

U.S. Paralympics Spring Swimming Nationals

2014 Spring CanAm

March 27-29, 2014

Ransom Everglades Aquatics Center
Miami, FL

Important Facts about the Meet:

- The U.S. Paralympics Spring Swimming Nationals (2014 Spring Can-Am) is a Long Course competition.
- IPC International Classification (PI, II and VI) will be offered at this meet.
- It is the responsibility of each nation to ensure they have the proper documentation to enter the USA.
- It is the responsibility of each nation to upload the proper Medical Diagnostic forms into SDMS for all athletes requesting international classification.
- Should visas be required, please contact the Sport Performance Division of the United States Olympic Committee ("USOC") for a letter of support (if necessary) – email: queenie.nichols@usoc.org.
- This meet is open to swimmers with a disability from all nations who have met the qualifying standards (which are included in this meet packet).
- Current IPC Swimming technical rules will govern this meet.

Host:

U.S. Paralympics Swimming
www.usparalympics.org

Location:

Ransom Everglades Aquatic Center
3575 Main Hwy.
Miami, FL 33133

Facility:

The Ransom Everglades Aquatic Center is an accessible facility according to the standards of the Americans with Disabilities Act. The facility features one eight lane 50 meter competition pool. There is also a six lane, 25 yard warm-up pool. Parking is free on the Ransom Everglades campus.

Accommodation:

All individuals and teams are responsible for their own accommodation. U.S. Paralympics Swimming and the local organizing committee will **not** be responsible for travel, meals, or housing arrangements for teams or individuals.

Eligibility:

All swimmers who meet the published time standards for the meet are eligible to compete.

Classification:

Classification will be conducted on Monday, March 24, Tuesday, March 25 and Wednesday, March 26 for PI athletes and Tuesday, March 25 and Wednesday, March 26 for VI and II athletes. All swimmers requesting classification should be available for each day classification is conducted. NO accommodations will be made for specific classification slots.

- Swimmers should enter the meet using their current IPC Swimming classification (which may be found online at www.paralympic.org/swimming). U.S. and Canadian Paralympic swimmers can also check the domestic websites for their swimming classification (<http://www.teamusa.org/US-Paralympics/Sports/Swimming/Classification>) or (<https://www.swiming.ca/ParaswimmingClassification>).
- Swimmers requesting IPC classification must have their National Paralympic Committee (NPC) upload their IPC Medical Diagnostics forms into SDMS six (6) weeks prior to the meet.
 - Medical Diagnostic forms (MDS) may be found at: <http://www.paralympic.org/Swimming/RulesandRegulations/Classification/NPCinfo>. Please click on "Medical Diagnostics Form for Athletes with a Physical Impairment" or "Medical Diagnostics Form for Athletes with a Visual Impairment". These forms must be filled out by the athlete's physician or ophthalmologist.
- If a swimmer has not been previously classified, he/she should enter at his/her estimated classification, and adjustments may be made as necessary following the classification appointment preceeding the competition.
- Swimmers will be allowed to compete if their final classification differs from their estimate, even if they do not meet the qualifying standards in the new classification.

****Any swimmers who are deemed Not Eligible (NE – i.e. do not meet minimal disability requirements for the IPC Physical, Visual or Intellectual Classification systems) during the classification process will be classified as an "O" (Open Swimmer) and will be eligible to compete in the open events offered at the meet. Any swimmer who holds an NE status (i.e. NE SB9 NE) will be eligible to compete in open events.**

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Officials: Officials who wish to volunteer should contact Mark Rieniets at Mark.Rieniets@ipaper.com.

Officials Training: There will be a national (U.S. Paralympics) officials training held in conjunction with this meet. See the link below for more details.

<http://www.teamusa.org/US-Paralympics/Sports/Swimming/Events.aspx>

Format:

- The format of the meet will be preliminaries/finals and timed finals.
- Non Paralympic eligible events will be designated as timed finals ONLY to be conducted during preliminaries.
- All Open Events will be swum as Timed Finals only.
- Current IPC Swimming technical rules will govern this meet.
- All preliminary events will be seeded by time (regardless of classification).
- Finals will be seeded by classification. A swimmer must place in the top eight (8) in their classification during preliminaries to advance to the final.

Scratches

- The scratch deadline for all preliminary and timed final events on Day 1 will be 30 minutes following the conclusion of the technical meeting on Wednesday, March 26, 2014.
- The scratch deadline for all preliminary events of Days 2 & 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 Protests Fees will be accepted in Canadian or U.S. Dollars. The fees are as follows:
 - Re-Entry back into the meet for a missed event will be \$50.00.
 - Protest of a Technical Disqualification during competition will be \$50.00.

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.

Awards:

- Awards will be presented to the first place finisher in each sport class in each event.
- Female and Male Swimmer of the Day awards will be presented based on the top individual scoring swims during finals (Paralympic events only) using the CanAm LC Performance Points Charts. Awards will be presented at the start of finals the following day.
- One Swim of the Meet Award will be presented based on the top individual scoring swim (Paralympic events only) using the CanAm LC Performance Points Charts. This award will be presented at the conclusion of the meet.

Entry Information:

- Swimmers who are being classified at the competition must be entered in at least 1 S stroke event and 1 SB stroke event.
- Swimmers may enter a maximum of seven (7) events for the competition, but not exceeding three (3) events per day.
- Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes.
- Proof-of-Time is required with entry submission. Please submit official results or submit the link to the actual event results in the online entry system.

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- No deck entries will be accepted.
- Entries must be submitted in the online entry system. This system will go live December 2013 and can be found at <http://usparalympics.org/sports/summer-paralympic-sports/swimming/events>.
- A maximum of one coach per swimmer is allowed on the deck.
- Deck access for additional coaches and/or Support Staff is at the discretion of meet management and must be a proven need (e.g. tappers, personal assistants).
- Coaches must send a copy of a recognized swimming certification [i.e. USA Swimming / Swimming Canada / or other National Federation] with entries.

Meet Entry Time Standards:

Time standards are available in all three courses – LCM, SCM, SCY – and are included in this meet information packet.

Bonus Events:

- If a swimmer makes only one (1) qualifying time, they may enter two(2) additional events.
- If a swimmer makes only two (2) qualifying times, they may enter two (2) additional events.
- If a swimmer makes three (3) qualifying times, they may enter two (2) additional events.
- If a swimmer makes four (4) qualifying times, they may enter two (2) additional events.
- If a swimmer makes five (5) or more qualifying times, they may enter seven (7) total events.

Qualification period:

All times swum from January 1, 2013, through the published entry deadline will be eligible for entry.

Fees:

- All swimmers will be charged a \$107 USD fee to enter the meet, regardless of the number of events they choose to enter. (The increase of \$7 is a processing fee for on-line entries.)
- All team staff (i.e. coaches, medical, managers, etc.) will be charged a \$20 USD fee per credential.
- Capacity to submit payment through means of charge card is included in the on-line entry process. If you wish to pay at the event, please check “pay offline

All entries must be received by Tuesday, February 4, 2014 or late fees apply.

Late entries may be accepted at the discretion of meet management, but will be assessed a late fee as follows:

Tuesday, February 10, 2014 - \$100 late fee

No late entries will be accepted after February 10, 2013

Online Entries Only – Beginning in December 2013. Please see: <http://usparalympics.org/sports/summer-paralympic-sports/swimming/events>

Accreditation:

- Coaches and support staff must complete Staff Entries found at <http://usparalympics.org/sports/summer-paralympic-sports/swimming/events>. Clubs not registering staff in advance will be subject to a \$10 fine per support staff.
- Support staff may include physiologist, chiropractor, doctor, massage therapist, bio mechanist, psychologist, physiotherapist, attendant care or team Managers/chaperones.
- Swimmers will be provided with an accreditation card for deck access.
- Accreditation must be displayed at all times. Access to the pool will be through the locker rooms and past the main security checkpoint.
- Lost accreditation will be replaced at a cost of \$40.00 per accreditation.

Note:

The Deck Accreditation Card remains the property of U.S. Paralympics Swimming and can be withdrawn, with immediate effect, at U.S. Paralympics Swimming's sole discretion. Please be advised that deck accreditations should not be provided to children, youth or adults that are not participants in the competition, either as an athlete, coach,

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support staff or volunteer/official. Insurance and risk management do not extend to non-supervised minors or individuals that are age of majority that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

Team Selection Information – 2014 Pan Pacific Para- Swimming Championships:

- Team Selection information can be found at <http://usparalympics.org/sports/summer-paralympic-sports/swimming>.
- The U.S. Paralympics Pan Pacific Para-Swimming Championships Team nominations will be announced by April 12, 2014 via e-mail and posted on www.usparalympics.org.

Entry Chairperson:

Queenie Nichols
One Olympic Plaza
Colorado Springs, CO 80909
719-866-3214
Fax: 719-866-2029
Queenie.Nichols@usoc.org

Pre-Meet Training Times:

The Ransom Everglades Aquatic Center will be available for training prior to the start of competition as follows:

Tuesday, March 25: 9:00am – 6:00pm
Wednesday, March 26: 9:00am – 6:00pm

Registration:

Registration will take place at the Ransom Everglades Aquatic Center.

Tuesday, March 25: 1:00pm-5:00pm
Wednesday, March 26: 1:00pm-5:00pm

Technical Meeting:

The technical meeting for all coaches/team managers will be held at 6:00 pm on Wednesday, March 26, 2014 at the Ransom Everglades Aquatic Center

Doping Control (USADA):

Drug Testing will be conducted by and will follow all US Anti-Doping Agency (USADA) policies and procedures.

More information about banned substances and doping control can be found by visiting: www.usada.org. All athletes who compete in the 2014 Spring CanAm are subject to drug testing. If athletes are notified for drug testing they must bring an ID with them and are allowed and strongly encouraged to have one representative to accompany them through the drug testing process.

Meet Management & Contacts:

Co-Meet Directors

Queenie Nichols
USOC
One Olympic Plaza
Colorado Springs, CO 80909
Email: Queenie.Nichols@usoc.org
Phone: (719) 866-3214

Jamie Martin
USOC
One Olympic Plaza
Colorado Springs, CO 80909
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Facility Contact

U.S. Paralympics Official Chairman

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Andy De Angulo
Assistant Director of Athletics
3575 Main Highway
Coconut Grove, FL 33133
E-Mail: adeangulo@ransomeverglades.org
Phone: 305.460.8832

Mark Rieniets
Email: Mark.Rieniets@ipaper.com.net

Meet Referee
Char Sorensen
csorensen2@msn.com

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ORDER OF EVENTS

Preliminaries Warm-Up: 7:30am
Preliminaries Begin: 9:00am

Finals Warm-Up: 3:30pm
Finals Begin: 5:00pm

Thursday, March 27, 2014

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
1	200m Backstroke (Classes S1-S14) Timed Final ONLY	2
3	200m Back (Open) Timed Final ONLY	4
5	100m Freestyle (Classes S1-S14)	6
7	100m Freestyle (Open) Timed Final ONLY	8
9	50m Butterfly (S1-S14)	10
11	50m Butterfly (Open) Timed Final ONLY	12
13	100m Breaststroke (Classes SB4-SB14)	14
15	100m Breaststroke (Open) Timed Final ONLY	16
17	1500m Freestyle (S6-S14) Timed Final ONLY	18

Friday, March 28, 2014

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
19	50m Freestyle (Classes S1-S14)	20
21	50m Freestyle (Open) Timed Final ONLY	22
23	150m Medley (SM1-SM4)	24
25	200m Individual Medley (SM5-SM14)	26
27	200m Individual Medley (Open) Timed Final ONLY	28
29	200m Butterfly (Classes S6-S14) Timed Final ONLY	30
31	200m Butterfly (Open) Timed Final ONLY	32
33	100m Backstroke (S1-S14)	34
35	100m Backstroke (Open) Timed Final ONLY	36
37	50m Breaststroke (SB1-SB14)	38
39	50m Breaststroke (Open) Timed Final ONLY	40

Saturday, March 29, 2014

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
41	200m Freestyle (Classes S1-S5, S14)	42
43	200m Freestyle (Open) Time Final ONLY	44
45	400m Freestyle (Classes S6-S13)	46
47	400m Freestyle (Open) Timed Final ONLY	48
49	200m Breaststroke (SB1-SB14) Timed Final ONLY	50
51	200m Breaststroke (Open) Timed Final ONLY	52
53	50m Backstroke (S1-S14)	54
55	50m Backstroke (Open) Timed Final ONLY	56
57	400m Individual Medley (SM6-SM14) Timed Final ONLY	58
59	400m Individual Medley (Open) Timed Final ONLY	60
61	100m Butterfly (S4-S14)	62
63	100m Butterfly (Open) Timed Final ONLY	64

****All non-Paralympic and OPEN events will be conducted as Timed Finals during the Preliminaries****

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LOCAL HOTELS

(Less than 1 mile from the facility)

Sonesta Bayfront Hotel Coconut Grove 205 Rooms

2889 McFarlane Road, Coconut Grove, FL 33133

305-529-2828

Courtyard by Marriott 192 Rooms

2649 South Bayshore Drive, Miami, FL 33133

305-858-2500

Mayfair Hotel & Spa 179 Rooms

3000 Florida Ave, Coconut Grove, FL 33133

305-441-0000

The Mutiny Hotel 120 Rooms

2951 South Bayshore Drive, Miami, FL 33133

305-441-2100

Residence Inn by Marriot 140 Rooms

2835 Tigertail Avenue, Coconut Grove, FL 33133

305-285-9303

The Ritz- Carlton Coconut Grove, 110 Rooms

3300 Southwest 27th Avenue, Coconut Grove, FL 33133

305-644-4680

For more information on the Coconut Grove, FL area, please check out the website below.

<http://www.coconutgrove.com/>

2013 Can-Am Standards / WOMEN 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	S12	S13	S14
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	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	1:17.69
200 Free	11:49.40	7:53.24	7:02.70	6:06.64	4:57.29	3:47.02	3:04.52	3:03.63	2:44.21	2:34.50	3:23.06	3:19.00	2:49.51	2:44.22
500 Free	29:59.86	20:24.00	18:15.77	15:53.55	12:57.14	10:01.14	9:14.40	8:38.67	8:00.48	7:35.84	9:14.40	9:03.31	8:12.80	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	3:01.94	2:11.40	2:01.29	1:30.97	1:19.27	59.90	53.85	49.88	44.14	39.28	53.85	52.77	44.14	44.14
100 Back	6:13.08	4:32.00	4:11.78	3:11.13	2:47.56	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
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	3:32.27	2:41.72	2:01.29	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	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
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	2:31.62	2:21.51	2:01.29	1:51.18	1:39.09	1:14.32	58.27	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	1:56.54	1:46.82	1:37.11	1:56.54	1:54.20	1:37.11	1:46.83
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	6:34.21	6:19.05	6:03.89	5:03.24										
200 IM	9:10.43	7:50.02	8:09.78	6:59.02	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
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

2013 Can-Am Standards / WOMEN 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	S12	S13	S14
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	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	1:26.24
200 Free	13:07.44	8:45.30	7:49.20	6:46.98	5:30.00	4:12.00	3:24.82	3:23.84	3:02.28	2:51.50	3:45.40	3:40.89	3:08.16	3:02.28
400 Free	26:14.88	17:51.00	15:58.80	13:54.36	11:20.00	8:46.00	8:05.10	7:54.32	7:00.42	6:38.86	8:05.10	7:55.40	7:11.20	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	3:21.96	2:25.86	2:14.64	1:40.98	1:28.00	1:06.50	59.78	55.37	49.00	43.61	59.78	58.58	49.00	49.00
100 Back	6:54.12	5:01.92	4:39.48	3:32.16	3:06.00	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
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	3:55.62	2:59.52	2:14.64	1:35.88	1:28.50	1:23.00	1:10.56	59.78	54.39		1:10.56	1:09.15	54.39	54.39
100 Breast	8:01.44	6:09.24	4:39.48	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
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	2:48.30	2:37.08	2:14.64	2:03.42	1:50.00	1:22.50	1:04.68	59.78	54.39	49.00	59.78	58.58	49.00	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	2:09.36	1:58.58	1:47.80	2:09.36	2:06.77	1:47.80	1:58.58
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	7:17.58	7:00.75	6:43.92	5:36.60										
200 IM	10:10.98	8:41.73	9:03.66	7:45.12	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
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

2013 Can-Am Standards / WOMEN Long 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	S12	S13	S14
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	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	1:28.00
200 Free	12:52.00	8:35.00	7:40.00	6:39.00	5:30.00	4:12.00	3:29.00	3:28.00	3:06.00	2:55.00	3:50.00	3:28.00	3:12.00	3:06.00
400 Free	25:44.00	17:30.00	15:40.00	13:38.00	11:20.00	8:46.00	8:15.00	8:04.00	7:09.00	6:47.00	8:15.00	7:42.00	7:20.00	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	3:18.00	2:23.00	2:12.00	1:39.00	1:28.00	1:06.50	1:01.00	56.50	50.00	44.50	1:01.00	56.50	50.00	50.00
100 Back	6:46.00	4:56.00	4:34.00	3:28.00	3:06.00	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
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	3:51.00	2:56.00	2:12.00	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	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
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	2:45.00	2:34.00	2:12.00	2:01.00	1:50.00	1:22.50	1:06.00	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	2:12.00	2:01.00	1:50.00	2:12.00	2:01.00	1:50.00	2:01.00
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
150 IM	7:09.00	6:52.50	6:36.00	5:30.00										
200 IM	9:59.00	8:31.50	8:53.00	7:36.00	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
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

2013 Can-Am Standards / MEN 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	S12	S13	S14
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	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	1:07.98
200 Free	9:54.59	7:02.70	5:25.29	5:03.24	4:37.47	3:16.39	3:01.02	2:50.91	2:30.70	2:21.51	2:44.21	2:34.50	2:24.79	2:24.79
500 Free	25:31.42	17:40.80	13:45.32	13:12.68	12:06.85	8:48.00	8:32.91	8:20.09	7:41.62	7:28.80	8:37.44	7:48.16	7:26.88	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	2:38.55	2:01.29	1:41.08	1:20.86	59.45	50.00	45:94	43:41	35.83	34:82	49.00	44.14	39.28	34.43
100 Back	5:21.62	4:11.78	3:26.75	2:46.32	2:03.42	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
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	3:16.39	2:01.29	1:41.08	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	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
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	1:58.91	1:51.18	1:30.95	1:20.86	1:09.36	54.50	45.48	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	1:36.02	1:20.86	1:15.35	1:37.11	1:22.54	1:17.69	1:17.69
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	5:56.75	5:33.56	5:03.24	4:02.52										
200 IM	8:00.18	7:29.35	6:40.61	5:28.05	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
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

2013 Can-Am Standards / MEN 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	S12	S13	S14
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	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	1:15.46
200 Free	11:00.00	7:49.20	06:01.08	05:36.60	5:08.00	3:38.00	3:20.94	3:09.72	2:47.28	2:37.08	3:02.28	2:51.50	2:40.72	2:40.72
400 Free	22:20.00	15:28.20	12:02.16	11:33.60	10:36.00	7:42.00	7:28.80	7:17.58	6:43.92	6:32.70	7:32.76	6:49.64	6:31.02	6:28.08
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	2:56.00	2:14.64	01:52.20	01:29.76	1:06.00	55.50	51.00	48.19	39.78	38.66	54.39	49.00	43.61	38.22
100 Back	5:57.00	4:34.38	03:49.50	03:04.62	2:17.00	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
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	3:38.00	2:14.64	01:52.20	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	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
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	2:12.00	2:03.42	01:40.98	01:29.76	1:17.00	1:00.50	50.49	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	1:46.59	1:29.76	1:23.64	1:47.80	1:31.63	1:26.24	1:26.24
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	6:36.00	6:10.26	05:36.60	04:29.28										
200 IM	8:53.00	8:18.78	07:22.68	06:04.14	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
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

2013 Can-Am Standards / MEN Long 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	S12	S13	S14
50 Free	2:56.00	1:50.00	1:28.00	1:17.00	1:00.50	49.50	39.60	38.50	35.20	34.10	44.00	38.50	35.20	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	1:17.00
200 Free	11:00.00	7:40.00	5:54.00	5:30.00	5:08.00	3:38.00	3:17.00	3:06.00	2:44.00	2:34.00	3:06.00	2:55.00	2:44.00	2:44.00
400 Free	22:20.00	15:10.00	11:48.00	11:20.00	10:36.00	7:42.00	7:20.00	7:09.00	6:36.00	6:25.00	7:42.00	6:58.00	6:39.00	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	2:56.00	2:12.00	1:50.00	1:28.00	1:06.00	55.50	50.00	47.25	39.00	37.90	55.50	50.00	44.50	39.00
100 Back	5:57.00	4:29.00	3:45.00	3:01.00	2:17.00	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
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	3:38.00	2:12.00	1:50.00	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	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
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	2:12.00	2:01.00	1:39.00	1:28.00	1:17.00	1:00.50	49.50	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	1:44.50	1:28.00	1:22.00	1:50.00	1:33.50	1:28.00	1:28.00
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	6:36.00	6:03.00	5:30.00	4:24.00										
200 IM	8:53.00	8:09.00	7:14.00	5:57.00	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
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