

# *U.S. Paralympics Spring Swimming Nationals*

## *2011 Spring Can-Am*

April 7-9, 2011

University of Minnesota

Minneapolis, MN, USA

### **Important Facts About the Meet:**

- The U.S. Paralympics Spring Swimming Nationals (2011 Spring Can-Am) is a Long Course competition.
- 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](mailto:jamie.martin@usoc.org).
- This meet is open to swimmers with a disability from all nations who have met the qualifying standards (which are included in this meet packet).
- For U.S. swimmers, this is the selection meet for the 2011 Parapan American Games and Para Pan Pacific Meet. Selection procedures will be posted on the U. S. Paralympics Website. [www.usparalympics.org](http://www.usparalympics.org)
- Current IPC Swimming technical rules will govern this meet.

### **Host:**

U.S. Paralympics Swimming

[www.usparalympics.org](http://www.usparalympics.org)

### **Location:**

University of Minnesota Aquatic Center

1910 University Avenue SE

Minneapolis, MN 55455

### **Facility:**

The University of Minnesota Aquatic Center is an accessible facility according to the standards of the Americans with Disabilities Act. The facility features one 8-lane 50 meter Competition Pool as well as a 6-lane 25 yard Diving Well for warm-up/warm-down use.

### **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, April 5, and Wednesday, April 6, 2011.

Swimmers should enter the meet using their current IPC Swimming classification (which may be found online at [www.paralympic.org](http://www.paralympic.org)).

If a swimmer has not been previously classified, he/she should enter at his/her estimated classification, and adjustments may be made as necessary following the classification appointment preceding the competition.

Swimmers will be allowed to compete if their final classification differs from their estimate, even if they do not meet the qualifying standards in the new classification.

Any swimmers who are deemed Not Eligible (NE – i.e. do not meet minimal disability requirements for the IPC Functional Classification system) during the classification process will be permitted to swim in the preliminaries only.

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

### **Format:**

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

### **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 swim (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

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(Paralympic events only) using the Swimming Canada LC Performance Points Charts. This award will be presented at the conclusion of the meet.

### **Qualification period:**

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

### **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 on the attached entry forms or using Hy-Tek. (If using Hy-Tek, the Master Entry Form **MUST** be included.)
- Coaches must send a copy of a recognized swimming certification [i.e. USA Swimming / Swimming Canada / or other National Federation] with entries.
- 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 have met less than five (5) qualifying standards for the competition may enter bonus events as follows:

- 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.

### **Fees:**

All swimmers will be charged a \$100 USD fee to enter the meet, regardless of the number of events they choose to enter.

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. \*\*

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

March 2-5 - \$100 late fee  
March 6-10 - \$200 late fee  
March 11-15 - \$500 late fee

***No late entries will be accepted after 15 March 2011.***

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

### **Entry Chairperson:**

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

### **Entry Deadline:**

All entries must be **received** by March 1, 2011.

### **Pre-Meet Training Times:**

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

Tuesday, April 5, 9:00am – 6:00pm  
Wednesday, April 6, 9:00am – 6:00pm

### **Technical Meeting:**

The technical meeting for all coaches/team managers will be held at 6:00 pm on Wednesday, April 6, 2010.

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**Meet Management & Contacts:**

*Co-Meet Directors*

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

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

*Facility Contact*

Christopher Whipple  
100 Cooke Hall  
1900 University Avenue SE  
Minneapolis, MN 55455  
[Whipp044@umn.edu](mailto:Whipp044@umn.edu)  
Phone: (612) 625-5339

*Meet Referee*

Dale Ammon  
18657 E. Long Avenue  
Cennntennial, CO 80016  
[sixams@aol.com](mailto:sixams@aol.com)  
Phone: (303) 478-5529

*U. S. Paralympics Official Chairman*

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

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**ORDER OF EVENTS**

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

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

**Thursday, April 7, 2011**

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
1	200m Freestyle (Classes S1-S14)	2
3	400m Freestyle (Classes S6-S13)	4
5	400m Individual Medley – <b>Timed Final ONLY</b>	6
7	50m Breaststroke (Classes SB1-SB3)	8
9	100m Breaststroke (Classes SB4-SB14)	10
11	800m Freestyle– <b>Timed Final ONLY</b>	12

**Friday, April 8, 2011**

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
13	50m Backstroke ( <i>Classes S1-S5</i> )	14
15	100m Backstroke (Classes S6-S14)	16
17	200m Backstroke - <b>Timed Final ONLY</b>	18
19	50m Freestyle (Classes S1-S14)	20
21	200m Breaststroke – <b>Timed Final ONLY</b>	22
23	50m Butterfly (Classes S1-S7)	24
25	100m Butterfly (Classes S8-S14)	26

**Saturday, April 9, 2011**

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
27	150m Individual Medley(Classes SM1-SM4)	28
29	200m Individual Medley (Classes SM5-SM14)	30
31	200m Butterfly <b>Timed Final ONLY</b>	32
33	100m Freestyle (Classes S1-S14)	34
35	1500m Freestyle – <b>Timed Final ONLY</b>	36

\*\*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](http://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.

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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.

**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**

### **Car Rental Agencies at MSP International Airport**

Rental car companies have phones and touch screen information kiosks at Terminal 1 on the Baggage Claim level opposite baggage carousels 2,5, and 10. The rental car counters are located in the Hub Building located between the Blue and Red parking ramps, on Levels 1-3. Passengers may take the underground tram to go between Terminal 1 and the Hub buildings

### **Directions to the Pool from MSP International Airport:**

Exit the airport and take 494 West to 35 W North. Follow 35W approximately 7 miles. Exit 35 W North at the University Avenue exit and turn right onto University Avenue. The Aquatic Center is located at 1910 University Avenue near the corner of University Avenue and Oak Street. The University Avenue ramp is adjacent to the Aquatic Center.

### **Transportation**

*Airlines serving Minneapolis- St. Paul International Airport (MSP)*

Air Canada 888/247-2262 Great Lakes Aviation 800/554-5111 Air Tran Airways 800/247-8726 Icelandair 800/223-5500 America West 800/247-5692 KLM Royal Dutch Airlines 800/374-7747 American Airlines 800/433-7300 Mesaba Airlines 800/225-2525 ATA Airlines 800/225-2995 Northwest Airlines 800/225-2525 Comair Airlines 800/354-9822 Midwest Connect 800/452-2022 Continental Airlines 800/525-0280 SkyWest 435/624-3400 Delta Air Lines 800/221-1212 United Airlines 800/241-6522 Frontier Airlines 800/432-1359 US Airways 800/428-4322

### **Ground Transportation**

Shared ride service to and from the airport is available from SuperShuttle. Ticket counters are located in the Ground Transportation Atrium, accessible via the Tram Level. Follow the signs to the appropriate escalator or elevator up. Advance reservations are highly recommended.

General Reservations: 612/827-7777 (ext. 1) or 1-800-BLUEVAN Fax: 612/827-0416 Website: [www.supershuttle.com](http://www.supershuttle.com)

Taxis are available at the Lindbergh and Humphrey Terminals. Taxi service at the Lindbergh Terminal is accessible via the Tram Level. Signs direct passengers one level up to the cab starter booth, where airport staff will assist passengers obtaining a taxi. The University of Minnesota is approximately 12 miles from the airport, with fares averaging \$25 USD.

### **Car Rental Agencies at MSP International Airport**

<b>On-Airport Rental Car Agencies</b>		
<b>Company</b>	<b>Phone Number</b>	<b>Web Site</b>
Alamo	1-800-327-9633	<a href="http://www.goalamo.com">www.goalamo.com</a>
Avis	1-800-831-2847	<a href="http://www.avis.com">www.avis.com</a>
Budget	1-800-527-0700	<a href="http://www.budgetrentacar.com">www.budgetrentacar.com</a>
Dollar	1-800-800-4000	<a href="http://www.dollarcar.com">www.dollarcar.com</a>
Enterprise	1-800-325-8007	<a href="http://www.enterprise.com">www.enterprise.com</a>
Hertz	1-800-654-3131	<a href="http://www.hertz.com">www.hertz.com</a>
National	1-800-227-7368	<a href="http://www.nationalcar.com">www.nationalcar.com</a>

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**Hotels**

*Headquarters Hotel*

Radisson University Hotel  
615 Washington Avenue SE  
Minneapolis, MN 55414  
800/822-MPLS  
Across the street from the pool

Ramada Plaza Minneapolis  
1330 Industrial Blvd.  
Minneapolis, MN 55413  
612/455-6336  
Fax: 612/331-6827

Contact: Tina Forsberg  
*Complimentary shuttle to the Aquatic Center*

The Depot  
225 South 3<sup>rd</sup> Ave.  
Minneapolis, MN 55401  
612/375-1700  
866/211-4611  
Contact: Kory Kingsbury  
*Shuttle service available to the Aquatic Center*

Days Hotel on University  
2407 University Avenue SE  
Minneapolis, MN 55414  
800/325-2525

Econolodge  
2500 University Avenue SE  
Minneapolis, MN 55414  
800/55-ECONO  
3 Blocks to pool

Best Western University Inn  
2600 University Avenue  
Minneapolis, MN 55414  
612/379-2313  
3 Blocks to Pool

Hyatt Regency Minneapolis (Downtown)  
1300 Nicollet Mall  
Minneapolis, MN 55403  
612/370-1234  
4 Miles to pool

Holiday Inn Metrodome  
1500 Washington Avenue South  
Minneapolis, MN 55454  
612/333-4646  
1 Mile from the pool

2540 N Cleveland Avenue  
Roseville, MN 55113  
866/444-6835  
5 Miles to pool

Millennium Hotel (Downtown)  
1313 Nicollet Mall  
Minneapolis, MN 55403  
612/332-6000  
4 Miles to pool





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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		1/2 200 Free S1-S5, S14	3/4 400 Free S6-S13	5/6 400 IM	7/8 50 Breast SB1-SB3	9/10 100 Breast SB4-SB14	11/12 800 Free	13/14 50 Back S1-S5	15/16 100 Back S6-S14	17/18 200 Back	19/20 50 Free
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		21/22 200 Breast	23/24 50 Fly S1-S7	25/26 100 Fly S8-S14	27/28 150 IM SM1-SM4	29/30 200 IM SM5-SM14	31/32 200 Fly	33/34 100 Free	/36 1500 Free
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: \_\_\_\_\_

If your proof of time swim meet is not listed in the IPC World Rankings ([www.paralympic.org](http://www.paralympic.org)), please list the pertinent information below. If the information is not located on the internet, please attach the printed meet results to this form.



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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.

	<b>Name</b>	<b>Position (i.e. swimmer, coach, etc.)</b>	<b>Classification (Swimmers ONLY)</b>	<b>Fee</b>
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	
13.			S SM SB	
14.			S SM SB	
15.			S SM SB	
16.			S SM SB	
17.			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)** \_\_\_\_\_

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## **Classification...**

### **What is Classification?**

Classification is a structure for competition. Paralympic athletes have an impairment in body structures and functions that leads to a competitive disadvantage in sport. Consequently, criteria are put in place to ensure that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for athletes who are able-bodied.

### **What are the Sport Classes for Swimming?**

Classes 1-10: are allocated to swimmers with a physical impairment

Classes 11-13: are allocated to swimmers with a visual impairment

Class 14: is allocated to swimmers with an intellectual impairment

The Prefix S denotes the sport class for Freestyle, Backstroke and Butterfly

The Prefix SB denotes the sport class for Breaststroke

The Prefix SM denotes the sport class for Individual Medley

### **Who must be Classified?**

The international classification database for swimming is listed on the IPC website at [www.paralympic.org](http://www.paralympic.org).

The national U.S. Paralympics classification database for swimming is available at [www.usparalympics.org](http://www.usparalympics.org).

If the swimmer has never been internationally classified (i.e. is NOT listed in the international database) or has an international R-Review sport class status, a classification appointment must be requested at this competition. Submit the enclosed *Request for Classification* form. Athletes will be notified by email about the classification appointment schedule. All classification appointments will be scheduled on Tuesday, April 5 and Wednesday, April 6, 2011. **There is a \$100 fine payable to Paralympic Division/USOC for missed appointments.**

The classification process consists of a bench / water test that will be conducted during your classification appointment on Tuesday, April 5 or Wednesday, April 6, 2011, and observation during competition. ***All athletes being classified must be entered into and compete in the competition.***

### **Swimmers who have an intellectual disability:**

Classification is a two part process for the athlete with an intellectual impairment. Part 1 is to complete an INAS-FID eligibility assessment. The INAS-FID member organization in the USA is Athletes Without Limits. For more information on the process and to access the application materials, please go to <http://www.athleteswithoutlimits.org/usa/eligibility/>.

Part 2 will be a sport-specific classification evaluation. The evaluation criteria have not yet been published by the IPC (as of October 1, 2010). Once available from IPC Swimming this information will be disseminated and available at [www.usparalympics.org](http://www.usparalympics.org).

### **Submitting Your Request for Classification**

Requests for classification must be received by February 15, 2011. Submit the enclosed *Request for Classification* form and any pertinent medical documentation to:

Paralympic Division / USOC  
Attn: 2011 Spring Can Am / Classification Requests  
E-mail: [julie.o'neill@usoc.org](mailto:julie.o'neill@usoc.org)  
Or by fax: +1 719 866 2029

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**Request for Classification Appointment Form**

*Please type or print clearly. All correspondence about classification will be conducted via e-mail.*

Name \_\_\_\_\_ Date of Birth (DD/MM/YYYY) \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Sport(s) for which classification is being requested: \_\_\_\_\_

Current **NATIONAL** or **INTERNATIONAL** sport class(es): (please leave BLANK if not yet classified)

SWIMMING CLASS(ES): S \_\_\_\_\_ SB \_\_\_\_\_ SM \_\_\_\_\_ STATUS (circle): N R

Describe your disability and related medical conditions (attach additional pages/medical documentation if necessary):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Preferred appointment time (rank in order of preference, 1st, 2nd, 3rd, etc.):**

____ Tuesday 5 April 9:00-11:00	____ Wednesday 6 April 9:00-11:00
____ Tuesday 5 April 11:00-13:00	____ Wednesday 6 April 11:00-13:00
____ Tuesday 5 April 13:00-15:00	____ Wednesday 6 April 13:00-15:00
____ Tuesday 5 April 15:00-17:00	____ Wednesday 6 April 15:00-17:00

Requests for classification must be received by **FEBRUARY 15, 2011**. Submit the *Request for Classification* form and any medical documentation to:

Paralympic Division / USOC  
Attn: 2011 Spring Can Am / Classification Requests  
E-mail: [julie.o'neill@usoc.org](mailto:julie.o'neill@usoc.org)  
Or by fax: +1 719 866 2029



## 2009-2012 Can-Am Standards / MEN Long Course Meters

	<b>S1 SB1 SM1</b>	<b>S2 SB2 SM2</b>	<b>S3 SB3 SM3</b>	<b>S4 SB4 SM4</b>	<b>S5 SB5 SM5</b>	<b>S6 SB6 SM6</b>	<b>S7 SB7 SM7</b>	<b>S8 SB8 SM8</b>	<b>S9 SB9 SM9</b>	<b>S10 SM10</b>	<b>S11</b>	<b>S12</b>	<b>S13</b>
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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

## 2009-2012 Can-Am Standards / MEN Short Course Meters

	<b>S1</b> <b>SB1</b> <b>SM1</b>	<b>S2</b> <b>SB2</b> <b>SM2</b>	<b>S3</b> <b>SB3</b> <b>SM3</b>	<b>S4</b> <b>SB4</b> <b>SM4</b>	<b>S5</b> <b>SB5</b> <b>SM5</b>	<b>S6</b> <b>SB6</b> <b>SM6</b>	<b>S7</b> <b>SB7</b> <b>SM7</b>	<b>S8</b> <b>SB8</b> <b>SM8</b>	<b>S9</b> <b>SB9</b> <b>SM9</b>	<b>S10</b> <b>SM10</b>	<b>S11</b>	<b>S12</b>	<b>S13</b>
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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

## 2009-2012 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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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

### 2009-2012 Can-Am Standards / WOMEN Long Course Meters

	<b>S1 SB1 SM1</b>	<b>S2 SB2 SM2</b>	<b>S3 SB3 SM3</b>	<b>S4 SB4 SM4</b>	<b>S5 SB5 SM5</b>	<b>S6 SB6 SM6</b>	<b>S7 SB7 SM7</b>	<b>S8 SB8 SM8</b>	<b>S9 SB9 SM9</b>	<b>S10 SM10</b>	<b>S11</b>	<b>S12</b>	<b>S13</b>
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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

## 2009-2012 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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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

## 2009-2012 Can-Am Standards / WOMEN Short Course Yards

	<b>S1 SB1 SM1</b>	<b>S2 SB2 SM2</b>	<b>S3 SB3 SM3</b>	<b>S4 SB4 SM4</b>	<b>S5 SB5 SM5</b>	<b>S6 SB6 SM6</b>	<b>S7 SB7 SM7</b>	<b>S8 SB8 SM8</b>	<b>S9 SB9 SM9</b>	<b>S10 SM10</b>	<b>S11</b>	<b>S12</b>	<b>S13</b>
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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