				
	SM11				
	SM12				
	SM13				
	SM14				
200 IM	SM1		8:53.00		10:10.98
	SM2		8:18.78		8:41.73
	SM3		7:22.68		9:03.66
	SM4		6:04.14		7:45.12
	SM5	5:30.00	5:30.00	6:36.00	6:36.00
	SM6	4:24.00	4:24.00	5:30.00	5:30.00
	SM7	3:55.62	3:55.62	4:40.28	4:40.28
	SM8	3:44.40	3:44.40	4:18.72	4:18.72
	SM9	3:21.96	3:21.96	3:35.60	3:35.60
	SM10	3:10.74	3:10.74	3:24.82	3:24.82
	SM11	3:57.16	3:57.16	4:18.72	4:18.72
	SM12	3:35.60	3:35.60	4:13.55	4:13.55
	SM13	3:14.04	3:14.04	3:46.38	3:46.38
	SM14	3:14.04	3:14.04	3:35.60	3:35.60

Short Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
400 IM	SM1		17:54.00		20:21.96
	SM2		16:42.66		17:23.46
	SM3		14:50.46		18:07.32
	SM4		12:13.38		15:30.24
	SM5		11:05.00		13:22.00
	SM6		8:53.00		11:10.00
	SM7		8:01.44		9:30.36
	SM8		7:39.00		7:57.26
	SM9		6:54.12		6:56.50
	SM10		6:31.68		6:39.84
	SM11		8:04.12		7:27.86
	SM12		7:21.00		7:18.90
	SM13		6:37.88		6:22.20
	SM14		6:37.88		6:56.50

Para-Swimming CAN-AM Championships 2012-2016

MQS (Minimum Qualify Standard) and MET (Minimal Entry Time)

Long Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
50 Free	S1	2:56.00	2:56.00	3:38.00	3:38.00
	S2	1:50.00	1:50.00	2:22.00	2:22.00
	S3	1:28.00	1:28.00	2:01.00	2:01.00
	S4	1:17.00	1:17.00	1:28.00	1:28.00
	S5	1:00.50	1:00.50	1:17.00	1:17.00
	S6	:49.50	:49.50	1:00.50	1:00.50
	S7	:39.60	:39.60	:49.50	:49.50
	S8	:38.50	:38.50	:45.10	:45.10
	S9	:35.20	:35.20	:39.60	:39.60
	S10	:34.10	:34.10	:38.50	:38.50
	S11	:44.00	:44.00	:49.50	:49.50
	S12	:38.50	:38.50	:42.90	:42.90
	S13	:35.20	:35.20	:39.60	:39.60
	S14		:35.20		:39.60
100 Free	S1	5:30.00	5:30.00	6:36.00	6:36.00
	S2	3:51.00	3:51.00	4:46.00	4:46.00
	S3	3:18.00	3:18.00	4:02.00	4:02.00
	S4	2:45.00	2:45.00	3:07.00	3:07.00
	S5	2:12.00	2:12.00	2:45.00	2:45.00
	S6	1:44.50	1:44.50	2:01.00	2:01.00
	S7	1:33.50	1:33.50	1:44.50	1:44.50
	S8	1:28.00	1:28.00	1:39.00	1:39.00
	S9	1:17.00	1:17.00	1:28.00	1:28.00
	S10	1:12.60	1:12.60	1:22.50	1:22.50
	S11	1:28.00	1:28.00	1:50.00	1:50.00
	S12	1:22.50	1:22.50	1:39.00	1:39.00
	S13	1:17.00	1:17.00	1:33.50	1:33.50
	S14		1:17.00		1:28.00

Long Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Free	S1	11:00.00	11:00.00	12:52.00	12:52.00
	S2	7:40.00	7:40.00	8:35.00	8:35.00
	S3	5:54.00	5:54.00	7:40.00	7:40.00
	S4	5:30.00	5:30.00	6:39.00	6:39.00
	S5	5:08.00	5:08.00	5:30.00	5:30.00
	S6		3:38.00		4:12.00
	S7		3:17.00		3:29.00
	S8		3:06.00		3:28.00
	S9		2:44.00		3:06.00
	S10		2:34.00		2:55.00
	S11		3:06.00		3:50.00
	S12		2:55.00		3:28.00
	S13		2:44.00		3:12.00
	S14	2:44.00	2:44.50	3:06.00	3:06.00
400 Free	S1		22:20.00		25:44.00
	S2		15:10.00		17:30.00
	S3		11:48.00		15:40.00
	S4		11:20.00		13:38.00
	S5		10:36.00		11:20.00
	S6	7:42.00	7:42.00	8:46.00	8:46.00
	S7	7:20.00	7:20.00	8:15.00	8:15.00
	S8	7:09.00	7:09.00	8:04.00	8:04.00
	S9	6:36.00	6:36.00	7:09.00	7:09.00
	S10	6:25.00	6:25.00	6:47.00	6:47.00
	S11	7:42.00	7:42.00	8:15.00	8:15.00
	S12	6:58.00	6:58.00	7:42.00	7:42.00
	S13	6:39.00	6:39.00	7:20.00	7:20.00
	S14		6:36.00		7:09.00
800 Free	S1				
	S2				
	S3				
	S4				
	S5				
	S6		15:24.00		17:12.00
	S7		14:40.00		16:30.00
	S8		14:18.00		16:08.00
	S9		13:12.00		14:18.00
	S10		12:50.00		13:14.00
	S11		15:24.00		16:30.00
	S12		13:56.00		15:24.00
	S13		13:18.00		14:40.00
	S14		13:12.00		14:18.00

Long Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
1500 Free	S1				
	S2				
	S3				
	S4				
	S5				
	S6		30:48.00		33:24.00
	S7		25:57.00		32:00.00
	S8		24:37.50		31:16.00
	S9		22:00.50		27:36.00
	S10		20:53.00		25:28.00
	S11		28:43.50		32:00.00
	S12		24:50.00		29:28.00
	S13		22:27.50		28:20.00
	S14		22:00.50		27:36.00
50 Back	S1	2:56.00	2:56.00	3:18.00	3:18.00
	S2	2:12.00	2:12.00	2:23.00	2:23.00
	S3	1:50.00	1:50.00	2:12.00	2:12.00
	S4	1:28.00	1:28.00	1:39.00	1:39.00
	S5	1:06.00	1:06.00	1:28.00	1:28.00
	S6		:55.50		1:06.50
	S7		:50.00		1:01.00
	S8		:47.25		:56.50
	S9		:39.00		:50.00
	S10		:37.90		:44.50
	S11		:55.50		1:01.00
	S12		:50.00		:56.50
	S13		:44.50		:50.00
	S14		:39.00		:50.00
100 Back	S1	5:57.00	5:57.00	6:46.00	6:46.00
	S2	4:29.00	4:29.00	4:56.00	4:56.00
	S3		3:45.00		4:34.00
	S4		3:01.00		3:28.00
	S5		2:17.00		3:06.00
	S6	2:01.00	2:01.00	2:23.00	2:23.00
	S7	1:50.00	1:50.00	2:12.00	2:12.00
	S8	1:44.50	1:44.50	2:01.00	2:01.00
	S9	1:28.00	1:28.00	1:50.00	1:50.00
	S10	1:25.00	1:25.00	1:39.00	1:39.00
	S11	2:01.00	2:01.00	2:12.00	2:12.00
	S12	1:50.00	1:50.00	2:01.00	2:01.00
	S13	1:39.00	1:39.00	1:50.00	1:50.00
	S14	1:28.00	1:28.00	1:50.00	1:50.00

Long Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Back	S1		12:04.00		13:42.00
	S2		9:08.00		10:02.00
	S3		7:40.00		9:18.00
	S4		6:12.00		7:06.00
	S5		5:44.00		6:22.00
	S6		4:00.00		4:54.00
	S7		3:50.00		4:24.00
	S8		3:29.00		4:13.50
	S9		3:06.00		3:29.00
	S10		3:00.00		3:27.50
	S11		4:11.00		4:12.00
	S12		3:50.00		3:31.50
	S13		3:28.00		3:30.00
	S14		3:06.00		3:39.60
50 Breast	SB1	3:38.00	3:38.00	3:51.00	3:51.00
	SB2	2:12.00	2:12.00	2:56.00	2:56.00
	SB3	1:50.00	1:50.00	2:12.00	2:12.00
	SB4		1:12.00		1:34.00
	SB5		1:09.25		1:28.50
	SB6		1:06.50		1:23.00
	SB7		1:01.00		1:12.00
	SB8		:50.00		1:01.00
	SB9		:42.30		:55.50
	SB11		1:01.00		1:12.00
	SB12		:50.00		1:01.00
	SB13		:44.50		:55.50
	SB14		:42.30		:55.50
100 Breast	SB1		7:26.00		7:52.00
	SB2		4:34.00		6:02.00
	SB3		3:50.00		4:34.00
	SB4	2:34.00	2:34.00	3:18.00	3:18.00
	SB5	2:28.50	2:28.50	3:07.00	3:07.00
	SB6	2:23.00	2:23.00	2:56.00	2:56.00
	SB7	2:12.00	2:12.00	2:34.00	2:34.00
	SB8	1:50.00	1:50.00	2:12.00	2:12.00
	SB9	1:34.60	1:34.60	2:01.00	2:01.00
	SB11	2:12.00	2:12.00	2:34.00	2:34.00
	SB12	1:50.00	1:50.00	2:12.00	2:12.00
	SB13	1:39.00	1:39.00	2:01.00	2:01.00
	SB14	1:34.60	1:34.60	2:01.00	2:01.00

Long Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Breast	SB1		15:08.00		15:44.00
	SB2		9:18.00		12:04.00
	SB3		7:50.00		9:08.00
	SB4		5:15.00		7:15.00
	SB5		4:52.00		6:05.00
	SB6		4:50.00		5:34.00
	SB7		4:22.00		5:07.00
	SB8		3:58.50		4:03.50
	SB9		3:52.00		4:03.00
	SB11		4:34.00		4:28.00
	SB12		3:50.00		4:08.00
	SB13		3:38.00		4:03.00
	SB14		3:52.00		4:03.00
50 Butterfly	S1	2:12.00	2:12.00	2:45.00	2:45.00
	S2	2:01.00	2:01.00	2:34.00	2:34.00
	S3	1:39.00	1:39.00	2:12.00	2:12.00
	S4	1:28.00	1:28.00	2:01.00	2:01.00
	S5	1:17.00	1:17.00	1:50.00	1:50.00
	S6	1:00.50	1:00.50	1:22.50	1:22.50
	S7	:49.50	:49.50	1:06.00	1:06.00
	S8		:47.25		1:01.00
	S9		:39.00		:55.50
	S10		:36.00		:50.00
	S11		:50.00		1:01.00
	S12		:41.75		:55.50
	S13		:39.00		:50.00
	S14		:39.00		:55.50
100 Butterfly	S1		4:34.00		5:40.00
	S2		4:12.00		5:13.00
	S3		3:28.00		4:29.00
	S4		3:06.00		4:06.00
	S5		2:44.00		3:45.00
	S6		2:11.00		2:55.00
	S7		1:49.00		2:17.00
	S8	1:44.50	1:44.50	2:12.00	2:12.00
	S9	1:28.00	1:28.00	2:01.00	2:01.00
	S10	1:22.00	1:22.00	1:50.00	1:50.00
	S11	1:50.00	1:50.00	2:12.00	2:12.00
	S12	1:33.50	1:33.50	2:01.00	2:01.00
	S13	1:28.00	1:28.00	1:50.00	1:50.00
	S14	1:28.00	1:28.00	2:01.00	2:01.00

Long Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Butterfly	S1		9:18.00		11:20.00
	S2		8:34.00		10:26.00
	S3		7:06.00		8:58.00
	S4		6:22.00		8:12.00
	S5		5:43.00		7:30.00
	S6		4:32.00		5:50.00
	S7		3:48.00		4:34.00
	S8		3:35.00		4:00.00
	S9		3:23.00		3:35.00
	S10		3:10.00		3:34.00
	S11		3:40.00		4:13.50
	S12		3:37.00		4:07.50
	S13		3:15.00		4:06.00
	S14		3:35.20		3:39.60
150 IM	SM1	6:36.00	6:36.00	7:09.00	7:09.00
	SM2	6:03.00	6:03.00	6:52.50	6:52.50
	SM3	5:30.00	5:30.00	6:36.00	6:36.00
	SM4	4:24.00	4:24.00	5:30.00	5:30.00
	SM5				
	SM6				
	SM7				
	SM8				
	SM9				
	SM10				
	SM11				
	SM12				
	SM13				
	SM14				
200 IM	SM1		8:53.00		9:59.00
	SM2		8:09.00		8:31.50
	SM3		7:14.00		8:53.00
	SM4		5:57.00		7:36.00
	SM5	5:30.00	5:30.00	6:36.00	6:36.00
	SM6	4:24.00	4:24.00	5:30.00	5:30.00
	SM7	3:51.00	3:51.00	4:46.00	4:46.00
	SM8	3:40.00	3:40.00	4:24.00	4:24.00
	SM9	3:18.00	3:18.00	3:40.00	3:40.00
	SM10	3:07.00	3:07.00	3:29.00	3:29.00
	SM11	4:02.00	4:02.00	4:24.00	4:24.00
	SM12	3:40.00	3:40.00	4:13.00	4:13.00
	SM13	3:18.00	3:18.00	3:51.00	3:51.00
	SM14	3:18.00	3:18.00	3:40.00	3:40.00

Long Course

Events	Class	Men		Women	
		MQS	MET	MQS	MET
400 IM	SM1		17:54.00		19:58.00
	SM2		16:23.00		17:03.00
	SM3		14:33.00		17:46.00
	SM4		11:59.00		15:12.00
	SM5		11:05.00		13:22.00
	SM6		8:53.00		11:10.00
	SM7		7:52.00		9:42.00
	SM8		7:30.00		8:07.00
	SM9		6:46.00		7:05.00
	SM10		6:24.00		6:48.00
	SM11		8:14.00		7:37.00
	SM12		7:30.00		6:35.50
	SM13		6:46.00		6:30.00
	SM14		6:46.00		7:05.00

Para-Swimming CAN-AM Championships 2012-2016

MQS (Minimum Qualify Standard) and MET (Minimal Entry Time)

Short Course - Yards

Events	Class	Men		Women	
		MQS	MET	MQS	MET
50 Free	S1	2:41.72	2:41.72	3:20.41	3:20.41
	S2	1:41.08	1:41.08	2:10.48	2:10.48
	S3	1:20.86	1:20.86	1:51.18	1:51.18
	S4	1:10.75	1:10.75	1:20.86	1:20.86
	S5	:54.50	:54.50	1:09.36	1:09.36
	S6	:44.59	:44.59	:54.50	:54.50
	S7	:34.96	:34.96	:43.70	:43.70
	S8	:33.99	:33.99	:39.81	:39.81
	S9	:31.08	:31.08	:34.96	:34.96
	S10	:30.10	:30.10	:33.99	:33.99
	S11	:38.84	:38.84	:43.70	:43.70
	S12	:33.99	:33.99	:42.82	:42.82
	S13	:31.08	:31.08	:34.96	:34.96
	S14		31.08		34.96
100 Free	S1	4:57.29	4:57.29	6:03.89	6:03.89
	S2	3:32.27	3:32.27	4:22.81	4:22.81
	S3	3:01.94	3:01.94	3:42.37	3:42.37
	S4	2:31.62	2:31.62	2:51.83	2:51.83
	S5	1:58.91	1:58.91	2:28.64	2:28.64
	S6	1:34.14	1:34.14	1:49.00	1:49.00
	S7	1:25.91	1:25.91	1:32.26	1:32.26
	S8	1:20.86	1:20.86	1:27.40	1:27.40
	S9	1:10.75	1:10.75	1:17.69	1:17.69
	S10	1:06.71	1:06.71	1:12.83	1:12.83
	S11	1:06.71	1:06.71	1:37.11	1:37.11
	S12	1:12.83	1:12.83	1:35.17	1:35.17
	S13	1:07.98	1:07.98	1:22.54	1:22.54
	S14		1:07.98		1:17.69

Short Course - Yards

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Free	S1	9:54.59	9:54.59	11:49.40	11:49.40
	S2	7:02.70	7:02.70	7:53.24	7:53.24
	S3	5:25.29	5:25.29	7:02.70	7:02.70
	S4	5:03.24	5:03.24	6:06.64	6:06.64
	S5	4:37.47	4:37.47	4:57.29	4:57.29
	S6		3:16.39		3:47.02
	S7		3:01.02		3:04.52
	S8		2:50.91		3:03.63
	S9		2:30.70		2:44.21
	S10		2:21.51		2:34.50
	S11		2:44.21		3:23.06
	S12		2:34.50		3:19.00
	S13		2:24.79		2:49.51
	S14	2:24.79	2.24.79	2:44.22	2:44.22
500 Free	S1		25:31.42		29:59.86
	S2		17:40.80		20:24.00
	S3		13:45.32		18:15.77
	S4		13:12.68		15:53.55
	S5		12:06.85		12:57.14
	S6	8:48.00	8:48.00	10:01.14	10:01.14
	S7	8:32.91	8:32.91	9:14.40	9:14.40
	S8	8:20.09	8:20.09	8:38.67	8:38.67
	S9	7:41.62	7:41.62	8:00.48	8:00.48
	S10	7:28.80	7:28.80	7:35.84	7:35.84
	S11	8:37.44	8:37.44	9:14.40	9:14.40
	S12	7:48.16	7:48.16	9:03.31	9:03.31
	S13	7:26.88	7:26.88	8:12.80	8:12.80
	S14		5:49.62		6:18.76
1000 Free	S1				
	S2				
	S3				
	S4				
	S5				
	S6		17:36.00		19:39.42
	S7		17:05.82		18:28.80
	S8		16:40.80		18:04.16
	S9		15:23.24		16:00.96
	S10		14:57.60		14:49.28
	S11		17:14.88		18:28.80
	S12		15:36.32		18:06.62
	S13		14:53.76		16:25.60
	S14		11:39.24		12:37.51

Short Course - Yards

Events	Class	Men		Women	
		MQS	MET	MQS	MET
1650 Free	S1				
	S2				
	S3				
	S4				
	S5				
	S6		30:36.97		33:12.40
	S7		26:18.66		31:10.37
	S8		24:58.06		30:27.51
	S9		22:18.87		26:53.20
	S10		21:10.43		24:48.50
	S11		27:58.95		31:10.37
	S12		24:11.49		30:32.97
	S13		21:52.67		27:36.06
	S14		19:25.85		24:22.05
50 Back	S1	2:38.55	2:38.55	3:01.94	3:01.94
	S2	2:01.29	2:01.29	2:11.40	2:11.40
	S3	1:41.08	1:41.08	2:01.29	2:01.29
	S4	1:20.86	1:20.86	1:30.97	1:30.97
	S5	:59.45	:59.45	1:19.27	1:19.27
	S6		50.00		59.90
	S7		45.94		53.85
	S8		43.41		49.88
	S9		35.83		44.14
	S10		34.82		39.28
	S11		49.00		53.85
	S12		44.14		52.77
	S13		39.28		44.14
	S14		34.43		44.14
100 Back	S1	5:21.62	5:21.62	6:13.08	6:13.08
	S2	4:11.78	4:11.78	4:32.00	4:32.00
	S3		3:26.75		4:11.78
	S4		2:46.32		3:11.13
	S5		2:03.42		2:47.56
	S6	1:49.00	1:49.00	2:08.82	2:08.82
	S7	1:41.08	1:41.08	1:56.54	1:56.54
	S8	1:46.02	1:46.02	1:46.82	1:46.82
	S9	1:20.86	1:20.86	1:37.11	1:37.11
	S10	1:18.10	1:18.10	1:27.40	1:27.40
	S11	1:46.82	1:46.82	1:56.54	1:56.54
	S12	1:37.11	1:37.11	1:54.20	1:54.20
	S13	1:27.40	1:27.40	1:37.11	1:37.11
	S14	1:17.69	1:17.69	1:37.12	1:37.12

Short Course - Yards

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Back	S1		10:52.25		12:35.35
	S2		8:23.47		9:13.18
	S3		7:02.70		8:32.75
	S4		5:41.83		6:31.45
	S5		5:09.90		5:44.14
	S6		3:36.21		4:24.86
	S7		3:31.35		3:53.08
	S8		3:12.05		3:43.81
	S9		2:50.91		3:04.52
	S10		2:45.40		3:03.19
	S11		4:17.11		3:42.48
	S12		3:23.06		3:38.03
	S13		3:03.63		3:05.40
	S14		2:44.22		3:13.88
50 Breast	SB1	3:16.39	3:16.39	3:32.27	3:32.27
	SB2	2:01.29	2:01.29	2:41.72	2:41.72
	SB3	1:41.08	1:41.08	2:01.29	2:01.29
	SB4		1:06.16		1:26.37
	SB5		1:02.38		1:19.72
	SB6		59.90		1:14.77
	SB7		56.05		1:03.56
	SB8		45.94		53.85
	SB9		38.87		49.00
	SB11		53.85		1:03.56
	SB12		44.14		1:02.29
	SB13		39.28		49.00
	SB14		37.35		49.00
100 Breast	SB1		6:41.80		7:13.72
	SB2		4:07.18		5:32.64
	SB3		3:31.35		4:11.78
	SB4	2:21.51	2:21.51	3:01.94	3:01.94
	SB5	2:13.78	2:13.78	2:48.46	2:48.46
	SB6	2:08.82	2:08.82	2:38.55	2:38.55
	SB7	2:01.29	2:01.29	2:15.96	2:15.96
	SB8	1:41.08	1:41.08	1:56.54	1:56.54
	SB9	1:26.92	1:26.92	1:46.82	1:46.82
	SB11	1:56.54	1:56.54	2:15.96	2:15.96
	SB12	1:37.11	1:37.11	2:13.24	2:13.24
	SB13	1:27.40	1:27.40	1:46.82	1:46.82
	SB14	1:23.52	1:23.52	1:46.83	1:46.83

Short Course - Yards

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Breast	SB1		13:38.01		14:27.45
	SB2		8:32.75		11:05.29
	SB3		7:11.89		8:23.56
	SB4		4:49.45		6:39.72
	SB5		4:23.06		5:28.82
	SB6		4:21.26		5:00.90
	SB7		4:00.75		4:31.04
	SB8		3:39.16		3:34.41
	SB9		3:33.18		3:34.54
	SB11		3:41.60		3:56.61
	SB12		2:03.06		3:51.88
	SB13		3:12.46		3:34.54
	SB14		3:24.83		3:34.54
50 Butterfly	S1	1:58.91	1:58.91	2:31.62	2:31.62
	S2	1:51.18	1:51.18	2:21.51	2:21.51
	S3	1:30.95	1:30.95	2:01.29	2:01.29
	S4	1:20.86	1:20.86	1:51.18	1:51.18
	S5	1:09.36	1:09.36	1:39.09	1:39.09
	S6	:54.50	:54.50	1:14.32	1:14.32
	S7	:45.48	:45.48	:58.27	:58.27
	S8		43.41		53.85
	S9		35.83		49.00
	S10		33.08		44.14
	S11		44.14		53.85
	S12		36.86		52.77
	S13		34.43		44.14
	S14		34.43		49.00
100 Butterfly	S1		4:06.84		5:12.43
	S2		3:51.56		4:47.62
	S3		2:11.13		4:07.18
	S4		2:59.91		3:46.05
	S5		2:27.74		3:22.70
	S6		1:58.01		2:37.65
	S7		1:40.16		2:00.95
	S8	1:36.02	1:36.02	1:56.54	1:56.54
	S9	1:20.86	1:20.86	1:46.82	1:46.82
	S10	1:15.35	1:15.35	1:37.11	1:37.11
	S11	1:37.11	1:37.11	1:56.54	1:56.54
	S12	1:22.54	1:22.54	1:54.20	1:54.20
	S13	1:17.69	1:17.69	1:37.11	1:37.11
	S14	1:17.69	1:17.69	1:46.83	1:46.83

Short Course - Yards

Events	Class	Men		Women	
		MQS	MET	MQS	MET
200 Butterfly	S1		8:22.70		10:24.86
	S2		7:52.32		9:35.24
	S3		6:31.45		8:14.37
	S4		5:51.02		7:32.10
	S5		5:09.00		6:45.40
	S6		4:05.04		5:15.31
	S7		3:29.51		4:01.90
	S8		3:17.56		3:32.89
	S9		3:06.54		3:09.81
	S10		2:54.59		3:08.93
	S11		3:14.23		3:43.81
	S12		3:11.58		3:39.33
	S13		2:52.16		3:37.18
	S14		3:13.88		3:13.88
150 IM	SM1	5:56.75	5:56.75	6:34.21	6:34.21
	SM2	5:33.56	5:33.56	6:19.05	6:19.05
	SM3	5:03.24	5:03.24	6:03.89	6:03.89
	SM4	4:02.52	4:02.52	5:03.24	5:03.24
	SM5				
	SM6				
	SM7				
	SM8				
	SM9				
	SM10				
	SM11				
	SM12				
	SM13				
	SM14				
200 IM	SM1		8:00.18		9:10.43
	SM2		7:29.35		7:50.02
	SM3		6:40.61		8:09.78
	SM4		5:28.05		6:59.02
	SM5	2:27.74	2:27.74	5:56.75	5:56.75
	SM6	3:57.83	3:57.83	4:57.29	4:57.29
	SM7	3:32.27	3:32.27	4:12.50	4:12.50
	SM8	3:22.16	3:22.16	3:53.08	3:53.08
	SM9	3:01.94	3:01.94	3:14.23	3:14.23
	SM10	2:51.83	2:51.83	3:04.52	3:04.52
	SM11	3:33.65	3:33.65	3:53.08	3:53.08
	SM12	3:14.23	3:14.23	3:48.42	3:48.42
	SM13	2:54.81	2:54.81	3:23.94	3:23.94
	SM14	2:54.81	2:54.81	3:14.23	3:14.23

Short Course - Yards

Events	Class	Men		Women	
		MQS	MET	MQS	MET
400 IM	SM1		16:07.56		18:20.86
	SM2		15:03.29		15:40.05
	SM3		13:22.21		16:19.56
	SM4		11:00.70		13:58.05
	SM5		9:59.09		12:02.52
	SM6		8:00.18		10:03.60
	SM7		7:13.72		8:33.83
	SM8		6:53.51		7:09.96
	SM9		6:13.08		6:15.22
	SM10		5:52.86		6:00.21
	SM11		7:16.14		6:43.47
	SM12		6:37.29		6:35.40
	SM13		5:58.45		5:44.32
	SM14		5:58.45		6:15.23