

APPROVED

By Swim Ontario at 8:19 pm, Jan 22, 2023

2023 EASTERN ONTARIO REGIONAL CHAMPIONSHIP MEET

MEET INFORMATION

Date February 3-5, 2023
Co-Hosted by Belleville Beast Swim Team and Ernestown Barracudas Swim Club
Location Quinte Sports and Wellness Centre, 265 Cannifton Rd, Belleville, ON
Facility 8-lane, 25m competition pool with Colorado electronic timing and scoreboard
Pool Format Short Course for all races

Meet Package

The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

Competition Coordinator: Kim Isaak, Level V

Meet Manager Maggie Morgan, bbstmeetmanager@gmail.com

Officials Heather Bennett, bbstcoc@gmail.com

Description

Eastern Ontario Championship qualifying meet. Invitational (closed). Age Groups, Male and Female (10 & under, 11-12, 13-14, 15 & Over). Swimmer's age is as of the first day of the meet.

SAFETY & LIABILITY

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The [Swim Ontario Concussion Management](#) & [Swimming Canada Event Photography](#) procedures will be in effect. For complete details click [HERE](#).

COMPETITION RULES

Sanctioned by Swim Ontario.

All current Swimming Canada rules will be followed.

All swimmers participating in 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.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect.

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, Swimming Canada CRF 2.3.1, CSW 4.1.1 & 4.1.2

From deep end only

Records

Swim Ontario has a completed certified pool length survey for the QSWC pool on file therefore swim times achieved at this competition will be eligible for provincial or national records.

Age Up Date

Ages submitted are to be as of Friday, February 3, 2023

Mixed Gender

An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registration status will be declined entry.

QUALIFYING & ENTRIES

Able Bodied Swimmers

Standards

2022-2023 Eastern Ontario Regional Standards.

Swim Ontario 12 & Under "E" Standards.

Swim Ontario 13 & Over "D" Standards.

See Appendix B.

Athletes who have achieved 1 (one) Ontario Youth Junior time standard may participate in this event, but all of their swims will be exhibition and they will only race in B finals. (Coaches, please mark these swimmers as exhibition in your Hy-Tek or Team Unify files).

Athletes who have achieved 2 (two) Ontario Youth Junior time standards are de-qualified from the meet. Exceptions made for the host clubs for officiating concerns. These swimmers will swim exhibition and only race in B finals.

Bonus Swims/Entry Limits

13 & Over:

- Swimmers must achieve at least one (1) qualifying standard (Regional Standard/Swim Ontario "D" Standard) to qualify for the meet. Qualifiers may swim a total of six (6) events, with a maximum of two (2) events per session.

12 & Under:

- Swimmers must achieve at least one (1) qualifying standard (Regional Standard/Swim Ontario "E" Standard) to qualify for the meet. Qualifiers may swim a total of six (6) events, with a maximum of two (2) events per session.

400IM/800/1500 Freestyle may only be selected as an event if the time meets the Festival E Standard.

Teams with only one relay entry may have one (1) relay only swimmer per gender and age group.

Para Swimmers

Standards

2022-2023 Eastern Ontario Regional Standards. See Appendix C

Qualifying

Swimmers with a disability (Para-Swimmers) are eligible to compete in this meet, provided they have achieved the minimum entry time in at least one (1) event. Para-Swimmers may choose Bonus Swims outside of the aforementioned events. Para-Swimmers will be entered according to time in the morning sessions. Please designate classification when entering. There will not be a designated lane for Para-Swimmers during warm-up.

Para Bonus Swims

- Swimmers qualifying in one event may enter three additional events.
- Swimmers qualifying in two events may enter two additional events.
- Swimmers qualifying in three or more events may enter one additional event, to a maximum of six individual events.
- 200 events and above cannot be swum as bonus swims.

All Swimmers

Qualifying period

September 1, 2019 – January 24, 2022

Entry Submission

- Entries must be submitted through the SNC online entries system at www.swimming.ca.
- Meet Management will not accept entries directly via email.
- Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times.
- No NT will be accepted.
- Meet management will use SNC's time validation system to ensure that swimmers have achieved the qualifying requirements. Times not found on the SNC database will be returned to coaches for correction or proof.

Relay Entries

- Teams may enter two (2) relays per event.
- All members of the 10 & Under, 11 & 12, 13 & 14, and 15 & Over relay teams must be qualified for and properly entered in the meet.
- Exception: Relays may include up to one (1) non-qualified relay only swimmer per event, if the team enters only one relay in that event.
- Each relay team may include up to two (2) swimmers from a younger age category.
- A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.
- Coaches are asked to populate their relays in their event files. Names can be changed 30 minutes prior to the start of the session, but empty relays will not be accepted.

Deck Entries

No deck entries will be allowed.

Preliminary Entry Deadline: Thursday, January 19, 2023

Changes can be made after this deadline and updated entry files can be provided until Tuesday, January 24, 2023, but we are asking for a reasonable entry file to be provided by this time so as to allow time for addressing any meet timeline/format concerns, if needed, and in turn for coaches to have time to revisit their entries as needed.

Deadline: Tuesday, January 24, 2023 (midnight)

Payment: etransfer to beasttreasurer@gmail.com – please put “Club Name + Regionals” in the message field
Fees: \$85.00 per swimmer

Changes to entries will not be accepted after Thursday, January 26, 2023. After that time, fees will be calculated. No refunds will be granted for missed swims.

SCHEDULE OF SESSIONS

<u>Session #</u>	<u>Date</u>	<u>Age Group</u>	<u>Prelims/ Finals</u>	<u>Warm Up</u>	<u>Start</u>
1	Friday, February 3	13 & over	Prelims	8:00 AM	9:00 AM
2	Friday, February 3	12 & under	Timed Finals	12:00 PM	1:00 PM
3	Friday, February 3	13 & over	Finals	5:00 PM	6:00 PM
4	Saturday, February 4	13 & over	Prelims	8:00 AM	9:00 AM
5	Saturday, February 4	12 & over	Timed Finals	12:00 PM	1:00 PM
6	Saturday, February 4	13 & over	Finals	5:00 PM	6:00 PM
7	Sunday, February 5	13 & over	Prelims	8:00 AM	9:00 AM
8	Sunday, February 5	12 & under	Timed Finals	12:00 PM	1:00 PM
9	Sunday, February 5	13 & over	Finals	5:00 PM	6:00 PM

SCHEDULE OF EVENTS, ADDITIONAL EVENT DETAILS

Schedule of Events

See event list – Appendix A

Individual Events - 12 & Under

- All individual events for swimmers 12 & under are timed finals.
- Fastest 8 swimmers by gender and age group (10 & under, 11-12) will swim together in one heat.
- In distance events (400 Free, 400 IM, 800 Free), meet management reserves the right to combine heats of different age groups or genders. For example, if there are 3 boys in one age group and two in another for the same event, they will swim together in the same heat, separated by one lane.
- 200 Breast, 200 Fly, 400 IM and 800 Free are offered as an event in the 12 & under age category only. Swimmers younger than 12 years old may race in these events but will be scored as 12 years & under (not broken out by age).
- 1500 Free is offered as an event in the 14 & under age category only. Swimmers younger than 14 years old may race in this event but will be scored as 14 years & under (not broken out by age).

Individual Events - 13 & Over

- All individual events for swimmers 13 & Over (except 400 IM, 400 Free, 800 Free and 1500 Free) will be swum as preliminaries and finals.
- For prelims, age groups will be combined and circle seeded.
- Events with 8 or fewer entries will swim both prelims and finals.
- “A” and “B” finals will be held in events only with 14 or more swimmers entered, before scratches. Events with fewer than 14 swimmers entered will have “A” finals only.

Distance Events - 13 & Over

- 400 IM, 400 Free, 800 Free, 1500 Free are timed final events.
- Verified entry times must be submitted for the 800 and 1500 free events. No coaches' times will be accepted.
- The 800/1500 Free will be multi-age, mixed gender, seeded fastest to slowest.
- 400 Free and IM: Top eight (8) seeded swimmers by age group and gender will swim in finals.
- 800 Free: Top eight (8) seeded swimmers by gender will swim in finals.
- 1500 Free: Top eight (8) seeded swimmers, regardless of gender, will swim in finals.

Relays

- All relay events will be swum as timed finals.
- A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.
- Age groups for relay events will be: 10 & under, 11-12, 13-14, 15 & over
- Fastest 8 relay teams by age and gender (10 & under, 11-12, 13-14, 15 & over) will be swum in one heat.
- Coaches must have relay cards filled in and returned to the Meet Manager 30 minutes prior to the start of the session.
- Changes will be accepted until 30 minutes before the relay event is scheduled to begin.

Official 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 (or event) in question.

CHECK IN & SCRATCHES

12 & Under Timed Finals Sessions

Positive check in for all swimmers is required 30 minutes prior to the start of the 12 & under time final session to ensure the fastest heat of each age group is full.

13 & Over Sessions

Prelims

- Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.
- No scratch penalty shall be imposed for late or day of scratches.

Timed Finals

- There is a positive check in for all 13 & Over Timed Final events.
- The scratch deadline for these timed final events shall be 30 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes.

Finals

- Scratches for finals must be made within **30 minutes after the last non distance event of the prelims session**.
- Failure to participate in an individual final, leg of a relay final, or in a timed final event without meet management's knowledge or consent will result in a \$50.00 fine for each offense. Payment is due to BBST. Failure to pay before the next event will exclude the swimmer from any further participation in the meet. A swimmer who fails to scratch from an event in finals but will not swim the rest of the meet will not be penalized.

COACHES' REGISTRATION & MEETING

Coach Registration

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

Coaches' Meeting

- Friday, February 3 at 8:00 AM during the warmup for session 1.
- A second coaches meeting will be held Friday, February 3, at 12:20 pm during the warmup for session 2.
- Location: Pool Classroom, just outside the lifeguard office.

SCORING

Scoring

- Top 16 swimmers in individual events and the top 16 relays will score team points.
- Individual event points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- Team relay event points: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

AWARDS

Individual Awards

Medals for 1st, 2nd, 3rd

Ribbons for 4th - 8th

Relay Events

Ribbons for 1st, 2nd, 3rd

Receiving Awards

- Medals for 12 & under timed final events will be awarded on deck during each session as results are available.
- Medals for 13 & over finals will be awarded on deck during finals, immediately following each event. Top 3 swimmers are encouraged to go directly to the podium to receive medals following each heat.
- All medals and ribbons are to be picked up by swimmers at the awards table. Awards packages will not be mailed after the meet.

Team Awards

- Overall team trophy to the team with the highest number of team points.
- Small team award to the team with the highest number of points, and fewer than 35 registered competitive swimmers as of **February 3, 2022**.
- These awards will be presented at the end of the last finals session.

RESULTS

- The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet. Live Results/Meet Mobile will be available.
- Official results will be posted within 48 hours of completion of the meet to www.swimming.ca.
- Results will be published according to age group and sex (10&U, 11- 12, 13-14 and 15 & over).

HOSPITALITY

- A selection of food and refreshments will be made available between sessions of the meet for coaches and officials only. Please be considerate that food provided is for those in attendance for consecutive sessions.

APPENDIX A - EVENT SCHEDULE

****Session times are subject to change based on entries****

Session 1: 13 & Over Prelims

Friday, February 3, 2022

Warm Up: 8:00 AM/Start: 9:00 AM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
1	200 IM	2
3	100 Breast	4
5	100 Back	6
7	50 Fly	8
9	400 Free	10

Session 3: 13 & Over Finals

Friday, February 3, 2022

Warm Up: 5:00 PM/Start: 6:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
1	200 IM	2
3	100 Breast	4
5	100 Back	6
7	50 Fly	8
9	400 Free	10
11	200 Free Relay (13-14)	12
13	200 Free Relay (15+)	14

Session 4: 13 & Over Prelims

Saturday, February 4, 2022

Warm Up: 8:00 AM/Start: 9:00 AM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
39	200 Free	40
41	50 Back	42
43	200 Breast	44
45	50 Free	46
47	200 Fly	48
49	800 Free (SH)	49

Session 6: 13 & Over Finals

Saturday, February 4, 2022

Warm Up: 5:00 PM/Start: 6:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
49	800 FR (FH)	50
39	200 Free	40
41	50 Back	42
43	200 Breast	44
45	50 Free	46
47	200 Fly	48
51	200 Medley Relay (13-14)	52
53	200 Medley Relay (15+)	54

Session 7: 13 & Over Prelims

Sunday, February 6, 2022

Warm Up: 8:00 AM/Start: 9:00 AM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
77	100 Fly	78
79	50 Breast	80
81	200 Back	82
83	100 Free	84
85	400 IM	86
87	200 Mixed Free Relay (13-14)	
88	200 Mixed Free Relay (15+)	
89	1500 (SH)	89

Session 9: 13 & Over Finals

Sunday, February 5, 2022

Warm Up: 5:00 PM/Start: 6:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
89	1500 FR (FH)	89
77	100 Fly	78
79	50 Breast	80
81	200 Back	82
83	100 Free	84
85	400 IM	86

Session 2: 12 & Under, Timed Finals

Friday, February 3, 2022

Warm Up: 12:15 PM/Start: 1:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
15	200 IM 10 & under	16
17	200 IM 11-12	18
19	100 Breast 10 & under	20
21	100 Breast 11-12	22
23	100 Back 10 & under	24
25	100 Back 11-12	26
27	50 Fly 10 & under	28
29	50 Fly 11-12	30
31	400 FR 10 & Under	32
33	400 FR 11-12	34
35	200 Free Relay 10 & under	36
37	200 Free Relay 11-12	38

Session 5: 12 & Under, Timed Finals

Saturday, February 4, 3022

Warm Up: 12:15 PM/Start: 1:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
55	200 Free 10 & under	56
57	200 Free 11-12	58
59	50 Back 10 & under	60
61	50 Back 11-12	62
63	200 Breast 12 & under	64
65	50 Free 10 & under	66
67	50 Free 11-12	68
69	200 Fly 12 & under	70
71	800 Free 12 & under	72
73	200 Medley Relay 10 & under	74
75	200 Medley Relay 11-12	76

Session 8: 12 & Under, Timed Finals

Sunday, February 4, 3022

Warm Up: 12:15 PM/Start: 1:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
91	100 Fly 10 & under	92
93	100 Fly 11-12	94
95	50 Breast 10 & under	96
97	50 Breast 11-12	98
99	200 Back 10 & under	100
101	200 Back 11-12	102
103	100 Free 10 & under	104
105	100 Free 11-12	106
107	100 IM 10 & under	108
109	400 IM 12 & under	110
111	200 Mixed Free Relay 10 & under	
112	200 Mixed Free Relay 11-12	

2022-2023 Eastern Ontario Regional Time Standards

	FEMALE											
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.08	36.25	34.55	32.49	30.92	30.47	39.86	36.97	35.24	33.14	31.54	31.08
100 Free	1:26.65	1:19.89	1:14.76	1:10.70	1:06.72	1:05.98	1:28.39	1:20.88	1:16.26	1:12.12	1:08.05	1:07.30
200 Free	3:10.90	2:53.32	2:43.12	2:33.32	2:24.83	2:23.52	3:14.72	2:56.78	2:46.38	2:36.39	2:27.72	2:27.29
400 Free	6:39.87	6:12.60	5:48.45	5:30.00	5:06.59	5:04.88	6:47.86	6:20.05	5:55.42	5:36.60	5:12.72	5:10.97
800 Free		12:43.47	11:47.97	11:11.77	10:40.95	10:33.68		12:58.75	12:02.13	11:25.20	10:53.76	10:47.46
1500 Free					20:28.44	20:14.55					20:53.01	20:38.84
100 Back	1:39.12	1:31.18	1:25.53	1:20.72	1:15.61	1:14.53	1:41.10	1:33.00	1:27.23	1:22.34	1:17.13	1:16.02
200 Back	3:34.08	3:14.83	3:03.51	2:54.45	2:41.83	2:40.04	3:38.37	3:18.73	3:07.17	2:57.94	2:45.07	2:43.24
100 Breast	1:52.15	1:45.35	1:39.12	1:32.10	1:27.09	1:26.43	1:54.39	1:47.46	1:41.10	1:33.94	1:28.84	1:28.15
200 Breast		3:45.42	3:31.82	3:19.36	3:07.52	3:06.96		3:49.93	3:36.06	3:23.35	3:11.27	3:10.70
100 Fly	1:44.78	1:34.59	1:27.79	1:21.81	1:15.54	1:14.38	1:46.87	1:36.47	1:29.54	1:23.44	1:17.04	1:15.87
200 Fly		3:37.49	3:19.36	3:06.36	2:51.20	2:49.87		3:41.84	3:23.35	3:10.09	2:54.63	2:53.27
100 IM	1:43.09											
200 IM	3:37.35	3:18.95	3:07.45	2:56.00	2:45.07	2:43.37	3:41.70	3:22.93	3:11.20	2:59.52	2:48.38	2:46.64
400 IM		6:59.12	6:34.45	6:15.10	5:55.69	5:45.79		7:07.50	6:42.34	6:22.60	6:02.80	5:52.70

	MALE											
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.65	36.54	33.75	30.88	28.97	28.45	40.43	37.27	34.43	31.49	29.56	29.02
100 Free	1:28.35	1:20.43	1:14.20	1:07.72	1:03.12	1:01.63	1:30.13	1:22.03	1:15.68	1:09.07	1:04.38	1:02.87
200 Free	3:16.65	2:56.71	2:41.99	2:28.98	2:18.81	2:14.30	3:20.58	3:00.24	2:45.22	2:31.97	2:21.58	2:16.98
400 Free	6:50.06	6:19.50	5:49.60	5:24.50	4:56.84	4:48.72	6:58.26	6:27.09	5:56.59	5:30.99	5:02.78	4:54.49
800 Free		13:18.59	11:57.04	11:04.18	10:22.95	10:04.63		13:34.56	12:11.38	11:17.47	10:35.42	10:16.72
1500 Free					19:54.30	19:19.16					20:18.18	19:42.35
100 Back	1:41.95	1:32.32	1:26.65	1:18.01	1:12.49	1:10.60	1:43.98	1:34.16	1:28.39	1:19.57	1:13.94	1:12.02
200 Back	3:44.28	3:19.36	3:04.07	2:50.12	2:37.05	2:33.41	3:48.77	3:23.35	3:07.75	2:53.51	2:40.19	2:36.48
100 Breast	1:56.68	1:47.62	1:38.56	1:30.48	1:22.45	1:21.52	1:59.00	1:49.77	1:40.52	1:32.28	1:24.10	1:23.16
200 Breast		3:55.61	3:31.82	3:15.03	2:59.76	2:57.21		4:00.33	3:36.06	3:18.94	3:03.36	3:00.75
100 Fly	1:49.88	1:37.42	1:27.23	1:18.55	1:11.40	1:09.18	1:52.08	1:39.36	1:28.96	1:20.12	1:12.83	1:10.57
200 Fly		4:03.55	3:22.77	3:04.19	2:44.77	2:40.31		4:08.41	3:26.82	3:07.88	2:48.07	2:43.52
100 IM	1:45.35											
200 IM	3:40.80	3:21.25	3:07.45	2:48.49	2:37.49	2:33.48	3:45.22	3:25.28	3:11.20	2:54.47	2:40.63	2:36.55
400 IM		7:27.44	6:42.50	6:07.40	5:38.60	5:33.28		7:36.39	6:50.55	6:14.75	5:45.38	5:39.94

2022-2023 Provincial D Standards

GIRLS

	SHORT COURSE			LONG COURSE		
	13	14	15/Over	13	14	15/Over
50 Free	33.97	32.33	31.86	34.65	32.97	32.49
100 Free	1:13.91	1:09.75	1:08.98	1:15.39	1:11.14	1:10.36
200 Free	2:40.29	2:31.41	2:30.04	2:43.50	2:34.43	2:33.99
400 Free	5:45.00	5:20.53	5:18.73	5:51.90	5:26.93	5:25.11
800 Free	11:42.31	11:10.08	11:02.48	11:56.35	11:23.48	11:16.89
1500 Free		21:24.27	21:09.76		21:49.96	21:35.15
100 Back	1:24.39	1:19.05	1:17.91	1:26.08	1:20.64	1:19.48
200 Back	3:02.38	2:49.19	2:47.31	3:06.02	2:52.57	2:50.66
100 Breast	1:36.29	1:31.05	1:30.36	1:38.21	1:32.87	1:32.16
200 Breast	3:28.43	3:16.04	3:15.45	3:32.59	3:19.96	3:19.36
100 Fly	1:25.53	1:18.97	1:17.16	1:27.23	1:20.55	1:19.32
200 Fly	3:14.83	2:58.99	2:57.59	3:18.73	3:02.56	3:01.15
200 IM	3:04.00	2:52.57	2:50.80	3:07.68	2:56.03	2:54.21
400 IM	6:32.15	6:11.85	6:01.50	6:39.99	6:19.29	6:08.74

BOYS

	SHORT COURSE			LONG COURSE		
	13	14	15/Over	13	14	15/Over
50 Free	32.28	30.29	29.74	32.92	30.9	30.34
100 Free	1:10.79	1:05.99	1:04.43	1:12.21	1:07.31	1:05.72
200 Free	2:35.76	2:25.12	2:20.40	2:38.87	2:28.02	2:23.21
400 Free	5:39.25	5:10.33	5:01.84	5:46.04	5:16.54	5:07.88
800 Free	11:34.37	10:51.27	10:32.11	11:48.26	11:04.30	10:44.75
1500 Free		20:48.59	20:11.85		21:13.56	20:36.09
100 Back	1:21.56	1:15.79	1:13.81	1:23.19	1:17.30	1:15.29
200 Back	2:57.85	2:44.19	2:40.38	3:01.40	2:47.47	2:43.59
100 Breast	1:34.59	1:26.19	1:25.23	1:36.47	1:27.92	1:26.94
200 Breast	3:23.90	3:07.93	3:05.26	3:27.98	3:11.69	3:08.97
100 Fly	1:22.12	1:14.65	1:12.32	1:23.77	1:16.14	1:13.77
200 Fly	3:12.57	2:52.26	2:47.60	3:16.42	2:55.71	2:50.95
200 IM	2:56.15	2:44.65	2:40.46	3:02.40	2:47.93	2:43.67
400 IM	6:24.10	5:53.99	5:48.43	6:31.78	6:01.08	5:55.40

2022 - 2023 Provincial E Standards

GIRLS

	SHORT COURSE			LONG COURSE		
	10 / Under	11	12	10 / Under	11	12
50 Free	40.78	37.82	36.05	41.59	38.58	36.77
100 Free	1:30.42	1:22.74	1:18.01	1:32.23	1:24.40	1:19.57
200 Free	3:19.20	3:00.85	2:50.21	3:23.18	3:04.46	2:53.62
400 Free	6:57.25	6:28.80	6:03.60	7:05.59	6:36.58	6:10.87
800 Free		13:16.67	12:18.76		13:32.60	12:33.53
1500 Free						
100 Back	1:43.43	1:35.15	1:29.24	1:45.49	1:37.06	1:31.02
200 Back	3:43.39	3:23.30	3:11.48	3:47.87	3:27.37	3:15.31
100 Breast	1:57.02	1:49.93	1:43.43	1:59.36	1:52.13	1:45.49
200 Breast		3:55.22	3:41.03		3:59.93	3:45.46
100 Fly	1:49.33	1:38.70	1:31.61	1:51.52	1:40.67	1:33.43
200 Fly		3:46.94	3:28.03		3:51.48	3:32.20
100 IM	1:47.57					
200 IM	3:46.80	3:27.60	3:15.60	3:51.34	3:31.75	3:19.51
400 IM		7:17.34	6:51.60		7:26.09	6:59.83

BOYS

	SHORT COURSE			LONG COURSE		
	10 / Under	11	12	10 / Under	11	12
50 Free	41.38	38.12	35.22	42.19	38.89	35.93
100 Free	1:32.20	1:23.93	1:17.42	1:34.04	1:25.60	1:18.97
200 Free	3:25.20	3:04.39	2:49.03	3:29.30	3:08.08	2:52.40
400 Free	7:07.88	6:36.00	6:04.80	7:16.44	6:43.92	6:12.10
800 Free		13:53.32	12:28.21		14:09.97	12:43.18
1500 Free						
100 Back	1:46.38	1:36.34	1:30.42	1:48.50	1:38.25	1:32.23
200 Back	3:54.04	3:28.03	3:12.07	3:58.72	3:32.20	3:15.91
100 Breast	2:01.75	1:52.30	1:42.84	2:04.18	1:54.54	1:44.89
200 Breast		4:05.86	3:41.03		4:10.78	3:45.46
100 Fly	1:54.66	1:41.65	1:31.02	1:56.95	1:43.68	1:32.83
200 Fly		4:14.14	3:31.58		4:19.21	3:35.81
100 IM	1:49.93					
200 IM	3:50.40	3:30.00	3:15.60	3:55.01	3:34.20	3:19.51
400 IM		7:46.90	7:00.00		7:56.23	7:08.40

APPENDIX C - STANDARDS (Para)

Short Course Regional Standards

Female

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 fr	4:29.06	2:55.25	2:29.34	1:48.60	1:33.17	1:13.20	58.70	53.48	46.96	45.65	58.70	57.52	46.96	46.96
100 fr	8:08.74	5:52.98	5:42.67	3:50.79	3:19.65	2:26.41	2:03.91	1:57.39	1:44.35	1:37.82	2:11.54	2:07.82	1:50.87	1:44.35
200 fr	16:36.8	11:19.61	9:28.16	8:12.47	6:39.30									
400 fr						11:20.5	9:46.97	9:33.93	7:44.71	8:02.61	9:46.97	9:35.23	9:25.75	9:12.71
50 bk	4:04.37	3:40.48	2:42.91	2:02.18	1:47.58	1:20.47	1:12.33	1:06.99	53.9	47.97	1:12.33	1:10.87	59.29	59.29
100 bk	8:21.08	6:05.32	5:38.16	4:16.37	3:45.06	2:53.03	2:36.52	2:23.47	2:10.44	1:57.39	2:36.52	2:33.34	2:10.44	2:10.44
50 br	4:45.10	3:37.22	2:42.91	1:56.01	1:47.09	1:40.43	1:25.37	1:12.38	1:05.80		1:25.36	1:23.67	1:05.80	1:05.80
100 br	9:42.54	7:26.78	5:23.71	4:04.37	3:46.27	3:32.96	3:46.60	2:36.53	2:23.44		3:47.11	3:42.97	2:23.47	2:23.47
50 fly	4:18.64	3:10.08	2:42.91	2:29.38	2:13.10	1:39.88	1:18.21	1:12.38	1:05.80	59.29	1:12.38	1:10.84	59.29	1:05.80
100 fly	8:15.48	6:26.18	5:31.81	4:57.01	4:32.50	3:31.50	2:42.68	2:36.29	2:23.43	2:10.58	2:36.29	2:19.44	2:10.58	2:23.43
150 IM	8:49.46	8:29.10	8:08.75	6:47.29										
200 IM					07:59.2	06:39.2	05:39.1	05:13.1	04:20.9	04:02.3	05:13.1	05:06.8	04:33.9	04:20.9

Short Course Regional Standards

Male

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 fr	3:37.25	2:15.74	2:18.47	1:21.24	1:13.21	59.95	49.34	45.65	41.75	40.44	52.17	45.65	41.75	38.55
100 fr	6:39.30	4:45.10	4:50.80	4:56.62	2:39.72	2:06.45	1:55.39	1:48.60	1:35.03	1:29.60	1:41.05	1:37.82	1:31.89	1:31.30
200 fr	13:18.60	9:27.60	9:39.04	9:50.67	6:12.68									
400 fr						9:19.02	9:03.05	8:49.46	8:08.74	7:55.17	9:07.83	8:15.66	7:53.13	7:49.57
50 bk	3:32.96	2:42.91	2:46.17	2:49.49	1:19.86	1:07.16	1:01.71	58.30	48.13	46.77	1:05.80	59.29	52.77	46.24
100 bk	7:11.97	5:31.99	5:38.64	5:45.40	2:45.77	2:24.61	2:15.76	2:08.96	1:48.60	1:44.91	2:23.47	2:10.44	1:57.39	1:24.35
50 br	4:23.78	2:42.91	2:46.17	2:49.49	1:23.79	1:20.47	1:15.28	1:02.78	52.21		1:12.33	59.29	52.77	50.15
100 br	8:59.66	5:38.16	5:30.19	5:51.82	2:59.69	2:53.03	2:42.91	2:15.76	1:56.74		2:36.52	2:10.40	1:57.39	1:52.18
50 fly	2:39.20	2:29.34	2:32.32	2:35.38	1:39.17	1:13.21	1:01.08	58.30	48.13	44.43	59.29	49.51	46.24	46.24
100 fly	5:31.54	5:11.01	5:17.23	5:23.58	3:18.44	2:38.51	2:14.52	2:08.96	1:48.60	1:41.20	2:08.58	1:50.79	1:44.35	1:43.25
150 IM	7:58.06	7:28.01	7:36.97	7:44.11										
200 IM					6:39.30	5:19.44	4:45.10	4:37.52	4:04.37	3:50.79	4:47.96	4:45.08	3:54.78	3:54.78