



## 2019 Canadian Swimming Trials April 3-7, 2019

### General Information

Swimming Canada rules govern this competition. Competition Rules or procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

This meet is open to qualified Swimming Canada registered swimmers and FINA registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference [Swimming Canada Rulebook](#) for eligibility rules (CGR1.2.1 and CGR 1.3.1).

This meet is also open to Para-swimmers. Please refer to the Para-swimming information section contained in this meet package for more information. Competition Rules or procedures contained in this Meet Information package supersede those found within the World Para Swimming Technical Rules and Regulations.

For information and updates to this document please refer to the Swimming Canada [web site](#).

### Safe Sport

Swimming Canada believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. Swimming Canada is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures, including but not limited, to the General Code of Conduct, the Equity, Diversity and Inclusion Policy, and the Harassment Policy.

For more information regarding the Swimming Canada Safe Sport Program please visit [www.swimming.ca/safe-sport](http://www.swimming.ca/safe-sport)

### National Team Selection

This competition will serve as the nomination or selection Trials for the 2019 FINA World Championships, 2019 FINA World Junior Championships, 2019 Pan American Games, 2019 Para Pan American Games, 2019 World Para Swimming Championships, and the 2019 FISU Games.

### Competition host

Swimming Canada and Swim Ontario

### Venue

Toronto Pan Am Sports Centre  
875 Morningside Ave, Toronto, ON M1C 0C7

### Pool

10-lane 50m competition pool



10-lane 50m warm-up pool  
Dive tank

## **Organizing Committee**

National Meet Director  
Nicole Parent

[nicole@swimontario.com](mailto:nicole@swimontario.com)

National Meet Referee  
Louise Leblanc

[louise.leblanc@bell.net](mailto:louise.leblanc@bell.net)

Para-swimming Meet Referee

Jeff Holmes

[jeff\\_holmes@bell.net](mailto:jeff_holmes@bell.net)

Meet Manager

Trevor Cowan

[tcowan@swimming.ca](mailto:tcowan@swimming.ca)

Officials Coordinator

Paul Corkum

[corko@sympatico.ca](mailto:corko@sympatico.ca)

Swimming Canada Events Manager

Amanda Zevnik [azevnik@swimming.ca](mailto:azevnik@swimming.ca)

Swimming Canada Meet Entry Coordinator:

Trevor Cowan

[tcowan@swimming.ca](mailto:tcowan@swimming.ca)

Swimming Canada Classification Lead:

Janet Dunn

[jdunn@swimming.ca](mailto:jdunn@swimming.ca)

## **Registration**

Club representatives and coaches are required to register their club at the registration desk to receive accreditation.

All coaches must register themselves in person.

The registration desk will be open:

Sunday March 31 7:30am – 11:30am

3:30pm – 7:30pm

Monday April 1: 7:30am – 11:30am

3:30pm – 7:30pm

Tuesday April 2: 7:30am – 11:30am

3:30pm – 7:30pm

## **Technical Meeting**

Tuesday, April 2 at 3:00pm



## Entry Information

### Meet Entry Deadline

Tuesday March 19, 2019: 11:59pm Pacific Time.

### Entry Fees

\$135.00 per Swimmer

### Entry Process

All entries must be submitted via the online entry system- <https://www.swimming.ca/MeetList.aspx>  
There is no limit on the number of individual event entries allowed.

Following the meet entry deadline, all participating clubs will receive an email invoice for fees owing. This invoice must be paid prior to March 31, 2019 in order for entries to be considered final. Please note: the team that enters the swimmer is responsible for paying that swimmer's fees.

All Canadian Varsity swimmers must be registered in the Competitive Open or Competitive Open-Varsity category and must enter the meet with a club team only. The University registration category 'Varsity' expires on March 31, therefore such entries will not be accepted.

### Changes and corrections

Changes and corrections may be made up to the meet entry deadline without penalty. Following the meet entry deadline, changes and corrections to entries may be made up until the start of the technical meeting at a cost of ***\$100 per change or correction***. (The per change cost is per swimmer, per event, per change; not per email sent).

### Late Entries

Late entries for swimmers not entered by the meet entry deadline will be accepted up until the start of technical meeting at a cost of double the meet entry fee.

### Meet Standards

[2019 Swimming Canada Standards](#)

A competitor's age is determined by their year of birth i.e. age as of December 31<sup>st</sup>, 2019.

### Qualification Period

Times performed Long Course since September 1, 2017 are eligible for entry. For foreign para-swimmers short course meter and short course yard times since September 1, 2017 are eligible for entry. Converted entry times will not be accepted.

### Bonus Swims

There are no bonus swims.

### Time Trials

A maximum one-hour session will be held following the preliminary session each day. (Entry process TBC at technical meeting).



Each swimmer is permitted a maximum of one entry per day at no additional charge.

Events will follow the same schedule as the competition program.

No official split requests will be accepted during Time Trials

After entries close, any swimmer that no-shows for their Time Trials event will be fined \$50.00. Fines must be paid before the swimmer competes in any other events.

Swimming Canada reserves the right to cancel or adjust Time Trials event based on session length.

### **Proof of Times**

Individual Events: All entries will be proven via the on-line entry system. Any non-validated times in your meet entry submission report must be proven by the meet entry deadline. The Meet Entry Coordinator may challenge any entry time before or during the competition.

It is the responsibility of the club to prove any entry times if requested. Unproven entry times will result with swimmer's removal from the event.

### **Psych Sheets**

Psych sheets will be posted on Swimming Canada's web site following the meet entry deadline.

### **Seeding**

#### **1500 / 800 m free**

These events will be swum as timed finals with the fastest heat competing in the finals session. All other heats swim "seeded" in the preliminary session swimming fastest to slowest alternating gender.

#### **400 freestyle and 400 IM**

Preliminary heats will be seeded slowest to fastest. The top 2 heats in each event will be swum circle seeded.

Meet Management reserve the right to create "Overflow Heats" of these events based on timelines and entry numbers. This decision will be announced at the Technical Meeting.

### **Foreign Swimmers**

Foreign competitors (other than members of USA Swimming) must provide a letter from their National Federation confirming their registration status.

The letter must be submitted to Amanda Zevnik ([azevnik@swimming.ca](mailto:azevnik@swimming.ca)) prior to the meet entry deadline.

For the Olympic Program events (including all stroke 50s), no foreign swimmers will be allowed to advance to the A Finals and a maximum of 2 foreign swimmers may advance to the B Finals. A maximum of 1 foreign alternate for B finals will be named where applicable and will only be moved into B Final with the scratch of a foreign swimmer. Please reference the para-swimming section for finals formats for Paralympic Program.

### **Para-Swimming Information**

Only events that are indicated as eligible events under the Entry Information section below will advance to finals. Swimmers must achieve a minimum of two (2) Meet Qualifying Standards (MQS), with the exceptions of



SB9 swimmers who are required to make only (1) Meet Qualifying Standards (MQS) as listed on the 2018-2019 National Para-swimming time standards. Canadian para-swimmers must qualify with Long Course performances only. Foreign swimmers may enter using Short Course meters or Short Course Yards performances from the qualification period.

Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes.

All preliminary events will be seeded by time and gender (regardless of Sport Classification). Finalists will be determined utilizing point scores. A maximum of three (3) swimmers per sport class are eligible to advance to the A final. Finals will be seeded by time. There will only be an A final for all Para-swimming events. A maximum of 2 foreign swimmers will be able to advance to the A final.

Eligible sport class events are:

Women

50 Free [S1-S6, S8, S10-S13]; 100 Free [S1-S5, S7, S9-S13]; 200 Free [S1-S5, S14]; 400 Free [S6-S13]; 50 Backstroke [S1-S5]; 100 Backstroke [S1-S2 and S6-S14]; 50 Breaststroke [SB1-SB3]; 100 Breaststroke [SB4-SB9 and SB11- SB14]; 50 Butterfly [S1-S7]; 100 Butterfly [S8-S14]; 150 IM [SM1-SM4]; 200 IM [SM5-SM14]

Men

50 Free [S1-S5, S7, S9-S13]; 100 Free [S1-S6, S8, S10, S12]; 200 Free [S1-S5, S14]; 400 Free [S6-S13]; 50 Backstroke [S1-S5]; 100 Backstroke [S1-S2 and S6-S14]; 50 Breaststroke [SB1-SB3]; 100 Breaststroke [SB4-SB9 and SB11- SB14]; 50 Butterfly [S1-S7]; 100 Butterfly [S8-S14]; 150 IM [SM1-SM4]; 200 IM [SM5-SM14]

### **Meet Qualifying Standards (MQS) and Event Entry Times (EET)**

Swimmers must achieve a minimum of two (2) Meet Qualifying Standards (MQS) as listed on the 2018-2019 Para-swimming National Meet Qualifying Standards. Additional entries may be made in non-Paralympic eligible events provided the swimmer has the 2018-2019 Para-swimming National Event Entry Time (EET). Para-swimmers may access the Time Trials following the morning session as per the Time Trials information listed above.

If an event is not offered for a specific Sport Class, an athlete may enter the same stroke and distance event of a higher sport class provided that the athlete has obtained the MQS or EET time for that event.

### **Classification**

Canadian Domestic Level 3 Classification will be offered at this event. Please refer to classification section for more details.

Swimmers who would like to request sport classification, please submit a request online at <https://www.swimming.ca/en/resources/para-swimming/para-swimming-classification/>.

The deadline for classification requests is March 19, 2019.

Classification will take place on *April 1-2, 2019* and all athletes are advised to arrive prior to this date.



All swimmers that are being classified must enter the following events: S stoke event 200 (1-5) or 400 (sport class 6-10) free and SB 50m (1-3) or 100m (sport class 4-10), swimmers for sport classification are not required to qualify for the required listed entry.

Canadian swimmers who have never been assigned a Domestic Level 3 Classification, or have an outstanding Level 3 Review Date Year of 2019 (or before) *must* request classification.

Canadian swimmers/coaches should check their domestic level classification websites for their swimming classification (<https://www.swimming.ca/ParaswimmingClassification>)

Requests are made online at <https://www.swimming.ca/en/resources/para-swimming/para-swimming-classification/>.

If a swimmer has not been previously classified at a Level 3 or if they are a Level 3 review status, they should enter with their Level 2 or current Level 3 sport class - adjustments may be made as necessary following the classification appointment, before the start of competition.

Classification will take place on *April 1-2, 2019* and all athletes are advised to arrive prior to this date. Please note that all swimmers requesting Domestic Level 3 Physical Impairment Classification must plan their travel so that they are available for classification starting at 8am Monday, April 1, 2019.

You will be notified by email about your classification appointment notification by email sent from Janet Dunn.

## Pre-Event Training

Sunday March 31: 8:00am – 12:00pm  
4:00pm - 8:00pm

Monday April 1: 8:00am – 12:00pm  
4:00pm -8:00pm

Tuesday April 2: 8:00am – 12:00pm  
4:00pm – 8:00pm

## Accreditation Information

### Accreditation

Club accreditations (inclusive of coaches, team manager and support staff) will be assigned based on club size:

<i>1 - 5 swimmers</i>	<i>2 accreditations</i>
<i>6 - 10 swimmers</i>	<i>3 accreditations</i>
<i>11 - 15 swimmers</i>	<i>4 accreditations</i>
<i>16 - 20 swimmers</i>	<i>5 accreditations</i>
<i>21 - 30 swimmers</i>	<i>6 accreditations</i>
<i>31+ swimmers</i>	<i>7 accreditations</i>

*\*\* Teams with Para-swimmers in sport classes 1-5 or 11 may apply for additional support staff as required.*

Lost accreditation will be replaced at a cost of \$60.00 per accreditation.



## **Coach Accreditation**

Coaches must be registered with the CSCTA and Swimming Canada as an “A1” or “B” member to receive accreditation. All coaches are responsible for checking in and collecting their own accreditation at the competition.

All coaches attending the meet must have their name and information submitted in the club’s entry file.

Foreign coaches are asked to fill out the following [accreditation request form](#). All coaches (other than those members of USA Swimming) are asked to have their National Federation provide a letter to [azevnik@swimming.ca](mailto:azevnik@swimming.ca) confirming that they are a National Coach or officially tied to a club in that country. For more information, please see the following [document](#).

## **Support Staff Accreditation**

Clubs requiring Support Staff (assistance for Para-swimmers sport class 1-5 or 11, massage therapist, physiologist, doctor, or team manager only) are required to apply using Support Staff Accreditation Request process available here:

[Domestic Support Staff](#)

[Foreign Support Staff](#)

## **Swimmer Accreditation**

Swimmers will be provided an accreditation card for deck access. This card must be displayed at all times. Access to the pool will be through the locker rooms and past the main security checkpoint.

The Accreditation Card remains the property of Swimming Canada and can be withdrawn at Swimming Canada’s sole discretion. By using this Accreditation Card, individuals agree to be filmed, televised, photographed, and otherwise recorded during the Competition for purposes relating to the promotion of Swimming Canada and the development of the sport of swimming.

*Accreditation Cards are NON-TRANSFERABLE.*

## **Competition Information**

### **Warm-up Safety Procedures**

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in place. The full document can be viewed [here](#).

### **Starts**

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

### **Preliminaries**

Preliminary heats will be swum in 10 lanes, senior seeded.

### **Finals**

Finals will be swum in 10 lanes for all events. There will be “A” finals for all individual events with “B” finals in individual events with 20 or more individual entries entered following the preliminary scratch deadline for the event. When the event is considered a Time Final, the fastest 10 swimmers will advance directly to the “A” final.



For Para-swimming 10 lanes will be utilized for finals. Para-swimming finalists will be determined utilizing point scores. A maximum of three (3) swimmers per sport class are eligible to advance to a final. Finals will be seeded by time. There will only be an A final for all Para-swimming events.

Finals sequence: *TBC at Technical meeting*

### **Backstroke Ledges**

Backstroke ledges will be available for use. The swimmers shall be responsible for setting the device.

### **Competition Start Times**

Heats: 7:30am warm-up / 9:30am start

Finals: 4:00pm warm-up / 6:00pm start

### **Swim-offs**

All swim-offs (whether time or points ties) are to be run by the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.

### **Awards**

Medals for first, second and third placed Canadian Swimmers.

If a swimmer is unable to attend their medal ceremony, their club is asked to send a fully uniformed substitute swimmer in their place.

Canadian Female and Male Swim of the Meet (based on 2018 World Rankings)

### **Awards Para-swimming**

Medals for first, second and third placed Canadian Swimmers, based on the identified points chart.

If a swimmer is unable to attend their medal ceremony, their club is asked to send a fully uniformed substitute swimmer in their place.

Canadian Female and Male Swim of the Meet (based on the identified points charts).

### **Scratches**

Emailed scratches will be accepted prior to the Technical Meeting by email to [tcowan@swimming.ca](mailto:tcowan@swimming.ca)

Following the start of the Technical Meeting, email scratches WILL NOT be accepted and meet scratch cards are required.

### *Preliminary & Time Final events*

Wednesday Preliminaries and time finals events:

30 minutes following the conclusion of the Technical Meeting

Thursday, Friday, Saturday, Sunday Preliminaries and time final events:

30 minutes following the start of Finals the previous evening.





## *Finals*

30 minutes following the completion of the Preliminary events (excluding time final events).

## **Penalty**

All fines must be paid in accordance to Swimming Canada rule SNC 3.4.

## **Doping Control**

Participants registered for this event must be aware that doping control may be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with the Canadian Anti-Doping Program.

To avoid a positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

- **Check your medications:** Use the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments you are using are banned by the WADA Prohibited List.
- **Review your medical exemption requirements:** If you require the use of a banned medication for a legitimate medical reason visit (<http://cces.ca/medical-exemptions>) to obtain information and instructions about how to apply for a medical exemption.
- **Learn about the doping risks associated with supplements:** Do not use supplements, or take significant precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Find out more at <http://cces.ca/supplements>.
- **Review the sample collection procedures:** This short video will take you step-by-step through doping control (<http://cces.ca/sample-collection-procedures>).
- **Contact the CCES with any questions:**
  - Email: [info@cces.ca](mailto:info@cces.ca)
  - Call toll-free: 1-800-672-7775
  - Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

## **Site Information**

### **Hospitality – Officials & Coaches**

A hospitality room will be available for officials and coaches.

### **Parking**

Paid parking is available at the facility.

### **Lockers**

Lockers are available at the pool in the change rooms.

## **Travel Information**

### **Hotel Accommodations**

Hotel lists for this competition can be found at: <https://www.swimming.ca/en/resources/miscellaneous/hotels/>

### **Swimming Canada Rental Car Partner**

National Rent a Car / Enterprise Rent a Car - for bookings visit

<https://www.swimming.ca/en/resources/miscellaneous/travel-tools/>



This document has been prepared in English and translated to French. Where there is a discrepancy between the two versions, the English version shall be applied.



## MEET PROGRAM 2019 Canadian Swimming Trials

Prelims Warm-up 7:30 am – 9:15 am Start 9:30am			Finals Warm-up 4:00 pm – 5:45 pm Start 6:00 pm		
<b>DAY 1 - Wednesday</b>					
W/F		M/H	W/F		M/H
301	100m BACK PS	302	301	100m BACK PS	302
1	100m BACK	2	1	100m BACK	2
3	200m BREAST	4	3	200m BREAST	4
5	50m FLY	6	5	50m FLY	6
7	W 1500m FREE (SH)		7	W 1500m FREE (FH)	
	M 800m FREE (SH)	8		M 800m FREE (FH)	8
<b>DAY 2 - Thursday</b>					
303	100m FREE PS	304	303	100m FREE PS	304
9	100m FREE	10	9	100m FREE	10
11	100m BREAST	12	11	100m BREAST	12
13	400m IM/QNI	14	13	400m IM/QNI	14
15	50m BACK	16	15	50m BACK	16
305	50m BACK PS	306	305	50m BACK PS	306
<b>DAY 3 - Friday</b>					
307	50m FLY PS	308	307	50m FLY PS	308
309	100m FLY PS	310	309	100m FLY PS	310
17	200m BACK	18	17	200m BACK	18
19	100m FLY	20	19	100m FLY	20
21	400m FREE	22	21	400m FREE	22
311	400m FREE PS	312	311	400m FREE PS	312
<b>DAY 4 - Saturday</b>					
313	200m FREE PS	314	313	200m FREE PS	314
23	200m FREE	24	23	200m FREE	24
25	200m FLY	26	25	200m FLY	26
27	50m BREAST	28	27	50m BREAST	28
315	50m BREAST PS	316	315	50m BREAST PS	316
317	100m BREAST PS	318	317	100m BREAST PS	318
<b>DAY 5 - Sunday</b>					
319	150m IMPS	320	319	150m IM PS	320
321	200m IM PS	322	321	200m IM PS	322
29	200m IM	30	29	200m IM	30
31	50m FREE	32	33	W 800m FREE(FH)	
323	50m FREE PS	324		M 1500m FREE(FH)	34
33	W 800m FREE (SH)		31	50m FREE	32
	M 1500m FREE (SH)	34	323	50m FREE PS	324
<b>FH = Fast Heat SH = Slower Heats PS = Para-swimming</b>					