



### 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 World Aquatics registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference [Swimming Canada Rulebook](#) for eligibility rules (II.C5.1.1 and II.C5.1.2).

For Para swimming events, Competition Rules and procedures contained in this Meet Information package supersede those found within the 2023 World Para Swimming Technical Rules and Regulations.

**Competition Host** - Swimming Canada

#### Venues

Toronto Pan Am Sports Centre (TPASC)  
875 Morningside Avenue, Toronto ON M1C 0C7

#### Pool

10-lane 50m competition pool  
10-lane 50m warm-up pool

Welland International Flatwater Centre  
16 Townline Tunnel Rd, Welland, ON L3C 2T4

### KEY DATES

<b>Meet Entry &amp; Classification Request Deadline</b>	Tuesday, July 9, 2024: 11:59pm Pacific time.		
<b>Dates of Classification</b>	July 22-23, 2024		
<b>Competition Dates</b>	<b>Pool Competition:</b> July 24-29, 2024		<b>Open Water:</b> July 30, 2024
<b>Registration</b>	Sunday, July 21, 2024	Monday, July 22, 2024	Tuesday, July 23, 2024
	3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm
	<b>All coaches and support staff must register themselves in person.</b> Registration will be available during warm-up periods only once the competition begins. <b>No exceptions.</b>		
<b>Pre-Event Training</b>	Sunday, July 21, 2024	Monday, July 22, 2024	Tuesday, July 23, 2024
	4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm
<b>Technical Meeting</b>	Tuesday, July 23, 2024 at 3:00pm Studio 2/3 (3 <sup>rd</sup> Floor)		
<b>Competition Start Times</b>	Heats: 7:30am warm-up / 9:30am start; Finals: 4:00pm warm-up / 5:30pm start		Open Water: 7:00am warm-up / 8:30am start / Finish by 12pm
<b>OW Technical Meeting</b>	Sunday, July 28, 2024 at 3:30pm at pool (Final timelines to be supplied)		
<b>OW Technical Briefing</b>	Tuesday, July 30, 2024 – Time TBC		

### ORGANIZING COMMITTEE

Events Manager	Rebecca Cheverton	<a href="mailto:rcheverton@swimming.ca">rcheverton@swimming.ca</a>
National Meet Director	Trevor Cowan	<a href="mailto:tcowan@swimming.ca">tcowan@swimming.ca</a>
National Meet Director	Lynn Wong	<a href="mailto:jaguar2_3@icloud.com">jaguar2_3@icloud.com</a>
Para Technical Advisor	Jocelyne Mc Lean	<a href="mailto:jocelyne.mclean@videotron.qc.ca">jocelyne.mclean@videotron.qc.ca</a>
National Meet Referee	Bill Hogan	<a href="mailto:billhogan09@gmail.com">billhogan09@gmail.com</a>
National Meet Referee	Norma Lachance	<a href="mailto:mathdva@gmail.com">mathdva@gmail.com</a>
Open Water Meet Referee	Sylvie Potvin	<a href="mailto:sylviepotvin2@yahoo.ca">sylviepotvin2@yahoo.ca</a>
Swimming Canada Meet Entry Coordinator	Carole Thomas	<a href="mailto:cthomas@swimming.ca">cthomas@swimming.ca</a>
Local Officials Coordinator	Nicole Parent	<a href="mailto:nicole@swimontario.com">nicole@swimontario.com</a>
Swimming Canada Classification Lead	Janet Dunn	<a href="mailto:jdunn@swimming.ca">jdunn@swimming.ca</a>



## 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.

Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to also discourage deck changing and help keep the sport safe for everyone involved.

## QUALIFYING STANDARDS

[2021-2024 Swimming Canada National Standards](#)

A competitor's age is their age as of the first day of the competition, July 24, 2024.

**A Para swimmer must have a Domestic Level 3 Classification status to enter the meet.**

\*The minimum qualifying standard for the open water events is any 2024 Speedo Canadian Swimming Championship standard in the swimmers' gender and age group.

### Qualification Period

Times performed Long Course since September 1, 2022, are eligible for all event entries.

<b>Age Groups (Pool):</b>	Female: 13-14, 15-17, 18 & Over	<b>Relays:</b>	Female: 13-14, 15 & Over
	Male: 14-15, 16-18, 19 & Over		Male: 14-15, 16 & Over
	Multiclass Para Swimming		Mixed: 13-15, 16 & Over Para: 20, 34, 49 & 56 points

<b>Open Water Events:</b>	1.5 km Female: 13-14 / Male: 14-15	3 km Female: 15-17, 18 & Over
		Male: 16-18, 19 & Over

### Relay Only Swimmers

Relay only swimmers pay the same individual entry fee, penalties for changes and late entry fees as individually qualified swimmers.

Relay only swimmers must be declared within the entries file. Please contact the Entries Coordinator if unable to declare in entries file submitted online to ensure relay-only swimmers are properly entered in the competition before the entry deadline.

Clubs may enter one relay-only swimmer per gender in the competition regardless of age. Clubs entering more than one relay team in any relay event are not eligible to enter a relay only swimmer.

## ENTRY FEES & INFORMATION

**Pool Entry Fee:** \$150 CAD per Swimmer

**Pool Entry Fee after the Entry Deadline\*\*:** \$200 CAD

**Open Water Entry Fee:** \$50 CAD per Swimmer (can be independent of competition entry fee)

**Open Water Entry Fee after deadline\*\*:** \$75 CAD

**Change Fee:** \$100 CAD per change or correction

**Foreign Coaches/Support Staff:** \$125 CAD

**Late Support Staff or Coach Entry Fee:** \$50 CAD



**Relay Team:** \$25 CAD per team

**Late Relay Team Fee:** \$50 CAD per team

\*\*New qualifiers between the entry deadline and Technical meeting are only charged the entry fee.

Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers and Foreign clubs and teams will receive an email with a Square invoice for all fees owing. This invoice must be paid prior to **July 20, 2024**, for entries to be considered final. Please note: the team that enters the swimmer is responsible for paying that swimmer's fees.

### Entry Process

All entries must be submitted via the online entry system - <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. There is no limit on the number of individual event entries.

All Canadian club and varsity coaches attending the event must be included in the club entry submission in order to receive accreditation. Foreign coaches are asked to refer to the section on Coach Accreditation below to ensure you are registered.

All foreign clubs and teams (including Unattached Canadian swimmers) may go to the entry page and select either "Out of Country" or "UNCAN" as their Province. This will allow entry of coaches, support staff and upload an entry file. An invoice for all entries, and foreign coaches and support staff will be emailed after the entry deadline.

### Qualifying Benefits – Olympic Program

Please refer to the chart to see which events swimmers can enter as qualifying benefits:

If qualified in the following events:	Can enter the following events as qualifying benefit:
100 or 200 Backstroke	50, 100, 200 Backstroke
100 or 200 Breaststroke	50, 100, 200 Breaststroke
100 or 200 Butterfly	50, 100, 200 Butterfly
50, 100, 200, or 400 Freestyle	50, 100, 200, 400 Freestyle
800 or 1500 Freestyle	400, 800, 1500 Freestyle
200 IM or 400 IM	200, 400 IM

### Paralympic Program Meet Qualifying Standards (MQS) and Minimal Entry Times (MET)

Swimmers must achieve one Para swimming National Meet Minimal Qualifying Standards (MQS) in their own sport class. Additional entries may be made in eligible events provided the swimmer has the 2024 CSC Para swimming Entry Time (MET). **All events with a qualifying standard will advance to finals.**

If an event is not offered for a specific Sport Class, an athlete may enter the event and be eligible for finals in the higher sport class within the same impairment group (1-10, 11-13), provided that the athlete has attained the MET for the event in the higher sport class. For example, an SM4 swimmer wishing to swim the 200 IM, may do so provided they have the MET in the 200 IM in the SM5 sport class. Please send an email to the entry coordinator ([cthomas@swimming.ca](mailto:cthomas@swimming.ca)) to identify if your swimmer will be swimming in a higher sport class and indicate for which events.

Athletes with sport class NE SB9 NE are eligible to enter up to a maximum of 2 events in the S/SM10 sport class events provided they meet the S/SM10 MET in each event. These swims will be exhibition only and will be swum in the preliminary session.

### Para swimmer devices

Paralympic Program equipment i.e., starting devices and tapping devices (as per swimmers' codes of exception) must be approved prior to their use in competition. This can be done at the end of the technical meeting or during warm up prior to the start of the meet.

### Late Entries, Changes and Corrections



Changes and corrections may be made up to the meet entry deadline without penalty.

Late entries for athletes not entered by the meet entry deadline will be accepted up until the start of the technical meeting at the cost noted in the Entry Fee section above. Once late entries have been accepted, any changes or corrections will be charged \$100 per change or correction fee.

Athletes that achieve their first qualifying swim after the entry deadline (July 10-23, 2024) may be added without penalty (only the base entry fee will be charged.) New qualifying swims that are performed after the entry deadline, achieved between July 10-23, 2024, are exempt from the \$100 change fee and may be added without penalty.

### **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 Rebecca Cheverton ([rcheverton@swimming.ca](mailto:rcheverton@swimming.ca)) prior to the meet entry deadline. Foreign Para swimmers, regardless of nation, must also appear on the World Para Swimming Master List, or submit a letter signed by the Executive Officer of their National Paralympic Committee confirming their National Sport Class.

### **Proof of Times**

Individual Events: All entries will be proven via the on-line entry system. Any times achieved outside of Canada should be uploaded to the Results, Tracking and Registration system using the [International Results Submission form](#). Any Foreign teams with 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.

**Para Swimming events: Proof of time for Para swimming entry times must be submitted in long course times.**

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.

Relay Events: All relay entry times must be proven by the meet entry deadline. Relay times will be proven as follows:

- Single Gender Relay Events: SNC rule 2.3 is not applicable for this competition. Relay times will be validated in one of two ways, (i) entry time submitted must have been posted as an official time within the qualification period; or (ii) using the calculated sum of the best individual times of the 4 swimmers named on the relay team entry, from within the qualification period. Individual relay splits will not be used. Where 4 individual times are not available within the qualification period, or where 4 names are not provided on a relay entry, the entry will be removed from the event.
- Mixed Gender and Female 13-14/Male 14-15 relays: No entry standards. Relay entry times must be proven utilizing swimmers entered in the meet by the meet entry deadline. The online system will be used to prove relay entry times. Any relay team NOT proven by the meet entry deadline will be entered NT.
- Paralympic Program relays: No entry standards and will be swum mixed gender. These relays will be eligible for medals but will not count towards team scores to allow clubs and/or provincial sections to enter relays. Relay entries will be accepted up to the scratch deadline for the session the relay is being swum, in order to accommodate any sport class changes due to classification. Swimming Canada Paralympic Program staff will support clubs and provincial sections in the final make-up of the relays. The deadline to let Swimming Canada Paralympic Program staff know you need support with relays is 1 hour after the technical meeting.

### **Psych Sheets**

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

### **Scratches**



Once your entries are submitted, please submit all scratches using the **online scratch form**.

## Scratch deadlines

### *Preliminaries & Timed-Final events*

Day 1; Preliminaries and Timed-Final events: 30 minutes following the Technical Meeting

Day 2 to 6; Preliminaries and Timed-Final events: 30 minutes following the start of Finals the previous evening.

### *Finals*

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

### *Open Water*

Monday, July 29, 2024 - 30 minutes following the start of Finals the previous evening (6:30pm).

## Penalty

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

## PARA SWIMMING CLASSIFICATION

There will be Level 3 sport class evaluation conducted at this event. Level 3 Classification applications can only be submitted by a PSO. Coaches wishing their swimmer to undergo Level 3 evaluation should contact their PSO.

All swimmers must achieve at least one MQS in their current sport class to attend the event. To be seen for Level 3 sport class evaluation they must have achieved the MET for both of their Observation Assessment (OA) events. Swimmers will not be given an exemption to swim OA events for the purpose of classification.

To present for sport class evaluation swimmers must be qualified to race both of their Observation Events by the entry deadline. There are no bonus events for the purpose of classification.

The OA events are 50m breaststroke (SB1-SB3), 100m breaststroke (SB4-SB9), 200m freestyle (S1-S5), 400m freestyle (S6-S10) or the 200m IM (SM4 – SM10) 150IM (SM1 to SM4).

Canadian swimmers who have never been assigned a Domestic Level 3 Classification or have an outstanding Level 3 Review date year of 2023 (or before) must apply for classification. Swimmers requesting sport classification are required to submit a request online by the entry deadline of July 9, 2024.

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

Classification will take place on July 22-23, 2024. You will receive notice of your classification appointment day and time via email from the Swimming Canada Classification Lead Janet Dunn. All athletes must plan their travel, so they are available for classification starting at 8am on July 22, 2024.

## COMPETITION INFORMATION

### Taping Review

For this event as per *II.C15.3.2*, a Taping Review Committee will be in place to review taping requests.

- Taping review will take place prior to each session during warmups. All reviews must be completed no later than 15 minutes prior to the start of the session.
- Taping Review Forms (available at the Admin Desk/available at this link) must be submitted to the National Meet Referee one hour prior to prelims and one hour prior to finals.
- Coaches must ensure that taping is reviewed by the committee before the first session in which the athlete will swim with taping. If the athlete will wear identical taping for multiple sessions, it is not necessary to have the taping reviewed by the committee more than once.
- The committee's decision will be final.



- Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.

### **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 World Aquatics II.4.1 and II.16.1.4. For Para swimming events starts will be conducted as per WPS Appendix two, rule 1.2.3.1 and WPS 11.1.

### **Backstroke Ledges**

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

### **Official Splits**

Any coach wishing to request a time for an interval shorter than the total distance of the event shall advise the Administration Desk 30 minutes prior to the commencement of the session in question, by submitting an Official Split Request form. This form can be found at the Administration Desk on deck.

### **Preliminaries & Timed-Finals**

Preliminary and timed-final heats will be swum in 10 lanes, senior seeded.

### **Paralympic Program Events Seeding**

Preliminary events for each gender shall be seeded by time (regardless of Sport Classification). There is no circle seeding.

Paralympic Program equipment as per swimmers' codes of exception, i.e., starting devices and tapping devices must be approved and tagged at the technical meeting or during warm ups prior to their use in competition.

### **Olympic Program Events Seeding**

The 800m freestyle and 1500m freestyle will be swum "senior seeded" with the fastest 10 swimmers for each age group will be included in the Finals session. All other heats will be swum "senior seeded" in the preliminary session swimming fastest to slowest alternating genders.

Preliminary heats of the 400m freestyle and 400m Individual Medley 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 the 800m & 1500m events based on timelines and entry numbers. Should this take place, specific events will be announced at the Technical Meeting.

### **Finals**

Finals will be swum in 10 lanes for all events.

For Olympic Program events, there will be "A" finals for all individual events with "B" finals in individual events with 15 splashes per event, per age category, entered following the preliminary scratch deadline for the event.

There will be an "A" Final only in each age group for the 50 butterfly, 50 backstroke and 50 breaststroke.

Only the top 4 foreign swimmers may advance to finals, including alternates. A maximum of 2 foreign swimmers may be seeded in the A final. A maximum of 2 foreign swimmers may be seeded in the B final.

All **foreign swimmers** will swim Exhibition during finals. Should empty lanes exist following the maximum of two (2) foreign swimmers in the B Final, additional foreign swimmers will be added to fill the B final. The additional foreign swimmers added will swim as exhibition in finals and not be eligible for awards.



For the Paralympic Program events, there will only be an “A” Final and finalists will be determined using the Canadian Paralympic Point System. A maximum of three (3) swimmers per sport class are eligible to advance to the Final. A maximum of 2 foreign swimmers, *including alternates, will be able to advance to the A final.*

Paralympic Program Finals will be seeded by time. If there is a tie by point score in a specific event for swimmers with the same sport class, the fastest preliminary time will advance to finals. If after the tie by point score, there is a tie by time in the same sport class, or if there is a tie by point score in a specific event for swimmers with different sport classes, there will be a swim-off. The swimmer with highest point score achieved in the swim-off will advance to finals.

Should empty lanes exist following the maximum of three (3) swimmers per sport class, additional swimmers will be added to fill the “A” final according to the points scores, respecting the maximum of 2 foreign swimmers (including alternates) in the final. The additional swimmers added will swim as exhibition in finals and not be eligible for awards.

Finals sequence: *TBC at Technical meeting*

### **Swim-offs**

All swim-offs 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.

### **Relays**

For Olympic Program relays, they will be swum as timed finals in preliminaries with the fastest 10 teams of each age group advancing to the final. Should there be 10 or fewer entries (as of the preliminary scratch deadline), teams will advance directly to finals.

For Paralympic Program relays, they will be swum as timed finals and in the Finals session only.

**For ALL relays**, names submitted through the entry process will be considered final unless a change is requested. Relay name changes must be submitted 30 minutes prior to the start of the session in which the relay is swum.

## **ACCREDITATION INFORMATION**

Club accreditations (inclusive of coaches, team manager and support staff) will be assigned based on submitted coaches and support staff, into the Online Entry System, during the entry process.

The Deck Accreditation Card is non-transferable and remains the property of Swimming Canada and can be withdrawn at Swimming Canada’s sole discretion. By using this Card, individuals agree to adhere to the Code of Conduct, 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, as per the Swimming Canada Privacy Policy.

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

### **Swimmers Accreditation**

Swimmers will be provided a Deck Accreditation Card for deck access. This card must be always displayed. Access to the pool will be through the locker rooms and past the main security checkpoint.

### **Coach Accreditation**

Canadian coaches must be registered with the CSCA and Swimming Canada as an “A1” or “B” member. To receive accreditation, Swimming Canada will be enforcing coaching compliance related to the minimum NCCP certification requirements specific to your registration type/category.

As per Appendix A in the Swimming Canada [National Registration Procedures and Rules Manual](#), in the case of extraordinary circumstances, a coach that does not meet any of the requirements may appeal to Swimming Canada for temporary access to a Swimming Canada National Event. The exemption form is available [here](#).



All coaches are responsible for checking in and collecting their own accreditation at the competition.

All Canadian club & varsity coaches attending the meet **must** have their name and information submitted in the club's entry submission. If a varsity coach will **not** be submitting entries for their athletes but will be attending the meet, they must fill out [this form](#) to identify the swimmers they will be coaching at the competition and contact [rcheverton@swimming.ca](mailto:rcheverton@swimming.ca) to be added to the accreditation list.

Any coaches who will have swimmers attending and reporting to an alternate coach are required to advise Swimming Canada using [this form](#).

### Support Staff Accreditation

Clubs requiring Support Staff (assistance for Para swimmers, massage therapist, physiologist, doctor, mental performance coach or team manager only) are required to add them into the Registration Tracking and Results System (RTR). The Club Registrar is responsible for adding Support Staff to the RTR for the purpose of being able to **be permitted on deck at Swimming Canada National Events only. Support Staff must be added to the club's event entry upload. Support Staff not registered in the entries will not be permitted on deck or will be penalized a \$50.00 fee for late entry.**

### Foreign Coach & Support Staff Accreditation

Any foreign coaches attending will be required to submit their coaching registration information during the submission of their team's entries. All coaches and support staff (other than those members of USA Swimming) are asked to have their National Federation provide a letter to [rcheverton@swimming.ca](mailto:rcheverton@swimming.ca) confirming they are a coach or support staff, currently registered and in good standing, in that country.

### OPEN WATER INFORMATION

The minimum qualifying standard for the open water events is any 2024 Speedo Canadian Swimming Championship standard in the swimmers' gender and age group.

**Reminder:** Fingernails and toenails must be short and no jewelry of any kind nor watches may be worn.

Open Water Waiver Form will be distributed to clubs and must be signed by the parents or legal guardian of the participants under 18 years of age, as of the first day of the Championships. Waivers should be submitted at the Technical Meeting or scanned versions can be submitted electronically in advance to [rcheverton@swimming.ca](mailto:rcheverton@swimming.ca)

Waiver form will be uploaded to the Swimming Canada website prior to the competition.

**Scratch Deadline** – 30 minutes following the OW Technical Meeting

### Open Water Officials Clinics (English & French) Level 1-2-3 (Between Prelims/Finals)

Level 1-2	When: Saturday, July 27, 2024	Where: Leadership Room	Instructor: Sylvie Potvin
Level 3	When: Sunday, July 28, 2024	Where: Leadership Room	Instructor: Sylvie Potvin

### AWARD & SCORING INFORMATION

Medals for first, second and third placed Canadian Swimmers in both Olympic and Paralympic Program events. Commemorative Medal for Foreign Swimmers placing in the top three.

If a swimmer is unable to attend their medal ceremony, their club is asked to send a fully uniformed substitute swimmer in their place. Foreign swimmer commemorative medal presentation will be after the medal ceremony for Canadians.

- Canadian Women's Team Championship banner (pool and open water)
- Canadian Men's Team Championship banner (pool and open water)
- Canadian Junior Team Banner (18 & under\*, pool and open water)
- Canadian Combined Team Championship banner (pool and open water)
- Canadian Female and Male High Point Aggregate by age group (5-2-1)





- Canadian Paralympic Program, Female and Male Top Swim of the Meet Awards\*\*

If necessary, ties will be broken by number of gold medals. If a tie still exists, then it will be broken by number of silver medals then bronze medals. If swimmers have accumulated the exact scores and numbers of each medal, two winners will be awarded.

\* The 18 & under events are the women's 17 & under and men's 18 & under age groups, per the Canadian Junior Championships.

\*\* Canadian Paralympic Program, Female and Male Top Swim of the Meet will be awarded from results throughout the meet and will be based on World Records using the Swimming Canada Para Swimming Points chart. This will be presented at the conclusion of the meet.

PLEASE NOTE: Foreign swimmers are not eligible to score points toward team scores or high point awards

## Meet Scoring

Individual events, per age group and multiclass, places 1 – 20: 50-30-20-19-18-17-16-15-14-13 and 12-9-8-7-6-5-4-3-2-1

Relays events, per age group, places 1 – 10: 100-60-40-38-36-34-32-30-28-26

## 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. All athletes attending this event must bring picture identification in order to verify identity upon selection.

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

Complimentary parking is provided for a maximum of 2 hours. Click this link for more information <https://tpasc.ca/facility/location>.

### Lockers

Lockers are available free of charge in all change rooms – bring your own locks.



## 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** – AVIS Rent a Car – for bookings visit

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

## Updates to this Document

For information and updates to this document please refer to the Swimming Canada web site [www.swimming.ca](http://www.swimming.ca).

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

2024 SPEEDO CANADIAN SWIMMING CHAMPIONSHIPS						
24-Jul-24	25-Jul-24	26-Jul-24	27-Jul-24	28-Jul-24	29-Jul-24	30-Jul-24
1 - W 100 Back 2 - M 100 Back 3 - W 400 Free 4 - M 400 Free 5 - W 50 Fly 6 - M 50 Fly 301 - Para W 400 Free 302 - Para M 400 Free 303 - Para W 200 Free 304 - Para M 200 Free 101 - 4X100 Mixed M.R. (SH)	7 - W 200 Fly 8 - M 200 Fly 9 - W 100 Breast 10 - M 100 Breast 305 - Para W 50 Breast 306 - Para M 50 Breast 307 - Para W 100 Breast 308 - Para M 100 Breast 103 - W 4x100 F.R. (SH) 104 - M 4x100 F.R. (SH) 11 - W 1500 Free (SH)	13 - W 200 Back 14 - M 200 Back 15 - W 100 Free 16 - M 100 Free 309 - Para W 100 Free 310 - Para M 100 Free 106 - 4x100 Mixed F.R. (SH) 18 - M 1500 Free (SH)	311 - Para W 200 IM 312 - Para M 200 IM 313 - Para W 150 IM 314 - Para M 150 IM 19 - W 50 Free 20 - M 50 Free 21 - W 400 IM 22 - M 400 IM 315 - Para W 50 Free 316 - Para M 50 Free 23 - W 50 Breast 24 - M 50 Breast 107 - W 4x200 F.R. (SH) 108 - M 4x200 F.R. (SH)	25 - W 200 IM 26 - M 200 IM 317 - Para W 50 Fly 318 - Para M 50 Fly 319 - Para W 100 Fly 320 - Para M 100 Fly 27 - W 100 Fly 28 - M 100 Fly 29 - W 800 Free (SH) 30 - M 800 Free (SH)	31 - W 200 Breast 32 - M 200 Breast 321 - Para W 50 Back 322 - Para M 50 Back 323 - Para W 100 Back 324 - Para M 100 Back 33 - W 50 Back 34 - M 50 Back 35 - W 200 Free 36 - M 200 Free 109 - W 4X100 M.R. (SH) 110 - M 4X100 M.R. (SH)	37 - W 1.5 km 38 - M 1.5 km 39 - W 3 km 40 - M 3 km
24-Jul-24	25-Jul-24	26-Jul-24	27-Jul-24	28-Jul-24	29-Jul-24	30-Jul-24
1 - W 100 Back 2 - M 100 Back 3 - W 400 Free 4 - M 400 Free 5 - W 50 Fly 6 - M 50 Fly 301 - Para W 400 Free 302 - Para M 400 Free 303 - Para W 200 Free 304 - Para M 200 Free 401 - 4 x 100 MR 34pt Mixed 101 - 4X100 Mixed M.R. (FH)	7 - W 200 Fly 8 - M 200 Fly 9 - W 100 Breast 10 - M 100 Breast 305 - Para W 50 Breast 306 - Para M 50 Breast 307 - Para W 100 Breast 308 - Para M 100 Breast 11 - W 1500 Free (FH) 402 - 4 x 50 FR 20pt Mixed 103 - W 4x100 F.R. (FH) 104 - M 4x100 F.R. (FH)	13 - W 200 Back 14 - M 200 Back 15 - W 100 Free 16 - M 100 Free 309 - Para W 100 Free 310 - Para M 100 Free 18 - M 1500 Free (FH) 403 - 4 x 100 MR 49pt Mixed 404 - 4 x 100 MR 56pt Mixed 106 - 4x100 Mixed F.R. (FH)	311 - Para W 200 IM 312 - Para M 200 IM 313 - Para W 150 IM 314 - Para M 150 IM 19 - W 50 Free 20 - M 50 Free 21 - W 400 IM 22 - M 400 IM 315 - Para W 50 Free 316 - Para M 50 Free 23 - W 50 Breast 24 - M 50 Breast 405 - 4 x 100 FR 49pt Mixed 107 - W 4x200 F.R. (FH) 108 - M 4x200 F.R. (FH)	25 - W 200 IM 26 - M 200 IM 317 - Para W 50 Fly 318 - Para M 50 Fly 319 - Para W 100 Fly 320 - Para M 100 Fly 27 - W 100 Fly 28 - M 100 Fly 29 - W 800 Free (FH) 30 - M 800 Free (FH) 406 - 4 x 50 MR 20pt Mixed 407 - 4 x 100 FR 56pt Mixed	31 - W 200 Breast 32 - M 200 Breast 321 - Para W 50 Back 322 - Para M 50 Back 323 - Para W 100 Back 324 - Para M 100 Back 33 - W 50 Back 34 - M 50 Back 35 - W 200 Free 36 - M 200 Free 408 - 4 x 100 FR 34pt Mixed 109 - W 4X100 M.R. (FH) 110 - M 4X100 M.R. (FH)	

\*300 series events are Paralympic Program events.

\*100 series events are Relays.