



SWIMMING CANADA 2015 - 2016 PRELIMINARY MEET INFORMATION

2016 Speedo Western Canadian Open – Winnipeg, MB

Course:	LCM	Dates:	Feb 18–21, 2016
Facility:	Pan Am Pool	Pre-Meet Training:	Feb 16-17, 2016
Host:	Swim Manitoba	Entry Deadline:	Feb 8, 2016
Entry:	2016 Western LCM or SCM QT's	Bonus Event:	1 event regardless of QT's
Entry Fee:	\$85 / swimmer; \$15 / relay	Relays:	Time Finals
Format:	4 day h and f – no change from 2015 A & B Final Youth and Open categories	Hotel Info:	Click here
Age Groups:	Women – 15 & U / Open Men – 16 & U / Open		

2016 Speedo Eastern Canadian Open – Montreal, QC

Course:	LCM	Dates:	Feb 18–21, 2016
Facility:	Complexe Sportif Claude-Robillard	Pre-Meet Training:	Feb 16-17, 2016
Host:	CAMO Natation	Entry Deadline:	Feb 8, 2016
Entry:	2016 Eastern LCM or SCM QT's	Bonus Swim:	1 event regardless of QT's
Entry Fee:	\$85 / swimmer; \$15 / relay	Relays:	Time Finals
Format:	4 day h and f – no change from 2015 A & B Final Youth and Open categories	Hotel Info:	Click here
Age Groups:	Women – 15 & U / Open Men – 16 & U / Open		

2016 Speedo Western / Eastern Canadian Open Meet Program					
Day 1		PRELIMS		FINALS	
Women		Men	Women		Men
1	50 Fly	2	1	50 Fly	2
3	200 Free	4	3	200 Free	4
5	100 Back	6	5	100 Back	6
7	200 Breast	8	7	200 Breast	8
9	800 Free TF	10	9	800 Free Youth	
	800 Free TF		9	800 Free Open	
			11	4 x 100 FR	12
Day 2		PRELIMS		FINALS	
13	100 Free	14	13	100 Free	14
15	100 Breast	16	15	100 Breast	16
17	400 IM	18	17	400 IM	18
19	50 Back	20	19	50 Back	20
21	4 x 200 FR	22	21	4 x 200 FR	22
Day 3		PRELIMS		FINALS	
23	4 x 50 FR	24	25	400 Free	26
25	400 Free	26	27	100 Fly	28
27	100 Fly	28	29	200 Back	30
29	200 Back	30	31	50 Breast	32
31	50 Breast	32	33	4 x 100 MR	34
Day 4		PRELIMS		FINALS	
35	200 Fly	36	35	200 Fly	36
37	50 Free	38		1500 Free (Youth)	42
39	200 IM	40	37	50 Free	38
41	1500 Free TF		39	200 IM	40
	1500 Free TF	42		1500 Free (Open)	42
			43	4 x 50 MR	44



2016 Canadian Olympic and Para-swimming Trials – Toronto, ON

Course:	LCM	Dates:	Apr 5–10, 2016
Facility:	Toronto Pan Am Sport Centre	Pre-Meet Training:	Apr 2-4, 2016
Host:	Swim Ontario	Entry Deadline:	Mar 25, 2016
Entry:	2016 Trials LCM or SCM QT's	Bonus Swim:	none
Entry Fee:	\$135 / swimmer	Relays:	none
Format:	6 day heats / A & B finals	Foreign Swimmers:	A final – none B final – max 4
Time Trials:	One hour session immediately after Prelims each day	Hotel Info:	Click here

2016 Canadian Olympic and Para-swimming Trials Meet Program		
Day 1	PRELIMS	FINALS
	Para- 50 free 400 IM M 400 Free W 100 Breast M 100 Fly W 200 Free M Para – 200 Free Para – 400 Free	Para- 50 free 400 IM M 400 Free W 100 Breast M 100 Fly W 200 Free M Para – 200 Free Para – 400 Free
Day 2	PRELIMS	FINALS
	Para – 50 Breast Para – 100 Breast 200 Fly M 100 Back W 100 Back M 400 IM W	Para – 100 Breast 200 Fly M 100 Back W 100 Back M 400 IM W Para – 50 Breast
Day 3	PRELIMS	FINALS
	Para – 200 IM 200 Free W 400 free M 100 Breast W 200 Breast M Para – 150 IM	Para – 200 IM 200 Free W 400 free M 100 Breast W 200 Breast M Para – 150 IM
Day 4	PRELIMS	FINALS
	Para – 50 Fly Para – 100 Fly 200 Fly W 100 Free M 200 IM W 800 free W	Para – 100 Fly 200 Fly W 100 Free M 200 IM W Para – 50 Fly
Day 5	PRELIMS	FINALS
	Para – 50 Back Para – 100 Back 100 Fly M 100 Free W 200 Back M 200 Breast W 1500 Free M	Para – 100 Back 100 Fly M 100 Free W 200 Back M 200 Breast W 800 Free W Para – 50 Back
Day 6	PRELIMS	FINALS
	Para – 100 Free 50 Free W 50 Free M 200 Back W 200 IM M	Para – 100 Free 50 Free W 50 Free M 200 Back W 200 IM M 1500 Free M



2016 Speedo Can Am Para-swimming Championships – Gatineau, QC

Course:	LCM	Dates:	Jul 15-17, 2016
Facility:	Center Sportif de Gatineau	Pre-Meet Training:	Jul 12-14, 2016
Host:	C.N. Gatineau	Entry Deadline:	Jun 1, 2016 (6 wks pre-class)
Entry:	2016 Can Am QT's	Age Groups:	Open
Entry Fee:	\$135 / swimmer; \$75 / coach or support staff	Relays:	none
Format:	3 days - heats / finals A final – no foreign swimmers B final – 4 foreign swimmers only	Classification:	Jul 13 & 14, 2016
		Hotel Info:	Click here

2016 Can Am Para-swimming Championship Meet Program					
Day 1		PRELIMS		FINALS	
Women		Men	Women		Men
1	200 Free (S1-S5, S14)	2	1	200 Free (S1-S5, S14)	2
3	400 Free (S6-S13)	4	3	400 Free (S6-S13)	4
5	200 Breast (SB1-SB14) TF ONLY	6	7	100 Fly (S4-S14)	8
7	100 Fly (S4-S14)	8	9	50 Back (S1-S14)	10
9	50 Back (S1-S14)	10			
11	400 IM (SM6-SM14) TF ONLY	12			
Day 2		PRELIMS		FINALS	
13	150 IM (SM1-SM4)	14	13	150 IM (SM1-SM4)	14
15	200 IM (SM5-SM14)	16	15	200 IM (SM5-SM14)	16
17	50 Breast (SB1-SB14)	18	17	50 Breast (SB1-SB14)	18
19	200 Fly (S6-S14) TF ONLY	20	21	100 Breast (S1-S14)	22
21	100 Breast (S1-S14)	22	23	50 Free (S1-S14)	24
23	50 Free (S1-S14)	24			
Day 3		PRELIMS		FINALS	
25	100 Free (S1-S14)	26	25	100 Free (S1-S14)	26
27	200 Back (S1-S14) TF ONLY	28	27	200 Back (S1-S14) TF ONLY	28
29	50 Fly (S1-S14)	30	29	50 Fly (S1-S14)	30
31	100 Breast (SB4-SB14)	32	31	100 Breast (SB4-SB14)	32
33	1500 Free (S6-S14) TF ONLY	34			
Non-Paralympic and OPEN events will be conducted as Timed Finals during the Preliminaries					
TF = Time Final					



2016 Canadian Age Group Swimming Championships – Calgary, AB

Course:	LCM	Dates:	Jul 27 - Aug 1, 2016
Facility:	Talisman Centre	Pre-Meet Training:	Jul 24 - 26, 2016
Host:	Southern Region, Swim Alberta	Entry Deadline:	Jul 15, 2016
Entry:	2016 CGAC LCM or SCM QT's	Bonus Swim:	3 or 4 QT's – 1 bonus swim 5+ QT's – 0 bonus swims
Entry Fee:	\$85 / swimmer; \$15 / relay	Relays:	Timed finals
Format:	5 day heats / finals A final for each age group & gender	Hotel Info:	Click here
Age Groups:	Girls: 12&U, 13, 14, 15, 16-18 Boys: 13&U, 14, 15, 16, 17-18		

2016 Canadian Age Group Swimming Championships Meet Program					
Day 1	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;">PRELIMS</td> <td style="width: 50%; text-align: center;">FINALS</td> </tr> <tr> <td style="text-align: center;">100 Fly 200 Back 50 Breast 1500 Free</td> <td style="text-align: center;">100 Fly 200 Back 50 Breast 1500 Free (FH 14&U, 15&O G -15&U, 16&O B)</td> </tr> </table>	PRELIMS	FINALS	100 Fly 200 Back 50 Breast 1500 Free	100 Fly 200 Back 50 Breast 1500 Free (FH 14&U, 15&O G -15&U, 16&O B)
PRELIMS	FINALS				
100 Fly 200 Back 50 Breast 1500 Free	100 Fly 200 Back 50 Breast 1500 Free (FH 14&U, 15&O G -15&U, 16&O B)				
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PRELIMS	FINALS				
100 Free 50 Back 400 IM 4 x 200 FR (12&U G / 13&U B) 4 x 200 FR (SH 14&U G/15&U B; 15-18 G/16-18 B)	100 Free 400 IM 50 Back 4 x 200m FR (FH 14&U G/15&U B) 4 x 200m FR (FH 15-18 G/16-18 B)				
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PRELIMS	FINALS				
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Day 4	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;">PRELIMS</td> <td style="width: 50%; text-align: center;">FINALS</td> </tr> <tr> <td style="text-align: center;">100 Back 200 Breast 200 Free 4 x 100 FR SH</td> <td style="text-align: center;">100 Back 200 Breast 200 Free 4 x 100 FR (FH 12&U G/13&U B) 4 x 100 FR (FH 14&U G/15&U B) 4 x 100 FR (FH 15-18 G/16-18 B)</td> </tr> </table>	PRELIMS	FINALS	100 Back 200 Breast 200 Free 4 x 100 FR SH	100 Back 200 Breast 200 Free 4 x 100 FR (FH 12&U G/13&U B) 4 x 100 FR (FH 14&U G/15&U B) 4 x 100 FR (FH 15-18 G/16-18 B)
PRELIMS	FINALS				
100 Back 200 Breast 200 Free 4 x 100 FR SH	100 Back 200 Breast 200 Free 4 x 100 FR (FH 12&U G/13&U B) 4 x 100 FR (FH 14&U G/15&U B) 4 x 100 FR (FH 15-18 G/16-18 B)				
Day 5	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;">PRELIMS</td> <td style="width: 50%; text-align: center;">FINALS</td> </tr> <tr> <td style="text-align: center;">200 IM 50 Fly 400 Free 4 x 100 MR SH</td> <td style="text-align: center;">200 IM 50 Fly 400 Free 4 x 100 MR (FH 12&U G/13&U B) 4 x 100 MR (FH 14&U G/15&U B) 4 x 100 MR (FH 15-18 G/16-18 B)</td> </tr> </table>	PRELIMS	FINALS	200 IM 50 Fly 400 Free 4 x 100 MR SH	200 IM 50 Fly 400 Free 4 x 100 MR (FH 12&U G/13&U B) 4 x 100 MR (FH 14&U G/15&U B) 4 x 100 MR (FH 15-18 G/16-18 B)
PRELIMS	FINALS				
200 IM 50 Fly 400 Free 4 x 100 MR SH	200 IM 50 Fly 400 Free 4 x 100 MR (FH 12&U G/13&U B) 4 x 100 MR (FH 14&U G/15&U B) 4 x 100 MR (FH 15-18 G/16-18 B)				
Day 6	<p>Open Water – 2.5 KM & 5 KM</p> <p>FH = Fast Heats SH = Slow Heats</p>				

2016 Canadian Swimming Championships – Edmonton, AB



Course:	LCM	Dates:	Aug 4-7, 2016
Facility:	Kinsmen Sport Centre	Pre-Meet Training:	Aug 1-3, 2016
Host:	Edmonton Keyano Swim Club	Entry Deadline:	Jul 25, 2016
Entry:	2016 CSC LCM or SCM QT's	Bonus Event:	1 event regardless of QT's
Entry Fee:	\$125 / swimmer; \$20 / relay	Relays:	Heats and Finals
Format:	4 days / A & B finals - Revised Format	Age Groups:	Senior / Open
Foreign swimmers:	2 max in "A" final; no limit in B final	Hotel Info:	Click here

2016 Canadian Swimming Championships Meet Program					
Day 1		PRELIMS		FINALS	
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
1	200 Back	2	9	800 Free (FH)	
3	50 Free	4		1500 Free (FH)	10
5	200 Breast	6	1	200 back	2
7	4 x 200 FR	8	3	50 Free	4
9	800 Free (SH)		5	200 Breast	6
	1500 Free (SH)	10	7	4 x 200 FR	8
Day 2		PRELIMS		FINALS	
11	200 Free	12	11	200 Free	12
13	50 Fly	14	13	50 Fly	14
15	100 Back	16	15	100 Back	16
17	400 IM	18	17	400 IM	18
19	50 Breast	20	19	50 Breast	20
21	4 x 100 Mixed MR	22	21	4 x 100 Mixed MR	22
Day 3		PRELIMS		FINALS	
23	200 IM	24	23	200 IM	24
25	50 Back	26	25	50 Back	26
27	100 Fly	28	27	100 Fly	28
29	400 Free	30	29	400 Free	30
31	4 x 100 FR	32	31	4 x 100 FR	32
Day 4		PRELIMS		FINALS	
33	100 Free	34	41	1500 Free (FH)	
35	200 Fly	36	33	100 Free	34
37	100 Breast	38	35	200 Fly	36
39	4 x 100 MR	40	37	100 Breast	38
41	1500 Free (SH)			800 Free (FH)	42
	800m Free (SH)	42	39	4 x 100 MR	40
FH = Fast Heat SH = Slow Heats					