# **Entry Procedure for swimmers with a disability**

Coaches/club entry contact should:

- A. Enter the USA-S swimmers with a disability electronically, or, on the paper entry form.
- B. Provide advance notice of any "necessary accommodations."
- C. List in the email with the electronic entry (or, on paper) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions.

### Eligibility for swimmers with a disability

**A**. For entry into [name of meet], USA-S swimmers with a disability approved time(s) must meet or exceed the Nationally Approved Motivational Time Standards for USA-S swimmers with a disability [refer to motivational time standards attached]. USA-S swimmers with a disability for one event and Bonus Time Standards for up to 3 bonus swims in the self-reported Grouping (P1, P2, and P3).

The grouping standards are provided as a means to group swimmers with similar impairments into general groups and provide the appropriate nationally recognized timestandards as a qualification for entry. Inclusion in any one of these groupings will be athlete/coach-reported and any questions should be referred to the host LSC's Disability Chair (or, if the host LSC does not have a designated Disability Chair, the Disability Chair for the athlete's LSC) for clarification

## **Grouping Descriptions for USA-S swimmers with a disability**

- P1 non-ambulatory (wheelchair-bound): limited use of all four extremities
- **P2** dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair-bound with a high functioning upper body.
- **P3** single limb deficiencies, visual impairments, and intellectual impairments, ambulatory without significant assistance
- **B**. Swimmers with a disability will be given the designation of D-2.

### Conduct of the meet for swimmers with a disability (D-2)

- **1.** D-2 Swimmers will swim events based on the meet format/order of events for the meet. Any additional swims may be swum at time trials providing time trials are offered and at the discretion of the host team.
- **2.** D-2 Swimmers will swim preliminaries during their respective event, or paired event and seeded by time. Preferred seeding is in the swimmer's entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.
- **3** D-2 Swimmers in distance, timed-final events where they are the only D-2 athlete entered will have the option to complete their swim in the morning heats so as to avoid having to final on their own in the evening (as, being the lone entrant into their event, they'd be considered top-8 and would need to swim accordingly). The meet host should address this matter with the athlete/coach once all entries have been finalized to determine the athlete's preferences.

- **4.** D-2 Swimmers will swim a separate final for each of the championship events, which may include a combination of male and female athletes not to exceed one full heat of finalists per event.
- **5.** D-2 Swimmers will score points and be awarded and recognized in the same fashion as the D-1 swimmers.
- **6.** D-2 Swimmer final events may be combined if the total number of finalists does not exceed one full heat of competitors.
- **7.** The D-2 finals heat will precede the respective D-1 heat. Similarly, the D-2 awards will be handed out before the D-1 awards for each event.

**Note:** This format may be modified by the Zone Championship Meet committee to best accommodate the swimmers with a disability and allow for a more efficient timeline.

# **Accommodations**:

Coaches entering swimmers with disabilities that require any accommodations, including the needs for personal assistants and/or registered service animals must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

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	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.2
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.6
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6.09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.8
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.3
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.6
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.5
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.8
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49 6:10.49	2:29.49 6:10.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39 5:54.59	2:12.3 5:54.5
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	4.20.43	4.54.15	3:56.09	4:08.49	3:34.89	3:46.29	3:31.09	3:42.79	200 FR 400/	4:11.69	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3.18.49	3:28.6
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	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.6
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.7
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	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.1
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	5:31.79 otivation 10 & SCY 44.09 1:33.89 3:51.49 8:46.89 53.39 1:52.49	5:49.19 nal Time S  U P3 LCM 48.89 1:44.29 4:17.19 7:43.19 59.29 2:04.99	5:00.59 Standards  11-1 SCY 39.89 1:25.09 3:29.79 7:57.59 18:00.49 48.39 1:41.99 4:04.79 51.49 1:48.49	5:16.39  G 2 P3  LCM  44.29  1:34.49  3:53.09  6:59.79  15:19.59  30:29.19  53.69  1:53.29  4:31.89  57.19  2:00.49	4:33.69  irls  13-1  SCY  36.39  1:17.49  3:10.99  7:14.79  16:32.09  44.09  1:32.89  3:42.99  46.79  1:38.69	4:48.09  4 P3  LCM  40.39  1:26.09  3:32.19  6:22.19  14:04.39  28:08.19  48.99  1:43.19  4:07.69  51.99  1:49.69	4:29.59  15 & SCY 35.79 1:16.39 3:08.09 7:08.19 16:18.49 29:37.99 43.39 1:31.49 3:39.59 46.09 1:37.19	O P3 LCM 39.69 1:24.79 3:28.99 6:16.39 13:52.79 27:46.39 1:41.59 4:03.89 51.19	P3 50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/ 1650 FR 50 BK 100 BK 200 BK	10 U SCY 39.79 1:26.49 3:17.69 8:31.99 45.59 1:36.09	5:28.89  J P3  LCM  44.19  1:36.09  7:30.09  50.69  1:46.79	11-1 SCY 36.19 1:18.59 2:59.69 7:45.49 18:21.59 34:04.19 41.49 1:27.39 3:29.49 45.29	4:58.99  B 2 P3  LCM  40.19 1:27.29 3:19.69 6:49.19 15:37.49 31:55.79 46.09 1:37.09 3:52.79 50.29 1:51.69	4:15.59  oys  13-1  SCY  32.59  1:10.79  2:41.69  6:58.99  16:31.39  30:39.71  37.29  1:18.59  3:08.59  40.79  1:30.49	4:29.09  4 P3  LCM  36.19  1:18.59  2:59.59  6:08.29  14:03.69  28:44.19  41.49  1:27.39  3:29.49  45.29  1:40.49	15 & SCY 31.39 1:08.09 2:35.79 6:43.49 15:54.69 29:31.53 35.89 1:15.69 3:01.59 39.29 1:27.19	4:19.0 O P3 LCM 34.7 1:15.6 2:53.0 5:54.6 13:32.4 27:40.2 39.8 1:24.0 3:21.7 43.5 1:36.7 3:31.8
	5:31.79 otivation 10 & SCY 44.09 1:33.89 3:51.49 8:46.89 53.39 1:52.49 1:59.69	5:49.19 nal Time S  U P3  LCM  48.89  1:44.29  4:17.19  7:43.19  59.29  2:04.99  1:03.09  2:12.99	5:00.59 Standards  11-1 SCY 39.89 1:25.09 3:29.79 7:57.59 18:00.49 32:31.69 48.39 1:41.99 4:04.79 51.49 1:48.49 4:20.29	5:16.39  G 2 P3  LCM 44.29 1:34.49 3:53.09 6:59.79 15:19.59 30:29.19 53.69 1:53.29 4:31.89 57.19 2:00.49 4:49.19	4:33.69  irls  13-1  SCY  36.39  1:17.49  3:10.99  7:14.79  16:32.09  44.09  1:32.89  3:42.99  46.79  1:38.69  3:56.99	4:48.09  4 P3  LCM  40.39  1:26.09  3:32.19  6:22.19  14:04.39  28:08.19  4:99  1:43.19  4:07.69  1:49.69  4:23.29	4:29.59  15 & SCY 35.79 1:16.39 3:08.09 7:08.19 16:18.49 29:37.99 43.39 1:31.49 3:39.59 46.09 1:37.19 3:53.29	4:43.69  O P3  LCM  39.69  1:24.79  3:28.99  6:16.39  27:46.39  48.19  1:41.59  4:03.89  51.19  1:47.99  4:19.19	100 FL 200 IM  P3  50 FR  100 FR  200 FR  400/ 500 FR  800/ 1000 FR  1500/ 1650 FR  50 BK  100 BK  200 BK  200 BR	10 U SCY 39.79 1:26.49 3:17.69 8:31.99 45.59 1:36.09 49.79 1:50.59	5:28.89  J P3  LCM  44.19  1:36.09  7:30.09  50.69  1:46.79  55.29  2:02.89	11-1 SCY 36.19 1:18.59 2:59.69 7:45.49 18:21.59 34:04.19 41.49 1:27.39 3:29.49 45.29 1:20.49	4:58.99  B 2 P3  LCM  40.19 1:27.29 3:19.69 6:49.19 15:37.49 46.09 1:37.09 3:52.79 50.29 1:51.69 4:04.49	4:15.59  oys  13-1  SCY  32.59  1:10.79  2:41.69  6:58.99  16:31.39  30:39.71  37.29  1:18.59  3:08.59  40.79  1:30.49  3:18.09	4:29.09  4 P3  LCM  36.19  1:18.59  2:59.59  6:08.29  14:03.69  28:44.19  41.49  1:27.39  3:29.49  45.29  1:40.49  3:40.09	15 & SCY 31.39 1:08.09 2:35.79 6:43.49 15:54.69 29:31.53 35.89 1:15.69 3:01.59 1:27.19 2:56.09	4:19.0 O P3 LCM 34.7 1:15.6 2:53.0 5:54.6 13:32.4 27:40.2 39.8 1:24.0 3:21.7 43.5 1:36.7 3:31.8
	5:31.79 otivation  10 & SCY 44.09 1:33.89 3:51.49 8:46.89  53.39 1:52.49 1:59.69	5:49.19 nal Time \$  U P3  LCM  48.89  1:44.29  4:17.19  7:43.19  59.29  2:04.99  1:03.09  2:12.99	5:00.59 Standards  11-1 SCY 39.89 1:25.09 3:29.79 7:57.59 18:00.49 4:32:31.69 4:04.79 51.49 4:20.29 43.69 1:32.09	5:16.39  G 2 P3  LCM  44.29  1:34.49  3:53.09  6:59.79  15:19.59  30:29.19  53.69  1:53.29  4:31.89  57.19  2:00.49  4:49.19  48.49  1:42.29	4:33.69  irls  13-1  SCY  36.39  1:17.49  3:10.99  7:14.79  16:32.09  44.09  1:32.89  3:42.99  46.79  1:38.69  39.79  1:23.89	4:48.09  4 P3  LCM  40.39  1:26.09  3:32.19  6:22.19  14:04.39  28:08.19  4:99  1:43.19  4:07.69  51.99  1:49.69  4:23.29  44.19  1:33.19	4:29.59  15 & SCY 35.79 1:16.39 3:08.09 7:08.19 16:18.49 29:37.99 43.39 1:31.49 3:39.59 46.09 1:37.19 3:53.29 39.19 1:22.59	4:43.69  O P3  LCM  39.69  1:24.79  3:28.99  6:16.39  13:52.79  27:46.39  48.19  1:41.59  4:03.89  51.19  1:47.99  4:19.19  43.49  1:31.69	100 FL 200 IM  P3  50 FR  100 FR  200 FR  400/ 500 FR  800/ 1000 FR  1500/ 1650 FR  50 BK  100 BK  200 BK  200 BR  50 FL  100 FL	10 V SCY 39.79 1:26.49 3:17.69 8:31.99 45.59 1:36.09 49.79 1:50.59	5:28.89  J P3  LCM  44.19  1:36.09  7:30.09  50.69  1:46.79  2:02.89	11-1 SCY 36.19 1:18.59 2:59.69 7:45.49 18:21.59 34:04.19 41.49 1:27.39 3:29.49 45.29 1:20.49 39.29	4:58.99  B 2 P3  LCM  40.19 1:27.29 3:19.69 6:49.19 15:37.49 46.09 1:37.09 3:52.79 50.29 1:51.69 4:04.49 43.69 1:31.99	4:15.59  oys  13-1  SCY  32.59  1:10.79  2:41.69  6:58.99  16:31.39  30:39.71  37.29  1:18.59  3:08.59  40.79  1:30.49  3:18.09  35.39  1:14.39	4:29.09  4 P3  LCM  36.19  1:18.59  2:59.59  6:08.29  14:03.69  28:44.19  41.49  1:27.39  3:29.49  45.29  1:40.49  3:40.09  39.29  1:22.59	15 & SCY 31.39 1:08.09 2:35.79 6:43.49 15:54.69 29:31.53 35.89 1:15.69 3:01.59 39.29 1:27.19 2:56.09 31.49 1:06.09	4:19.0 O P3 LCM 34.7 1:15.6 2:53.0 5:54.6 13:32.4 27:40.2 39.8 1:24.0 3:21.7 43.5 1:36.7 3:31.8 37.8
	5:31.79 otivation 10 & SCY 44.09 1:33.89 3:51.49 8:46.89 53.39 1:52.49 56.79 1:59.69 48.29 1:41.69	5:49.19 nal Time \$  U P3  LCM  48.89  1:44.29  4:17.19  7:43.19  59.29  2:04.99  1:03.09  2:12.99  1:52.89	\$\frac{11-1}{SCY}\$ \$\frac{39.89}{1:25.09}\$ \$\frac{3:29.79}{7:57.59}\$ \$\frac{18:00.49}{4:04.79}\$ \$\frac{1:41.99}{4:04.79}\$ \$\frac{1:48.49}{4:20.29}\$ \$\frac{43.69}{3:40.99}\$	5:16.39  G 2 P3  LCM  44.29  1:34.49  3:53.09  6:59.79  15:19.59  30:29.19  53.69  1:53.29  4:31.89  57.19  2:00.49  4:49.19  48.49  1:42.29  4:05.49	4:33.69  irls  13-1  SCY  36.39  1:17.49  3:10.99  7:14.79  16:32.09  44.09  1:32.89  3:42.99  46.79  1:38.69  3:56.99  3:56.99  3:21.39	4:48.09  4 P3  LCM  40.39  1:26.09  3:32.19  6:22.19  14:04.39  28:08.19  4:07.69  51.99  1:49.69  4:23.29  44.19  1:33.19  3:43.69	4:29.59  15 & SCY 35.79 1:16.39 3:08.09 7:08.19 16:18.49 29:37.99 43.39 1:31.49 3:39.59 46.09 1:37.19 3:53.29 39.19 1:22.59 3:18.09	4:43.69  O P3  LCM  39.69  1:24.79  3:28.99  6:16.39  27:46.39  48.19  1:41.59  4:03.89  51.19  1:47.99  4:19.19  43.49  1:31.69  3:40.09	100 FL 200 IM  P3  50 FR  100 FR  200 FR  400/ 500 FR  800/ 1000 FR  1500/ 1650 FR  50 BK  100 BK  200 BK  50 BR  100 BR  200 FR  200 FL  200 FL	10 U SCY 39.79 1:26.49 3:17.69 8:31.99 45.59 1:36.09 49.79 1:50.59 43.29 1:30.89	5:28.89  J P3  LCM  44.19  1:36.09  7:30.09  50.69  1:46.79  2:02.89  48.09  1:40.99	11-1 SCY 36.19 1:18.59 2:59.69 7:45.49 18:21.59 34:04.19 41.49 1:27.39 3:29.49 45.29 1:20.49 3:40.09 39.29 1:22.79 3:29.19	4:58.99  B 2 P3  LCM  40.19 1:27.29 3:19.69 6:49.19 15:37.49 31:55.79 46.09 1:37.09 3:52.79 50.29 1:51.69 4:04.49 43.69 1:31.99 3:52.39	4:15.59  oys  13-1  SCY  32.59  1:10.79  2:41.69  6:58.99  16:31.39  30:39.71  37.29  1:18.59  3:08.59  40.79  1:30.49  3:18.09  3:18.09  3:08.29	4:29.09  4 P3  LCM  36.19  1:18.59  2:59.59  6:08.29  14:03.69  28:44.19  41.49  1:27.39  3:29.49  45.29  1:40.49  3:40.09  39.29  1:22.59  3:29.19	15 & SCY 31.39 1:08.09 2:35.79 6:43.49 15:54.69 29:31.53 35.89 1:15.69 3:01.59 39.29 1:27.19 2:56.09 31.49 1:06.09 2:47.39	4:19.0 O P3 LCM 34.7 1:15.6 2:53.0 5:54.6 13:32.4 27:40.2 39.8 1:24.0 3:21.7 43.5 1:36.7 3:31.8 1:19.5 3:21.3
	5:31.79 otivation  10 & SCY 44.09 1:33.89 3:51.49 8:46.89  53.39 1:52.49 1:59.69	5:49.19 nal Time \$  U P3  LCM  48.89  1:44.29  4:17.19  7:43.19  59.29  2:04.99  1:03.09  2:12.99	5:00.59 Standards  11-1 SCY 39.89 1:25.09 3:29.79 7:57.59 18:00.49 4:32:31.69 4:04.79 51.49 4:20.29 43.69 1:32.09	5:16.39  G 2 P3  LCM  44.29  1:34.49  3:53.09  6:59.79  15:19.59  30:29.19  53.69  1:53.29  4:31.89  57.19  2:00.49  4:49.19  48.49  1:42.29	4:33.69  irls  13-1  SCY  36.39  1:17.49  3:10.99  7:14.79  16:32.09  44.09  1:32.89  3:42.99  46.79  1:38.69  39.79  1:23.89	4:48.09  4 P3  LCM  40.39  1:26.09  3:32.19  6:22.19  14:04.39  28:08.19  4:99  1:43.19  4:07.69  51.99  1:49.69  4:23.29  44.19  1:33.19	4:29.59  15 & SCY 35.79 1:16.39 3:08.09 7:08.19 16:18.49 29:37.99 43.39 1:31.49 3:39.59 46.09 1:37.19 3:53.29 39.19 1:22.59	4:43.69  O P3  LCM  39.69  1:24.79  3:28.99  6:16.39  13:52.79  27:46.39  48.19  1:41.59  4:03.89  51.19  1:47.99  4:19.19  43.49  1:31.69	100 FL 200 IM  P3  50 FR  100 FR  200 FR  400/ 500 FR  800/ 1000 FR  1500/ 1650 FR  50 BK  100 BK  200 BK  200 BR  50 FL  100 FL	10 V SCY 39.79 1:26.49 3:17.69 8:31.99 45.59 1:36.09 49.79 1:50.59	5:28.89  J P3  LCM  44.19  1:36.09  7:30.09  50.69  1:46.79  2:02.89	11-1 SCY 36.19 1:18.59 2:59.69 7:45.49 18:21.59 34:04.19 41.49 1:27.39 3:29.49 45.29 1:20.49 39.29	4:58.99  B 2 P3  LCM  40.19 1:27.29 3:19.69 6:49.19 15:37.49 46.09 1:37.09 3:52.79 50.29 1:51.69 4:04.49 43.69 1:31.99	4:15.59  oys  13-1  SCY  32.59  1:10.79  2:41.69  6:58.99  16:31.39  30:39.71  37.29  1:18.59  3:08.59  40.79  1:30.49  3:18.09  35.39  1:14.39	4:29.09  4 P3  LCM  36.19  1:18.59  2:59.59  6:08.29  14:03.69  28:44.19  41.49  1:27.39  3:29.49  45.29  1:40.49  3:40.09  39.29  1:22.59	15 & SCY 31.39 1:08.09 2:35.79 6:43.49 15:54.69 29:31.53 35.89 1:15.69 3:01.59 39.29 1:27.19 2:56.09 31.49 1:06.09	4:19.0 O P3

	ZONE IV	1otivat	ional T	ime Sta	andard	S											
				Gii	ris								В	oys			
: <u>=</u> _	10 &	U P1	11-1	2 P1	13-1	4 P1	15 &	O P1	P1	10 &	U P1	11-1	.2 P1	13-1	4 P1	15 &	O P1
- non-ambulatory (wheelchair ound): limited use of all four extremities	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	LI	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
hee all	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59	50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29	1:15.29
e of	3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	2:51.19	2:51.19	100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89
1 - non-ambulatory (whe bound): limited use of extremities	8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09	200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69
lat ted ren	1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59	50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79
imi ext	3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49	100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29
<del>-</del> -	1:47.29	1:47.29 5:05.89	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39	50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89
<u> </u>	5:05.89 2:52.49	2:52.49	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99	100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:16.99	3:16.99
P1 - bo	7:07.49	7:07.49	2:37.49 6:30.39	2:37.49 6:30.39	2:25.99 6:01.89	2:25.99 6:01.89	2:23.69 5:56.19	2:23.69 5:56.19	50 FL 150 IM	2:37.89 7:02.79	2:37.89 7:02.79	2:22.59 6:21.89	2:22.59 6:21.89	2:12.39 5:54.59	2:12.39 5:54.59	2:07.29 5:40.99	2:07.29 5:40.99
							5.50.19	3.30.19	130 1141	7.02.79	7.02.79	0.21.69	0.21.69	5.54.55	5.54.55	5.40.99	3.40.99
Para 2 ZONE Motivational Time Standards  Girls  Boys																	
	10 &	11.02	11-1		13-1	4 D2	15 &	O D2		10 &	11.02	11 1	2 P2	13-1	4 D2	15 &	O D2
ä.	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	P2	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
ies,	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79	50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89	43.09
enc hee	1:58.69	204.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09	100 FR	1:51.89	1:57.69	1:40.99	1:46.39	1:33.99	1:38.79	1:30.19	1:34.99
ficio e w	4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	3:23.59	3:34.29	200 FR	3:56.59	4:09.09	3:33.69	3:44.99	3:18.59	3:28.89	3:10.79	3:20.89
P2 - dwarfism, multiple limb deficiencies, bulatory with assistance, can be wheelchair bound with high functioning upper bodv.	7.54.23	7.03							400/	5.55.59	03.03						
imk t, ca			9:17.49	7:35.09	8:25.49	6:52.59	8:17.49	6:46.09	500 FR			8:59.39	7:20.29	8:20.79	6:48.79	8:01.59	6:33.09
nce l	1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79	50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69
ultip ista	2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39	100 BK	2:32.89	2:40.89	2:09.69	2:16.49	2:00.59	2:06.79	1:55.79	2:01.89
m. ass			4:42.39	4:57.19	4:21.79	4:35.49	4:17.69	4:31.19	200 Bk			4:03.49	4:16.29	3:46.09	3:57.99	3:37.39	3:48.79
dwarfism, itory with	1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29	50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19
arfi × ji × ji	2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59	100 BR	2:24.09	2:31.69	2:10.19	2:16.99	2:00.99	2:07.19	1:56.19	2:02.39
d to be			5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19	200 BR			4:40.89	4:55.69	4:20.99	4:34.59	4:10.79	4:23.99
P2 - Ibula bour	1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19	50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59
P2 - dwarfism, multiple lir ambulatory with assistance, bound with high function	2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09	100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79
(0	5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:25.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19
Para 3	ZONE N	1otivat	ional T	ime Sta	andard	S											
				Gi	rls					Boys							
	10 U	J P3	11-1	2 P3	13-14 P3		15 & O P3			101	J P3	11-1	.2 P3	13-1	4 P3	15 &	O P3
ıs,	SCY	LCM	SCY	LCM	CCV				D2	10 (						15 G	
nen	41.39		<b>50</b> .	_	SCY	LCM	SCY	LCM	Р3	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
ä		45.89	37.79	41.89	34.99	<b>LCM</b> 38.79	<b>SCY</b> 34.39	<b>LCM</b> 38.19	<b>P3</b>			<b>SCY</b> 33.79	<b>LCM</b> 37.49	<b>SCY</b> 31.39	<b>LCM</b> 34.79		<b>LCM</b> 33.49
	1:28.09	45.89 1:37.79							50 FR	SCY	LCM					SCY	
Ē		1:37.79	37.79 1:20.39	41.89 1:29.29	34.99 1:14.59	38.79 1:22.79	34.39 1:13.39	38.19 1:21.49	50 FR 100 FR	<b>SCY</b> 37.39 1:21.19	41.49 1:30.19	33.79 1:13.39	37.49 1:21.49	31.39 1:08.29	34.79 1:15.79	30.09 1:05.49	33.49 1:12.79
tual impairments, e.	3:37.09	1:37.79 4:01.19	37.79 1:20.39 3:18.29	41.89 1:29.29 3:40.29	34.99 1:14.59 3:03.79	38.79 1:22.79 3:24.19	34.39 1:13.39 3:00.89	38.19 1:21.49 3:20.99	50 FR 100 FR 200 FR	37.39 1:21.19 3:05.69	41.49 1:30.19 3:26.29	33.79	37.49 1:21.49 3:06.39	31.39	34.79 1:15.79 2:53.09	30.09 1:05.49 2:29.79	33.49 1:12.79 2:46.39
_		1:37.79	37.79 1:20.39	41.89 1:29.29	34.99 1:14.59	38.79 1:22.79	34.39 1:13.39	38.19 1:21.49	50 FR 100 FR	<b>SCY</b> 37.39 1:21.19	41.49 1:30.19	33.79 1:13.39	37.49 1:21.49	31.39 1:08.29	34.79 1:15.79	30.09 1:05.49	33.49 1:12.79
_	3:37.09	1:37.79 4:01.19	37.79 1:20.39 3:18.29 7:31.29	41.89 1:29.29 3:40.29 6:36.69	34.99 1:14.59 3:03.79 6:58.29	38.79 1:22.79 3:24.19 6:07.69	34.39 1:13.39 3:00.89 6:51.69	38.19 1:21.49 3:20.99 6:01.89	50 FR 100 FR 200 FR 400/	37.39 1:21.19 3:05.69	41.49 1:30.19 3:26.29	33.79 1:13.39 2:47.69 7:14.39	37.49 1:21.49 3:06.39 6:21.89	31.39 1:08.29 2:35.79 6:43.49	34.79 1:15.79 2:53.09 5:54.69	30.09 1:05.49 2:29.79 6:27.89	33.49 1:12.79 2:46.39 5:40.99
_	3:37.09	1:37.79 4:01.19	37.79 1:20.39 3:18.29	41.89 1:29.29 3:40.29	34.99 1:14.59 3:03.79	38.79 1:22.79 3:24.19	34.39 1:13.39 3:00.89	38.19 1:21.49 3:20.99	50 FR 100 FR 200 FR 400/ 500 FR	37.39 1:21.19 3:05.69	41.49 1:30.19 3:26.29	33.79 1:13.39 2:47.69	37.49 1:21.49 3:06.39	31.39 1:08.29 2:35.79	34.79 1:15.79 2:53.09	30.09 1:05.49 2:29.79	33.49 1:12.79 2:46.39
_	3:37.09	1:37.79 4:01.19	37.79 1:20.39 3:18.29 7:31.29	41.89 1:29.29 3:40.29 6:36.69	34.99 1:14.59 3:03.79 6:58.29	38.79 1:22.79 3:24.19 6:07.69	34.39 1:13.39 3:00.89 6:51.69	38.19 1:21.49 3:20.99 6:01.89	50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR	37.39 1:21.19 3:05.69	41.49 1:30.19 3:26.29	33.79 1:13.39 2:47.69 7:14.39	37.49 1:21.49 3:06.39 6:21.89	31.39 1:08.29 2:35.79 6:43.49	34.79 1:15.79 2:53.09 5:54.69	30.09 1:05.49 2:29.79 6:27.89	33.49 1:12.79 2:46.39 5:40.99
_	3:37.09	1:37.79 4:01.19	37.79 1:20.39 3:18.29 7:31.29	41.89 1:29.29 3:40.29 6:36.69	34.99 1:14.59 3:03.79 6:58.29	38.79 1:22.79 3:24.19 6:07.69	34.39 1:13.39 3:00.89 6:51.69	38.19 1:21.49 3:20.99 6:01.89	50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/	37.39 1:21.19 3:05.69	41.49 1:30.19 3:26.29	33.79 1:13.39 2:47.69 7:14.39	37.49 1:21.49 3:06.39 6:21.89	31.39 1:08.29 2:35.79 6:43.49	34.79 1:15.79 2:53.09 5:54.69	30.09 1:05.49 2:29.79 6:27.89	33.49 1:12.79 2:46.39 5:40.99
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_	3:37.09 8:14.09	1:37.79 4:01.19 7:14.29	37.79 1:20.39 3:18.29 7:31.29 17:06.19 30:59.39	41.89 1:29.29 3:40.29 6:36.69 14:33.39 29:02.59	34.99 1:14.59 3:03.79 6:58.29 15:58.09 29:03.69	38.79 1:22.79 3:24.19 6:07.69 13:35.39 27:13.89	34.39 1:13.39 3:00.89 6:51.69 15:44.49 28:40.09	38.19 1:21.49 3:20.99 6:01.89 13:23.79 26:52.09	50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/ 1650 FR 50 BK	37.39 1:21.19 3:05.69 8:01.09	1:30.19 3:26.29 7:02.89	33.79 1:13.39 2:47.69 7:14.39 17:08.19 31:47.89	37.49 1:21.49 3:06.39 6:21.89 14:34.99 29:48.09	31.39 1:08.29 2:35.79 6:43.49 15:54.69 29:31.59	34.79 1:15.79 2:53.09 5:54.69 13:32.49 27:40.29 39.89	30.09 1:05.49 2:29.79 6:27.89 15:17.89 28:23.49	33.49 1:12.79 2:46.39 5:40.99 13:01.19 26:36.49
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_	3:37.09 8:14.09 52.19 1:45.49 52.69 1:52.29	1:37.79 4:01.19 7:14.29 57.89 1:57.19 58.49 2:04.69	37.79 1:20.39 3:18.29 7:31.29 17:06.19 30:59.39 46.89 1:36.38 3:57.09 47.49 1:42.59 3:49.99 42.59 1:27.09	41.89 1:29.29 3:40.29 6:36.69 14:33.39 29:02.59 52.09 1:47.09 4:23.39 52.69 1:53.89 4:15.49 47.29 1:36.69	34.99 1:14.59 3:03.79 6:58.29 15:58.09 29:03.69 42.99 1:29.39 3:36.89 43.39 1:35.09 3:30.39	38.79 1:22.79 3:24.19 6:07.69 13:35.39 27:13.89 47.69 1:39.29 4:00.89 48.19 1:45.59 3:53.69 43.29 1:29.59	34.39 1:13.39 3:00.89 6:51.69 15:44.49 28:40.09 42.19 1:27.99 3:32.79 42.59 1:33.49 3:26.39 38.29 1:19.39	38.19 1:21.49 3:20.99 6:01.89 13:23.79 26:52.09 46.79 1:37.69 3:56.39 47.29 1:43.89 3:49.29 42.49 1:28.19	50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/ 1650 FR 50 BK 100 BK 200 BK 50 BR 100 BR 200 BR 100 FL	37.39 1:21.19 3:05.69 8:01.09 42.79 1:30.29 46.79 1:43.89	41.49 1:30.19 3:26.29 7:02.89 47.59 1:40.29 51.99	33.79 1:13.39 2:47.69 7:14.39 17:08.19 31:47.89 38.69 1:21.59 3:15.59 42.29 1:33.79 3:25.39 36.69 1:17.19	37.49 1:21.49 3:06.39 6:21.89 14:34.99 29:48.09 42.99 1:30.59 3:37.29 46.99 1:44.29 3:48.19 40.79 1:25.69	31.39 1:08.29 2:35.79 6:43.49 15:54.69 29:31.59 35.99 1:15.69 3:01.69 3:29 1:27.19 3:10.79 34.19 1:11.69	34.79 1:15.79 2:53.09 5:54.69 13:32.49 27:40.29 39.89 1:24.09 3:21.79 43.59 1:36.79 3:31.89 37.89 1:19.59	30.09 1:05.49 2:29.79 6:27.89 15:17.89 28:23.49 34.59 1:12.79 2:54.59 37.79 1:23.79 3:03.39 32.79 1:08.89	33.49 1:12.79 2:46.39 5:40.99 13:01.19 26:36.49 38.39 1:20.89 3:13.99 41.89 1:33.09 3:23.79 36.39 1:16.49
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l			Wome	en				M	len	
		Secti		Bor	auc.		Section			nuc
_	⊑		LCM	SCY	LCM	P1		LCM		LCM
- non-ambulatory	(wheelchair bound): limited use of all four extremities	SCY 1:18.39	1:18.39	121.59	121.59	50 FR	<b>SCY</b> 1:12.29	1:12.29	SCY 1:15.29	1:15.29
<u>a</u> t	all i	2:44.39	2:44.39	1:51.19	1:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89
þ	elchair bou ed use of al extremities	6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69
Ë	air Se (	1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79
Ę	Ch Lus Etre	2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29
2	eel Fed	1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:05.19	1:05.19	1:07.89	1:07.89
P1.	Z E	4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:16.99	3:16.99
Ф	≣ ک	2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29
		5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99
Para	a 2 Section	al Motivati	ional Time	Standar	ds					
			Wom	en				M	len	
	7	Secti	onal	Bor	nus		Section	onal	Вс	nus
	icies, ambulatory with can be wheelchair bound functioning upper body.	SCY	LCM	SCY	LCM	P2	SCY	LCM	SCY	LCM
ф	it bo	42.69	44.89	44.49	46.79	50 FR	39.29	41.39	40.89	43.09
≟	> = = = = = = = = = = = = = = = = = = =	1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99
<u>e</u>	ory cha	3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89
喜	late sele	7:57.69	6:29.89	8:17.49	6:46.09	400/ 500	7:42.39	6:17.39	8:01.59	6:33.09
μ	bul /he ing					FR				
٦,	e N	51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69
isn	S, 8 b cti	1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89
arf	San	4:07.29 54.09	4:20.29 56.89	4:17.69 56.39	4:31.19 59.29	200 BK 50 BR	3:28.79 50.29	3:39.69 52.99	3:37.39 52.39	3:48.79 55.19
Ĩ	en e, c	1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	
S										2.02.39
- 1	ii Piga	4:22.79			4:48.19					
P2 - dwarfism, multiple limb	defici stanc th hig	4:22.79 52.19	4:36.59 54.89	4:33.79 54.39		200 BR 50 FL	4:00.79 40.69	4:13.49 42.79	4:10.79 42.39	4:23.99
P2 -	deficiencies, ambulatory with ssistance, can be wheelchair boun with high functioning upper body.		4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99 44.59
P2 -	deficien assistance, with high	52.19	4:36.59 54.89	4:33.79 54.39	4:48.19 57.19	200 BR 50 FL	4:00.79 40.69	4:13.49 42.79	4:10.79 42.39	4:23.99 44.59 2:19.79
	Se defici assistanc with hig	52.19 2:14.19 4:08.79	4:36.59 54.89 2:21.19 4:21.89	4:33.79 54.39 2:19.79 4:19.19	4:48.19 57.19 2:27.09 4:32.79	200 BR 50 FL 100 FL	4:00.79 40.69 2:07.49	4:13.49 42.79 2:14.19	4:10.79 42.39 2:12.79	4:23.99 44.59 2:19.79
	Ø	52.19 2:14.19 4:08.79	4:36.59 54.89 2:21.19 4:21.89	4:33.79 54.39 2:19.79 4:19.19 Standar	4:48.19 57.19 2:27.09 4:32.79	200 BR 50 FL 100 FL	4:00.79 40.69 2:07.49	4:13.49 42.79 2:14.19 3:59.19	4:10.79 42.39 2:12.79	4:23.99 44.59 2:19.79
Para	ष a 3 Section	52.19 2:14.19 4:08.79	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome	4:33.79 54.39 2:19.79 4:19.19 Standar	4:48.19 57.19 2:27.09 4:32.79	200 BR 50 FL 100 FL 200 IM	4:00.79 40.69 2:07.49	4:13.49 42.79 2:14.19 3:59.19	4:10.79 42.39 2:12.79 3:56.69	4:23.99 44.59 2:19.79
Para	ष a 3 Section	52.19 2:14.19 4:08.79 <b>al Motivat</b> i	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome	4:33.79 54.39 2:19.79 4:19.19 Standar	4:48.19 57.19 2:27.09 4:32.79	200 BR 50 FL 100 FL	4:00.79 40.69 2:07.49 3:49.19	4:13.49 42.79 2:14.19 3:59.19	4:10.79 42.39 2:12.79 3:56.69	4:23.99 44.59 2:19.79 4:09.19
Para	ष a 3 Section	52.19 2:14.19 4:08.79 <b>al Motivat</b> i	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome	4:33.79 54.39 2:19.79 4:19.19 Standar en Bor	4:48.19 57.19 2:27.09 4:32.79 rds	200 BR 50 FL 100 FL 200 IM	4:00.79 40.69 2:07.49 3:49.19	4:13.49 42.79 2:14.19 3:59.19 M	4:10.79 42.39 2:12.79 3:56.69	4:23.99 44.59 2:19.79 4:09.19
Para	ष a 3 Section	52.19 2:14.19 4:08.79 al Motivati Secti	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome onal LCM	4:33.79 54.39 2:19.79 4:19.19 Standar en Bor SCY	4:48.19 57.19 2:27.09 4:32.79 rds hus LCM	200 BR 50 FL 100 FL 200 IM	4:00.79 40.69 2:07.49 3:49.19 Section	4:13.49 42.79 2:14.19 3:59.19 Monal	4:10.79 42.39 2:12.79 3:56.69 len BC	4:23.99 44.59 2:19.79 4:09.19 Drius LCM 33.49
Para	ष a 3 Section	52.19 2:14.19 4:08.79 al Motivati Secti SCY 33.09	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome onal LCM 36.69	4:33.79 54.39 2:19.79 4:19.19 Standar en Bor SCY 34.39	4:48.19 57.19 2:27.09 4:32.79 rds hus LCM 38.19	200 BR 50 FL 100 FL 200 IM P3	4:00.79 40.69 2:07.49 3:49.19 Section SCY 28.89	4:13.49 42.79 2:14.19 3:59.19 Monal LCM 32.19	4:10.79 42.39 2:12.79 3:56.69 len SCY 30.09	4:23.99 44.59 2:19.79 4:09.19 Drus LCM 33.49 1:12.79
Para	ष a 3 Section	52.19 2:14.19 4:08.79  al Motivati  Secti SCY 33.09 1:10.39	4:36.59 54.89 2:21.19 4:21.89 fonal Time Wome onal LCM 36.69 1:18.19	4:33.79 54.39 2:19.79 4:19.19 Standar en Bor SCY 34.39 1:13.39	4:48.19 57.19 2:27.09 4:32.79 rds nus LCM 38.19 1:21.49	200 BR 50 FL 100 FL 200 IM  P3 50 FR 100 FR 200 FR 400/ 500	4:00.79 40.69 2:07.49 3:49.19 Section SCY 28.89 1:02.89	4:13.49 42.79 2:14.19 3:59.19 Monal LCM 32.19 1:09.89	4:10.79 42.39 2:12.79 3:56.69 en  Bo  SCY  30.09 1:05.49	4:23.99 44.59 2:19.79 4:09.19  onus LCM 33.49 1:12.79 2:46.39
Para	ष a 3 Section	52.19 2:14.19 4:08.79 al Motivati  Secti SCY 33.09 1:10.39 2:53.69	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome onal LCM 36.69 1:18.19 3:12.89	4:33.79 54.39 2:19.79 4:19.19 Standar en Bor SCY 34.39 1:13.39 3:00.89	4:48.19 57.19 2:27.09 4:32.79 rds LCM 38.19 1:21.49 3:20.99	200 BR 50 FL 100 FL 200 IM  P3 50 FR 100 FR 200 FR 400/ 500 FR 800/	4:00.79 40.69 2:07.49 3:49.19 Section SCY 28.89 1:02.89 2:23.79	4:13.49 42.79 2:14.19 3:59.19 Wonal LCM 32.19 1:09.89 2:39.79	4:10.79 42.39 2:12.79 3:56.69 len BC SCY 30.09 1:05.49 2:29.79	4:23.99 44.59 2:19.79 4:09.19 Drus LCM 33.49 1:12.79 2:46.39 5:40.99
Para	ष a 3 Section	52.19 2:14.19 4:08.79 <b>al Motivati</b> <b>Secti</b> <b>SCY</b> 33.09 1:10.39 2:53.69 6:35.19	4:36.59 54.89 2:21.19 4:21.89 fonal Time Wome onal LCM 36.69 1:18.19 3:12.89 5:47.39	4:33.79 54.39 2:19.79 4:19.19 <b>Standar</b> <b>en</b> <b>Bor</b> <b>SCY</b> 34.39 1:13.39 3:00.89 6:51.69	4:48.19 57.19 2:27.09 4:32.79 rds LCM 38.19 1:21.49 3:20.99 6:01.89	200 BR 50 FL 100 FL 200 IM  P3  50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/	4:00.79 40.69 2:07.49 3:49.19 Section SCY 28.89 1:02.89 2:23.79 6:12.49	4:13.49 42.79 2:14.19 3:59.19 Wonal LCM 32.19 1:09.89 2:39.79 5:27.39	4:10.79 42.39 2:12.79 3:56.69 len SCY 30.09 1:05.49 2:29.79 6:27.89	4:23.99 44.59 2:19.79 4:09.19 Drus LCM 33.49 1:12.79 2:46.39 5:40.99
Para	ष a 3 Section	52.19 2:14.19 4:08.79 al Motivati  Secti SCY 33.09 1:10.39 2:53.69 6:35.19 15:10.39	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome onal LCM 36.69 1:18.19 3:12.89 5:47.39	4:33.79 54.39 2:19.79 4:19.19 <b>Standar</b> <b>En</b> <b>Bor</b> <b>SCY</b> 34.39 1:13.39 3:00.89 6:51.69	4:48.19 57.19 2:27.09 4:32.79 rds LCM 38.19 1:21.49 3:20.99 6:01.89	200 BR 50 FL 100 FL 200 IM  P3 50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR	4:00.79 40.69 2:07.49 3:49.19 Section SCY 28.89 1:02.89 2:23.79 6:12.49	4:13.49 42.79 2:14.19 3:59.19  Wonal LCM 32.19 1:09.89 2:39.79 5:27.39	4:10.79 42.39 2:12.79 3:56.69 len BC SCY 30.09 1:05.49 2:29.79 6:27.89	4:23.99 44.59 2:19.79 4:09.19  Driving  LCM 33.49 1:12.79 2:46.39 5:40.99 13:01.19 26:36.49
Para	ष a 3 Section	52.19 2:14.19 4:08.79  al Motivati  Secti SCY 33.09 1:10.39 2:53.69 6:35.19 15:10.39 27:41.99	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome onal LCM 36.69 1:18.19 3:12.89 5:47.39 12:54.79 25:57.69	4:33.79 54.39 2:19.79 4:19.19 <b>Standar</b> <b>En</b> <b>Bor</b> <b>SCY</b> 34.39 1:13.39 3:00.89 6:51.69 15:44.49 28:40.09	4:48.19 57.19 2:27.09 4:32.79 rds hus LCM 38.19 1:21.49 3:20.99 6:01.89 13:23.79 26:52.09	200 BR 50 FL 100 FL 200 IM  P3  50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/ 1650 FR	4:00.79 40.69 2:07.49 3:49.19 Section SCY 28.89 1:02.89 2:23.79 6:12.49 14:41.29 27:15.29	4:13.49 42.79 2:14.19 3:59.19 Monal LCM 32.19 1:09.89 2:39.79 5:27.39 12:29.99 25:32.59	4:10.79 42.39 2:12.79 3:56.69 len SCY 30.09 1:05.49 2:29.79 6:27.89 15:17.89 28:23.49	4:23.99 44.59 2:19.79 4:09.19  Drius  LCM 33.49 1:12.79 2:46.39 5:40.99 13:01.19 26:36.49 38.39
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Para	ष a 3 Section	52.19 2:14.19 4:08.79  al Motivati  Secti SCY 33.09 1:10.39 2:53.69 6:35.19 15:10.39 27:41.99 40.09 1:24.49 3:22.59 40.49	4:36.59 54.89 2:21.19 4:21.89 ional Time Wome onal LCM 36.69 1:18.19 3:12.89 5:47.39 12:54.79 25:57.69 44.49 1:33.79 3:45.09 44.99	4:33.79 54.39 2:19.79 4:19.19 Standar en  Bor SCY 34.39 1:13.39 3:00.89 6:51.69 15:44.49 28:40.09 42.19 1:27.99 3:32.79 42.59	4:48.19 57.19 2:27.09 4:32.79 rds LCM 38.19 1:21.49 3:20.99 6:01.89 13:23.79 26:52.09 46.79 1:37.69 3:56.39 47.29	200 BR 50 FL 100 FL 200 IM  P3  50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/ 1650 FR 50 BK 100 BK 200 BK	4:00.79 40.69 2:07.49 3:49.19 Sections SCY  28.89  1:02.89  2:23.79  6:12.49  14:41.29  27:15.29  33.19  1:09.89  2:47.59  36.19	4:13.49 42.79 2:14.19 3:59.19  Monal LCM 32.19 1:09.89 2:39.79 5:27.39 12:29.99 25:32.59 36.89 1:17.69 3:06.19 40.29	4:10.79 42.39 2:12.79 3:56.69  8 SCY 30.09 1:05.49 2:29.79 6:27.89 15:17.89 28:23.49 34.59 1:12.79 2:54.59 37.79	4:23.99 44.59 2:19.79 4:09.19  brius  LCM 33.49 1:12.79 2:46.39 5:40.99 13:01.19 26:36.49 38.39 1:20.89 3:13.99 41.89
Para	ष a 3 Section	52.19 2:14.19 4:08.79  al Motivati  Secti SCY 33.09 1:10.39 2:53.69 6:35.19 15:10.39 27:41.99 40.09 1:24.49 3:22.59 40.49 1:29.79	4:36.59 54.89 2:21.19 4:21.89 ional Time Wom onal LCM 36.69 1:18.19 3:12.89 5:47.39 12:54.79 25:57.69 44.49 1:33.79 3:45.09 44.99 1:39.69	4:33.79 54.39 2:19.79 4:19.19 Standar en  Bor SCY 34.39 1:13.39 3:00.89 6:51.69 15:44.49 28:40.09 42.19 1:27.99 3:32.79 42.59 1:33.49	4:48.19 57.19 2:27.09 4:32.79 rds  LCM 38.19 1:21.49 3:20.99 6:01.89 13:23.79 26:52.09 46.79 1:37.69 3:56.39 47.29 1:43.89	200 BR 50 FL 100 FL 200 IM  P3  50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/ 1650 FR 50 BK 100 BK 200 BK 50 BR	4:00.79 40.69 2:07.49 3:49.19 Sections SCY  28.89  1:02.89  2:23.79  6:12.49  14:41.29  27:15.29  33.19  1:09.89  2:47.59  36.19  1:20.49	4:13.49 42.79 2:14.19 3:59.19  Monal LCM 32.19 1:09.89 2:39.79 5:27.39 12:29.99 25:32.59 36.89 1:17.69 3:06.19 40.29 1:29.39	4:10.79 42.39 2:12.79 3:56.69  Bo SCY 30.09 1:05.49 2:29.79 6:27.89 15:17.89 28:23.49 34.59 1:12.79 2:54.59 37.79 1:23.79	4:23.99 44.59 2:19.79 4:09.19  4:09.19  5:40.99 13:01.19 26:36.49 38.39 1:20.89 3:13.99 41.89 1:33.09
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Para	ष a 3 Section	52.19 2:14.19 4:08.79 al Motivati  Secti SCY 33.09 1:10.39 2:53.69 6:35.19 15:10.39 27:41.99 40.09 1:24.49 3:22.59 40.49 1:29.79 3:16.29 36.39	4:36.59 54.89 2:21.19 4:21.89 ional Time Wom onal LCM 36.69 1:18.19 3:12.89 5:47.39 12:54.79 25:57.69 44.49 1:33.79 3:45.09 44.99 1:39.69 3:38.39 40.39	4:33.79 54.39 2:19.79 4:19.19 Standar en  SCY 34.39 1:13.39 3:00.89 6:51.69 15:44.49 28:40.09 42.19 1:27.99 3:32.79 42.59 1:33.49 3:26.39 38.29	4:48.19 57.19 2:27.09 4:32.79 rds  nus LCM 38.19 1:21.49 3:20.99 6:01.89 13:23.79 26:52.09 46.79 1:37.69 3:56.39 47.29 1:43.89 3:49.29 42.49	200 BR 50 FL 100 FL 200 IM  P3 50 FR 100 FR 200 FR 400/ 500 FR 800/ 1000 FR 1500/ 1650 FR 50 BK 100 BK 200 BK 50 BR 100 BR 200 BR 50 FL	4:00.79 40.69 2:07.49 3:49.19 Sections SCY  28.89  1:02.89  2:23.79  6:12.49  14:41.29  27:15.29  33.19  1:09.89  2:47.59  36.19  1:20.49  2:56.09  31.49	4:13.49 42.79 2:14.19 3:59.19  Monal LCM 32.19 1:09.89 2:39.79 5:27.39 12:29.99 25:32.59 36.89 1:17.69 3:06.19 40.29 1:29.39 3:15.59 34.99	4:10.79 42.39 2:12.79 3:56.69  BCY 30.09 1:05.49 2:29.79 6:27.89 15:17.89 28:23.49 34.59 1:12.79 2:54.59 37.79 1:23.79 3:03.39 32.79	4:23.99 44.59 2:19.79 4:09.19  2:19.79 4:09.19  1:12.79 2:46.39 5:40.99 13:01.19 26:36.49 38.39 1:20.89 3:13.99 41.89 1:33.09 3:23.79 36.39
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