



2021 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES CENTRAL ZONE SECTION 1 LONG COURSE CHAMPIONSHIPS

RecPlex, Pleasant Prairie
July 8-11, 2021 (Thursday-Sunday)



SANCTIONED BY: Wisconsin Swimming, Inc.

SANCTION# WI2021-2585

TIME TRIALS SANCTION# WI2021-259TT

This event is held under the Sanction of USA Swimming and Wisconsin Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET HOST: Madison Aquatic Club (MAC)

START TIMES: PRELIMS: 9:00 am all days; FINALS: 5:00 pm Thursday-Sunday

GENERAL MEETING: Wednesday, July 7, 8:00pm to be held virtually. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. **Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including changes to the meet format or conduct.**

MEET REFEREE: Betsy Purcell

OFFICIALS MEETINGS: 8:00am Prelims, 4:00pm Finals

LOCATION: RecPlex Aqua Arena, 9900 Terwall Terrace, Pleasant Prairie, WI 53158

FACILITY: The competition pool is a 10-lane, 50-meter indoor pool ranging from 7' 0" to 7' 1" in depth that can be configured into Two-Twenty-five (25) Short Course Yard or One-Fifty-Meter-Long Course Venue Pool. Lanes are 7' 4" wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. CTS backstroke start wedge systems may be used. A fully Automated Colorado Time System will be used including a System 6 Timing Console with Aqua Grip Touch Pads, backup button plungers and a large digital display board. Hy-Tek Meet Manager 8.0 will compute all results. A large spectator area will be available for overflow athlete seating if needed for social distancing. Warm-up pool available for continual use. The course has been certified in accordance with USA Swimming Rule 104.2.2C (4). A copy of this certification is on file with USA Swimming. A separate 25-yard warm-up facility will be available.

PARKING: Ample free general parking is available at the facility.

DECK ACCESS: Entrance to the building is through the Aqua Arena main entrance. No spectators will be allowed on the pool deck. There will be a \$35 charge to replace a lost credential.

SPECTATOR ADMISSION: No spectators are allowed at this time in order to leave as much room in the facility for athletes as possible.

OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE: This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and recertification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

FOR MORE INFORMATION, CONTACT:

Shane Ryan, Co-Meet Director

608-217-7081

coachshaneryan@gmail.com

Janis Katz, Co-Meet Director & Entry Chair

414-640-2762

janiskatz@gmail.com

Betsy Purcell, Meet Referee

betsypurcell@cox.net

ENTRY INTO THE MEET

ELIGIBILITY: All swimmers MUST be current 2021 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches and officials allowed access on deck MUST be non-athlete coach members for 2021 and have current certifications as a USA Swimming coach. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. Deck Pass is acceptable proof of membership in USA Swimming. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa and Wisconsin. Athletes from LSCs outside Central Zone Section 1 states listed, who have achieved a qualifying time standard for their event will also be accepted into the meet on a first-come, first-served reservation.

QUALIFYING: The qualifying period is July 1, 2019 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters or Short Course Yards, and all events will be seeded in that order.

ENTRY LIMITS: Swimmers may compete in a maximum of three individual events and one relay event per day including time trials.

RELAY LIMITS: Each team may enter a maximum of two relay teams in each relay event.

ENTRY FEES: \$100.00 per individual swimmer regardless of the number of events. This fee includes the facility surcharge, Central Zone Athlete Surcharge and WI Swimming splash fee.

BONUS ENTRIES: Swimmers qualified in 1 individual event can have up to 2 Bonus Events. Swimmers qualified in 2 individual events can have up to 1 Bonus Event. Bonus Events can only be added if they meet the Bonus Event time standards. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. Once an event is marked "bonus", it cannot be changed to a qualified event.

ENTRY PROCEDURE: All entries must be submitted using USA Swimming OME (online meet entry) at www.usaswimming.org/ome. Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted. Please contact Macie Nichols at USA Swimming with any questions on the OME system mmcnichols@usaswimming.org 719-866-3506.

PARA ENTRY PROCEDURE: Para Entries must be submitted via email to Janis Katz at macentrychair@gmail.com

OUT-OF-SECTIONAL ENTRIES: If the meet does not fill to capacity with in-sectional athletes, a new OME will open for out-of-sectional athletes. This will happen no earlier than June 21, 2021.

ENTRY DEADLINE: Entries may be submitted online beginning June 6, 2021 (9:00am Central Time) and will be accepted through **Monday, June 28, 2021 at 11:00pm (Central Time)**. Updates for improved seed times will be allowed on the OME system through 11:50pm (Central Time) on Monday, July 5th, 2021

NEW ENTRIES ACHIEVED AFTER THE ENTRY DEADLINE: Entries for athletes achieving qualifying standards for the first time after the entry deadline are permitted subject to the following restrictions:

1. New entries must be achieved between Thursday, June 28th and Monday, July 5th.
2. New entries must be submitted by email to Janis Katz, macentrychair@gmail.com and received no later than 6:59pm CT on Monday, July 5th.
3. Confirmation of receipt of New Entries is the sole responsibility of the sender.

LATE ENTRIES: Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries do not result in unreasonable changes to the timeline
2. Late entries must be received no later than 15 minutes after the conclusion of the general meeting on Wednesday, July 7.
3. Late entries must be submitted via email to Janis Katz at macentrychair@gmail.com
4. A one-time processing fee of \$50.00 plus meet entry fee of \$100.00 per individual swimmer must be paid prior to the start of the meet (9:00am on Thursday, July 8, 2021).

PROOF OF TIME: In order to accommodate LSC differences and to make entry as easy as possible throughout the Section, we will continue to accept times in the USA Swimming database, printed meet results and published times posted on publicly viewable websites. All "Custom or Override Times" must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring

appropriate proof of time to the meet. Times that are not proven prior to seeding will be down-seeded!!! Failure to meet the qualification time during the competition and prove that a qualification time was achieved will result in a \$100.00 fine. Fines must be paid before the next session—athletes with unproven times and unpaid fines will not be allowed to compete until the matter is resolved! Fines not paid prior to the final session of the meet shall be automatically doubled!!!

RULES AND PROCEDURES

RULES: Current National USA Swimming Rules will govern all competition, except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, including time standards, schedules, order of events, meet operations and requirements can be found in the USA Swimming 2021 Rulebook.

All applicable adults participating or associated with respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand the compliance with the MAAPP Policy is a condition of participation in the conduct of this competition. Effective 11/6/2019 times achieved by an athlete member at a sanctioned meet who is over 18 years of age (+30 day grace period) who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to the SWIMS.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

WAIVERS: Before any Athlete, Coach, Volunteer or Official can receive their credentials, the Covid Waiver Form must be completed. All Swimmers must also complete the Swimmer Competitor Waiver Form to receive credentials. PDF and Fillable versions of the waivers are posted on the host team’s website www.madisonaquaticclub.com.

CREDENTIALS & DECK ACCESS: Credentials are required for all Coaches, Athletes, Officials, Volunteers and Event Staff. No one is allowed to enter the venue without a credential. Doors will be staffed with event security from open to close. There will be a \$50 replacement fee for any lost credential. Credentials will be labeled and there will be a \$500 fine for any Coach, Athlete, Official, Volunteer or Staff member’s credential found on another person.

COACHES CREDENTIALS: Coaches credentials have been reduced to allow more space for athletes. If there is a special circumstance where extra credentials may be needed, please reach out to the Meet Director(s).

- 1-10 Swimmers = 1 Coach Credential
- 11-25 Swimmers = 2 Coaches Credentials
- 26+ Swimmers = 3 Coaches Credentials

COVID PROTOCOL: The Center for Disease Control still suggests masks and physical distancing for all unvaccinated individuals. To make it fair for all individuals participating in the event, all Coaches, Athletes, Officials, Volunteers, and Event Staff will be expected to wear a mask covering their nose and mouth at all times. Face shields are not an acceptable replacement for a mask. If you choose to wear a face shield you must also wear a mask. This is the current protocol as of meet sanctioning, if there are any changes to Covid Protocol, they will be communicated to participants.

Held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

It is further understood and agreed that Wisconsin Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure or and infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in the USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or

spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND WISCONSIN SWIMMING, MADISON AQUATIC CLUB AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Madison Aquatic Club and other swim teams participating in the meet and pool management company's employees, volunteers, and program participants and their families.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms, is not appropriate and is prohibited.

ATHLETE SEATING: Athletes and coaches will be seated to allow for distancing. An official seating map will be distributed after entries close.

WARM UP: Feet-first, three-point entry only, except in designated lanes and times. Violations may result in disqualification from the next individual event or expulsion from the meet. More detailed warm up procedures will be distributed after the entry deadline. The specific COVID safety measures for warm up will be determined at that time including lane capacity. Fins and paddles are not allowed in the competition pool.

POOL HOURS: Thursday, Friday, Saturday, and Sunday doors open at 6:50am and the pool will open for general warm-up at 7:00am. The structured warm-up schedule is listed below. The pool will close 30 minutes after the competition is completed each night.

<u>DAY</u>	<u>WARM-UP</u>	<u>PRELIMS</u>	<u>WARM-UP</u>	<u>FINALS</u>
Thursday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Friday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Saturday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Sunday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm

Anyone interested in pool time prior to the meet should contact the RecPlex Aquatic Director. Practice time will be available to rent from 6:00-9:00pm on Wednesday, July 7th. Please contact Steve Frye, RecPlex Aquatic Director at sfrve@pleasantprairiewi.gov

COVID CHANGES TO HOURS: We expect capacity limits to allow all athletes to compete in a single prelims session. If it is determined by June 21st that capacity will be limited, the meet format would be changed to two prelims sessions. The first begins at 8am each day and the second begins at 1pm each day which will push Finals to start at 6pm.

CONDUCT OF THE MEET: This meet is a prelim/final meet. 30 athletes will advance to the finals in events 400m or less with the "C" reserved for the fastest remaining athletes who are 18 years or younger. The top 10 18 & Under swimmers who do not qualify for the Consolation (B) or Championship (A) heats will advance to the "C" final. If there are not enough 18 & Under swimmers to fill the "C" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Consolation or Championship heats. Finals will be in the following order: Protected Final (C), Consolation (B), Championship (A). Each event during finals will consist of a Protected Final, Consolation, and Championship Final heat except for the 800m and 1500m Freestyles and all relays. These events will be conducted as timed final events. Preliminaries of events will be conducted using fly-over starts. Additionally, prelims may be flighted at the discretion of the Meet Referee and will be announced at the Coaches Meeting. Para-athletes will be combined into events for prelims and compete in a separate para-event during finals.

Thursday: The 800 Freestyle will be deck seeded with a positive check-in deadline 30 minutes after the conclusion of the General Meeting on Wednesday night.

Friday: The 400 Freestyle Relays will be timed final events with all heats swum at the end of the prelim session. Positive check-in is required by 30 minutes after the start of finals on Thursday.

Saturday: The 800 Freestyle Relays will be timed final events and all heats will be swum at the end of the prelim session, fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals Friday.

Sunday: The 1500 Freestyle will be deck seeded with a positive check-in 30 minutes after the start of finals on Saturday. The fastest heat of women and men will be seeded into finals. All other heats will be swum at the end of prelims (following the 400 Medley Relays) fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter. The 400 Medley Relays will be timed final events with all heat swum at the end of prelims. Positive check-in is required by 6:30pm Saturday.

SCRATCHES: The following are the scratch deadlines for each day's events:

Deadline for Thursday's events:	30 minutes after general meeting
Deadline for Friday's events:	Thursday 30 minutes after Finals begins
Deadline for Saturday's events:	Friday 30 minutes after Finals begins
Deadline for Sunday's events:	Saturday 30 minutes after Finals begins

The meet will be administered according to the National Championship scratch procedures (2021 Rulebook, Section 207). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. If you will not be arriving in time to make the deadline, coaches scratch events via email to macentrychair@gmail.com. Scratches submitted by email must be completed by the deadlines listed above.

POSITIVE CHECK-IN: Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines follow scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to macentrychair@gmail.com. Positive check-ins submitted by email must be completed by the deadlines listed above.

MEET COMMITTEE: A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

SCORING: All events will be scored to 20 places using the following:

Individual Scoring: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relay Scoring: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-3-4-2

AWARDS: Individual: Top 3 Awarded (medals)

Relays: Top 3 Awarded (medals)

TIME TRIALS: Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$20.00 per individual event and \$60.00 for relays. Time Trial signup times will be announced at the coaches meeting. Athletes must provide their own lane timer and lap counter for all time trial events. The 800m and 1500m TT may be swum in the open lanes of the timed final heats, based on the number of time trial requests and at the discretion of the meet referee. Per 2016 convention, all swimmers, including relay only swimmers, are limited to two Time Trial events at the meet.

<u>TIME TRIAL SCHEDULE</u> (Time Permitting)	<u>Order of Events</u>
Thursday afternoon following 800 Freestyle	Thursday events/Friday events/Saturday events/Sunday events *800 Freestyle time trials Thursday afternoon only (time permitting)
Friday afternoon following 400 Freestyle Relay	Friday Events/ Saturday events/Sunday events/Thursday Events
Saturday afternoon following 800 Freestyle Relay	Saturday events/Sunday events/Thursday Events/Friday events
Sunday afternoon following 1500 Freestyle	Sunday events/Thursday events/Friday events/Saturday events

Time Standards for Swimmers Registered in ALL LSCs:

WOMEN					Thur July 8th	MEN				
Event#	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
1	1:00.69	53.09	1:01.29	53.99	100 Freestyle	48.49	56.09	47.39	54.79	2
3	2:48.79	2:24.69	2:51.79	2:29.99	200 Breast	2:17.59	2:38.79	2:14.99	2:37.99	4
<i>Awards for 100 Freestyle and 200 Breaststroke</i>										
5	2:29.99	2:09.99	2:30.89	2:12.09	200 Butterfly	2:01.79	2:18.49	1:59.19	2:17.89	6
+7*	9:29.99	10:29.99	9:33.39	10:38.39	800 Freestyle	9:58.49	9:02.79	9:49.99	8:59.99	*8+
<i>Awards for 200 Butterfly and 800 Freestyle</i>										

WOMEN					Fri, July 9th	MEN				
Event#	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
9	2:10.99	1:53.79	2:12.09	1:56.89	200 Freestyle	1:46.49	2:02.49	1:43.79	2:00.49	10
11	5:19.09	4:34.99	5:20.39	4:39.99	400 IM	4:19.99	4:57.89	4:14.99	4:56.99	12
<i>Awards for 200 Freestyle and 400 Individual Medley</i>										
13	1:08.89	58.99	1:09.99	59.99	100 Backstroke	55.59	1:03.89	53.39	1:03.09	14
<i>10 MINUTE BREAK</i>										
+15	A&B per team ONLY				400 Free Relay	A&B per team ONLY				16+
<i>Awards for 100 Backstroke and 400 Freestyle Relay</i>										

WOMEN					Sat, July 10th	MEN				
Event #	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event #
17	2:26.99	2:07.19	2:30.39	2:10.49	200 Backstroke	2:00.39	2:18.79	1:58.49	2:18.09	18
19	4:36.29	5:05.09	4:38.39	5:09.99	400 Freestyle	4:47.89	4:18.19	4:42.79	4:16.99	20
<i>Awards for 200 Backstroke and 400 Freestyle</i>										
21	1:17.49	1:06.89	1:19.49	1:08.99	100 Breast	1:03.09	1:12.29	1:00.99	1:11.99	22
23	1:05.89	58.19	1:07.59	59.09	100 Butterfly	53.49	1:00.99	52.09	59.79	24
<i>Awards for 100 Breaststroke and 100 Butterfly</i>										
+25*	A&B per team ONLY				800 Free Relay	A&B per team ONLY				*26+
<i>Awards for 800 Freestyle Relay</i>										

WOMEN					Sun July 11th	MEN				
Event #	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
27	2:28.99	2:09.29	2:30.29	2:11.99	200 IM	1:59.99	2:18.39	1:57.09	2:17.19	28
+29*	18:19.99	17:39.99	18:21.49	17:59.99	1500 Freestyle	-	-	-	-	-
30	28.09	24.49	28.49	24.99	50 Freestyle	22.29	25.69	21.69	25.29	31
-	-	-	-	-	1500 Freestyle	16:46.79	17:24.99	16:39.99	17:19.99	*32+
<i>Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle</i>										
+33	A&B per team ONLY				400MedleyRelay	A&B per team ONLY				34+
<i>Awards for 400 Medley Relay</i>										

* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum during finals

+ Timed Finals, positive check-in is required

Parallel Time Standards for Swimmers With A Disability									
PARA 1	WOMEN				P1	MEN			
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM
	1:18.39	1:18.39	1:21.59	1:21.59	50 Free	1:15.29	1:15.29	1:12.29	1:12.29
	2:44.39	2:44.39	2:51.19	2:51.19	100 Free	2:49.89	2:49.89	2:43.09	2:43.09
	6:33.69	6:33.69	6:50.09	6:50.09	200 Free	4:39.69	4:39.69	4:28.49	4:28.49
	2:50.39	2:50.39	2:57.49	2:57.49	100 Back	2:17.29	2:17.29	2:11.79	2:11.79
4:04.79	4:04.79	4:14.99	4:14.99	100 Breast	3:16.99	3:16.99	3:09.09	3:09.09	

Parallel Time Standards for Swimmers With A Disability									
PARA 2	WOMEN				P2	MEN			
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM
	44.89	42.69	46.79	44.49	50 Free	40.89	43.09	39.29	41.39
	1:39.89	1:34.89	1:44.09	1:38.89	100 Free	1:30.19	1:34.99	1:26.59	1:31.19
	3:25.69	3:15.39	3:34.29	3:23.59	200 Free	3:10.79	3:20.89	3:03.19	3:12.79
	6:29.89	7:57.69	6:46.09	8:17.49	400 Free	6:33.09	8:01.59	7:42.39	6:17.39
	2:06.19	1:59.89	2:11.39	2:04.89	100 Back	1:55.79	2:01.89	1:51.19	1:56.99
	4:20.29	4:07.29	4:31.19	4:17.69	200 Back	3:37.39	3:48.79	3:28.79	3:39.69
	2:06.29	1:59.99	2:11.59	2:05.09	100 Breast	1:56.16	2:02.39	1:51.59	1:57.49
	4:36.59	4:22.79	4:48.19	4:33.79	200 Breast	4:10.79	4:23.99	4:00.79	4:13.49
	2:21.19	2:14.19	2:27.09	2:19.79	100 Fly	2:12.79	2:19.79	2:07.49	2:14.19
4:21.89	4:08.79	4:32.79	4:19.19	200 IM	3:56.69	4:09.19	3:49.19	3:59.19	

Parallel Time Standards for Swimmers With A Disability									
PARA 3	WOMEN				P3	MEN			
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM
	36.69	33.09	38.19	34.39	50 Free	30.09	33.49	28.89	32.19
	1:18.19	1:10.39	1:21.49	1:13.39	100 Free	1:05.49	1:12.79	1:02.89	1:09.89
	3:12.89	2:53.69	3:20.99	3:00.89	200 Free	2:29.79	2:46.39	2:23.79	2:39.79
	5:47.39	6:35.19	6:01.89	6:51.69	400 Free	6:27.89	5:40.99	6:12.49	5:27.39
	12:54.79	15:10.39	13:23.79	15:44.49	800 Free	15:17.89	13:01.19	14:41.29	12:29.99
	25:57.49	27:41.99	26:52.09	28:40.09	1500 Free	28:23.49	26:36.49	27:15.29	25:32.59
	1:33.79	1:24.49	1:37.69	1:27.99	100 Back	1:12.79	1:20.89	1:09.89	1:17.69
	3:45.09	3:22.59	3:56.39	3:32.79	200 Back	2:54.59	3:13.99	2:47.59	3:06.19
	1:39.69	1:29.79	1:43.89	1:33.49	100 Breast	1:23.79	1:33.09	1:20.49	1:29.39
	3:38.39	3:16.29	3:49.29	3:29.39	200 Breast	3:03.39	3:23.79	2:56.09	3:15.59
	1:24.69	1:16.29	1:28.19	1:19.39	100 Fly	1:08.89	1:16.49	1:06.09	1:13.49
	3:34.29	3:12.89	3:44.89	3:22.49	200 Fly	2:44.29	3:13.69	2:47.39	3:05.89
3:18.29	2:58.49	3:26.59	3:05.99	200 IM	2:38.89	2:56.49	2:32.49	2:38.89	
7:01.19	7:47.99	8:11.39	7:22.29	400 IM	6:56.79	6:56.79	6:06.79	6:40.09	