

2011 CanAm Open Swimming Championships hosted by U.S. Paralympics

Dec 8-10, 2011

La Mirada Regional Aquatic Center
La Mirada, CA, USA

Important Facts About the Meet:

- The 2011 CanAm Open Swimming Championships are a Long Course competition hosted by U.S. Paralympics.
- It is the responsibility of each nation to ensure they have the proper documentation to enter the USA.
- Should visas be required, please contact the Paralympic Division of the USOC for a letter of support (if necessary) – email: jamie.martin@usoc.org. **PLEASE NOTE: A letter of support for obtaining visas to enter the USA will only be provided AFTER all entries and fees have been received by meet management.**
- This meet is open to swimmers with a physical, visual or intellectual impairment 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.
- The 34 point relays will be offered. Only NPC's (i.e. not individual teams/clubs) are allowed to submit entries into these events.

Host:

U.S. Paralympics Swimming
www.usparalympics.org

Location:

La Mirada Regional Aquatic Center
13806 La Mirada Boulevard
La Mirada, CA 90638

Facility:

The La Mirada facility features a 50-meter competition pool and a 25-yard warm down pool.

Local Information:

The City of La Mirada is located approximately 20 miles southeast of downtown Los Angeles, on the border of Los Angeles and Orange Counties. The City has access to the 5 and 91 freeways. Splash! is located off La Mirada Boulevard between Rosecrans Avenue and Imperial Highway. From La Mirada Boulevard, turn into Civic Center Drive and proceed to the end of the road.

Accommodation:

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

See the attached list of hotels for options convenient to the venue.

Eligibility:

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

Classification:

Classification will be conducted on Tuesday, December 6th and Wednesday, December 7th from 9am to 5pm.

- Swimmers should enter the meet using their current IPC Swimming sport class(es) (which may be found online at www.ipc-swimming.org).
- If a swimmer has not been previously classified, he/she should enter at his/her estimated sport class(es), and adjustments may be made as necessary following the classification evaluation preceding the competition.
- Swimmers will be allowed to compete if their final sport class(es) differ from their estimate, even if they do not meet the qualifying standards in the new classification.

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

Format:

- The format of the meet will be prelims/finals.
- All preliminary events will be seeded by time (regardless of sport class).
- Events that are not on the program of the Paralympic Games will be designated as timed finals ONLY to be conducted during preliminaries.
- Finals will be seeded by sport class. A swimmer must place in the top eight (8) in their sport class during preliminaries to advance to the final.
- 34 point relays will be swum during finals only.

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Scratches

- The scratch deadline for all preliminary events on Day 1 will be 30 minutes following the conclusion of the technical meeting on Wednesday, December 7th.
- The scratch deadline for all preliminary events of Days 2 & 3 will be 30 minutes following the conclusion of finals the evening prior.
- The scratch deadline for finals each day will be 30 minutes following the conclusion of preliminaries.

Awards:

- Awards will be presented to the first place finishers in each classification 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 Swimming Canada 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 World Records and the top individual scoring swim(s) (Paralympic events only) using the Swimming Canada LC Performance Points Charts. This award will be presented at the conclusion of the meet.

Entry Information:

- 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. (See attached entry forms.)
- No deck entries will be accepted.
- Entries may be submitted using the online entry system, on the attached entry forms, or using Hy-Tek. (If using Hy-Tek, the Master Entry Form **MUST** be included or completed using the online entry system.)
- Coaches must send a copy of a recognized swimming certification [i.e. USA Swimming / Swimming Canada / or other National Federation] with entries or present at registration.
- 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).

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:

Swimmers who enter five (5) or more events, must meet the qualifying standards in all events.

Swimmers who have met less than five (5) qualifying standards for the competition may enter bonus events for a total of five(5) events.

- If a swimmer makes only one (1) qualifying time, they may enter four (4) additional events.
- If a swimmer makes only two (2) qualifying times, they may enter three (3) 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 one (1) additional events.

Qualification period:

All times swum from January 1, 2010, through the published entry deadline will be eligible for entry.

Fees:

- All swimmers will be charged a \$105 USD fee to enter the meet regardless of the number of events they choose to enter (the increase of \$5 is a processing fee for on-line entries).
- All team staff (i.e. coaches, medical, managers, etc.) will be charged a \$15 USD fee per credential.
** Teams that do **NOT** submit entries via Hy-Tek will be assessed an additional **\$50** processing surcharge.

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

October 16-22:	\$100 late fee
October 23-28:	\$200 late fee
October 29 – November 4:	\$500 late fee

No late entries will be accepted after November 4, 2011.

All checks should be made payable to the *USOC*.

Capacity to submit payment through means of charge card is included in the on-line entry process.

All entries must be received by October 15, 2011 or late fees will apply.

Online Entries Only- beginning in August. Please see: <http://usparalympics.org/sports/summer-paralympic-sports/swimming/events>

Entry Chairperson:

Queenie Nichols
227 State Route 49
Cleveland, NY 13042
Qnichols60@gmail.com
315.415.9164
Fax: 315.675.3479

Pre-Meet Training Times:

The La Mirada facilities will be available for training prior to the start of competition as follows:

Tuesday, December 6, 9:00am – 6:00pm
Wednesday, December 7, 9:00am – 6:00pm

Technical Meeting:

The technical meeting for all coaches/team managers will be held at 6:00 pm on Wednesday, December 7, 2011.

Meet Management & Contacts:

Co-Meet Directors

Queenie Nichols
227 State Route 49
Cleveland, NY 13042
Qnichols60@gmail.com
Phone: (315) 415-9164

Jamie Martin
U.S. Paralympics
One Olympic Plaza
Colorado Springs, CO 80909
Jamie.martin@usoc.org
Phone: (719) 866-2024

Assistant Meet Director

Mark Rieniets
rieniets@gmail.com
Phone: (503) 929-7538

Facility Contact

Paul Castillo
Community Services Supervisor-Aquatics
City of La Mirada
13806 La Mirada Blvd
La Mirada, CA 90638
(562) 902-3196
pcastillo@cityoflamirada.org

Meet Referee

Peter Soderstrom
peter.soderstrom@urs.com

U. S. Paralympics Official Chairman

Mark Rieniets
Mark.Rieniets@cbpr.ipaper.com
Phone: (503) 929-7538

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ORDER OF EVENTS

Preliminaries Warm-Up: 7:30am
Preliminaries Begin: 8:30 am

Finals Warm-Up: 2:30 pm
Finals Begin: 3:30 pm

Thursday, December 8, 2011

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
1	200m Back (Classes S1-S14) Timed Final ONLY	2
3	100m Freestyle (Classes S1-S14)	4
5	50 Butterfly (S1-S14)	6
7	100m Breaststroke (Classes SB4-SB14)	8
9	150 Individual Medley (SM1-SM4)	10
11	1500m Freestyle (S6-S14) Timed Final ONLY	12
13	34 pt Medley Relay -During Finals - NPC's Only	14

Friday, December 9, 2011

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
15	50m Freestyle (Classes S1-S14)	16
17	200m Individual Medley (SM5-SM14)	18
19	200m Butterfly (Classes S6-S14) Timed Final ONLY	20
21	100m Backstroke (S1-S14)	22
23	50m Breaststroke (SB1-SB14)	24
25	800m Freestyle (S6-S14) Timed Final ONLY	26
27	34pt Freestyle Relay - During Finals -NPC's Only	28

Saturday, December 10, 2011

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
29	200m Freestyle (Classes S1-S5, S14)	30
31	400m Freestyle (Classes S6-S13)	32
33	200m Breaststroke (SB1-SB14) Timed Final ONLY	34
35	50m Backstroke (S1-S14)	36
37	400m IM (SM6-SM14) Timed Final ONLY	38
39	100m Butterfly (S4-S14)	40

Indicates "Timed Final ONLY" events - will be conducted as Timed Finals during the Preliminaries

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INFORMATION REGARDING DOPING CONTROL

SELECTION OF ATHLETES FOR DOPING CONTROL

By registering to compete at this event you have consented to be subject to drug testing and adhere to the penalties associated with an anti-doping rules violation. All registered competitors are subject to testing, are responsible for ensuring personally whether they are required to appear for doping control and if selected for drug testing are required to comply with the applicable rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation. Athletes who are in violation of anti-doping rules are subject to at least a 2-year suspension and other consequences, including a public announcement of the facts and consequences.

NOTIFICATION OF ATHLETES

When the U.S. Anti-Doping Agency ("USADA") is conducting testing chaperones will be provided to notify selected Athletes and escort them to the Doping Control Station. Additionally, it is each Athletes responsibility to confirm whether they are required to appear for doping control. Any Athlete who fails to report to Doping Control within 60 minutes of notification or to comply with other requirements of the doping control process will be subject to sanctions.

An overview of USADA's in-competition testing program is available at www.usada.org/go/testalert.

APPLICABLE RULES

USADA conducts testing in accordance with its Protocol. A copy of and additional information concerning the USADA Protocol are available online at <http://www.usada.org>. You should also review the anti-doping rules of the International Paralympic Committee (IPC), the international federation for the sport, at <http://www.paralympic.org>. Sanctions shall comply with the IPC Anti-Doping Code. Penalties may also apply to any individual assisting an athlete taking prohibited substances or using prohibited methods.

PROHIBITED CLASSES FOR EVENT TESTING

USADA will test for the classes of substances and methods prohibited by the World Anti-Doping Code. For in-competition testing, urine samples are tested for the following categories of substances: anabolic agents, hormones, beta-2 agonists, anti-estrogenic substances, diuretics, stimulants, narcotics, cannabinoids (i.e. marijuana), glucocorticosteroids, alcohol and beta-blockers; additionally, the following methods such as blood doping, gene doping and pharmacological, chemical and physical manipulation are also prohibited.

For more detailed information or a non-exclusive list of substances within each category listed above, visit the USADA web site at <http://www.usada.org/go/walletcard> for the USADA Wallet Card.

Further information about drug testing, the protection of your rights and the status of specific medications on the WADA Prohibited List are available from the USADA Drug Reference On-Line™ at <http://www.usada.org/dro> or from USADA's Drug Reference Line™ at 1-800-233-0393. When in doubt athletes should check with these resources.

Please remember that even over-the-counter or prescription medications can contain a banned substances that could cause a positive test result and a doping offense. Use of dietary/nutritional supplements including vitamins, minerals and amino acids are completely at the athlete's risk, even if the supplements are labeled 'approved' or 'verified.' If you take dietary/nutritional supplements you may test positive for a prohibited substance which is not disclosed on the product label. This would result in a doping violation and sanction. Always check with your team doctor or the USADA Drug Reference Line™ before taking any medication.

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THERAPEUTIC USE EXEMPTIONS (TUE)

You may apply for approval to take medications containing prohibited substances to manage a health condition. This process needs to be completed before the competition. Athletes who wish to seek exemption for a prohibited substance must submit a TUE Form to the IPC and should work with USADA and/or their National Paralympic Committee to ensure appropriate filing.

UNITED STATES ANTI-DOPING AGENCY

The United States Anti-Doping Agency is the independent anti-doping agency for the Olympic Movement in the United States. USADA is dedicated to eliminating the practice of doping in sport, preserving the well-being of sport and ensuring the health of athletes through drug testing, research initiatives and educational programs.

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Local Information

Splash! La Mirada is ideally situated on the border of Los Angeles and Orange Counties, only minutes from beaches, mountains, bike paths, art galleries, and amusement parks. Downtown Los Angeles is a half-hour's drive from Splash! Disneyland is 12 miles southeast and Knott's Berry Farm is only six miles away.

In addition La Mirada has a large number of local attractions including a golf course, La Mirada Theater for the Performing Arts, and a widevariety restaurants.

Restaurants within walking distance from the hotels include Elephant Bar Restaurant, Clearman's North Wood's Inn, Red Robin and a Southern California favorite In-N-Out Burgers

Airports:

LA/Ontario International Airport (ONT) has international and domestic flights and is 24 miles from La Mirada, CA.

Los Angeles International Airport (LAX) has international and domestic flights and is 24 miles from La Mirada, CA.

Orange County/John Wayne International Airport (SNA) has international and domestic flights and is 22 miles from La Mirada, CA.

Accommodations Near Splash! La Mirada

When contacting hotels, please ask for the Splash! Rate.

Holiday Inn La Mirada

Address: 14299 Firestone Blvd., La Mirada, CA 90638
Phone: (800) 972-2576 , (714) 739-8500
Website: www.hislamirada.com



Distance from Splash! 2.4 miles

Information: Valley View off of the 5 Fwy. Complimentary shuttle service within 10 miles with reservations. Features pool, whirlpool, and sauna. Fitness Center and Red Robin on site. Complementary parking, daily paper, and in room wireless internet.

Shuttle Service: Yes

Marriott Residence Inn

Address: 14419 Firestone Blvd., La Mirada, CA 90638
Phone: (800) 331-3131 | (714) 523-2800
Website: www.residentsinn.com/snalm



Distance from Splash! 2.5 miles

Information: All suite property with fully equipped kitchens. Complimentary Hot Breakfast Buffet, daily; Evening Reception, M-Th. Features Pool, Jacuzzi, Fitness Center, Free Parking, Newspaper, and WIFI.

Shuttle Service: Yes

Extended Stay America

Address: 14775 Firestone Blvd., La Mirada, CA 90638
Phone: (714) 670-8579
Website: www.extendedstayhotels.com



Distance from Splash! 2.5 miles

Information: Off Valley View and Trojan. Just off the 5fwy. Rooms with fully equipped kitchens. Amenities include furnished comfortable and spacious studio suites, fully equipped kitchens, including all dining and cooking utensils, over size work desk, personalized voice mail.

Shuttle Service: No

Local Airports

AIRPORT

Long Beach
John Wayne (Orange County)
Los Angeles Airport (LAX)
Burbank
Ontario

DISTANCE FROM SPLASH! LA MIRADA

15 miles
24 miles
27 miles
32 miles
33 miles



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****This form Must be submitted with all entries—including entries via Hy-tek**

These forms may be duplicated as required.

	Name (Last, First, MI)	M / F	Birth Date DD-MM-YY		1/2	3/4	5/6	7/8	9/10	11/12	13/14	15/16	17/18	19/20
					200 Back S1-S14	100 Free S1-S14	50 Fly S1-S14	100 Breast SB4-SB14	150 IM SM1-SM4	1500 Free S6-S14	34pt Medley Relay(NPC)	50 Free S1-S14	200 IM SM5-SM14	200 Fly S1-S14
1				Time										
					Date									
2			Time											
				Date										
3			Time											
				Date										
4			Time											
				Date										
5			Time											
				Date										
6			Time											
				Date										
7			Time											
				Date										
8			Time											
				Date										

Team: _____

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These forms may be duplicated as required.

	Name (Last, First, MI)	M / F	Birth Date DD-MM-YY		21/22	23/24	25/26	27/28	29/30	31/32	33/34	35/36	37/38	39/40
					100 Back S1-S14	50 Breast SB1-SB14	800 Free S6-S14	34 pt Free Relay(NPC)	200 Free S1-5, S14	400 Free S6-S13	200 Breast SB1-SB14	50 Back S1-S14	400 IM SM6-SM14	100 Fly S4-S14
1				Time										
					Date									
2			Time											
				Date										
3			Time											
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4			Time											
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5			Time											
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6			Time											
				Date										
7			Time											
				Date										
8			Time											
				Date										

Team: _____

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Please list **ALL** members of your team/delegation on the form below and total fees at the bottom. These forms may be duplicated as required.

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

Team: _____

TOTAL \$ _____

WAIVER AND RELEASE OF LIABILITY

NOTE: THIS FORM MUST BE READ AND SIGNED BEFORE THE PARTICIPANT IS PERMITTED TO TAKE PART IN ANY TRAVEL, TRAINING, COMPETITION, MEETING OR TESTING SESSIONS. BY SIGNING THIS AGREEMENT, THE PARTICIPANT AFFIRMS HAVING READ IT.

IN CONSIDERATION of my involvement in the sport and activities under the auspices of **United States Olympic Committee**, this sponsoring organization, I acknowledge, appreciate and agree that:

1. I RISK BODILY INJURY, INCLUDING PARALYSIS, DISMEMBERMENT, DISABILITY and DEATH, AND while particular rules of my sport, equipment, and personal training and discipline may reduce this risk, THIS RISK OF INJURY DOES EXIST, AS WELL AS THE RISK OF DAMAGE TO OR LOSS OF PROPERTY;
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS; both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS;
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard during my presence or participation, I will bring such to the attention of the nearest official immediately; and,
4. I, FOR MYSELF, AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES, and NEXT OF KIN, HEREBY RELEASE, HOLD HARMLESS AND PROMISE NOT TO SUE THE INTERNATIONAL OLYMPIC COMMITTEE, THE UNITED STATES OLYMPIC COMMITTEE, AND MY NATIONAL GOVERNING BODY OR OTHER SPONSORING ORGANIZATION, THEIR OFFICERS, VOLUNTEERS, STAFF, SPONSORS, AND/OR AGENTS, ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY AND LOSS ARISING FROM MY PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, EXCEPT THAT WHICH IS THE RESULT OF GROSS NEGLIGENCE OR WANTON MISCONDUCT, to the fullest extent permitted by law.

I have read this Release of Liability and Waiver Agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant's Signature _____

Participant's Name (Printed) _____ **Date** _____

FOR PARTICIPANTS OF MINORITY AGE

This is to certify that I/we as parent(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves, and my/our heirs, assigns and next of kin to release and indemnify the Releasees from any and all Liability incident to my/our minor child's involvement as stated above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Legal Guardian Signature _____ **Date** _____

Parent/Guardian Name (Please print) _____

2011-12 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

2011-12 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

2011-12 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

2011-12 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

2011-12 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

2011-12 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