MARCH 3 – 6, 2022

Updated February 25, 2022 – para event finals changed

Updated February 24, 2022

Updated February 14, 2022

TRIALS SELECTION PREP INVITE

MEET PACKAGE

HOSTED BY NORTH YORK AQUATIC CLUB

Based on the ever-evolving public health crisis, Swim Ontario does reserve the right to cancel the Trials Selection prep Invite at any point should it be determined to be unsafe to proceed or at the request of Toronto Public Health, the Province of Ontario and/or any government agency that carries jurisdiction over matters of health and/or public safety. A review of the public health situation and how it relates to the ability to provide a safe environment for all participants will be undertaken on February 21, 2022

Trials Selection Prep Invite

GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by North York Aquatic Club
- **Meet Format**: Long Course – Heats and Finals
- **Location**: Toronto Pan Am Sports Centre - 875 Morningside Ave, Toronto, ON M1C 0C7
- **Facility**: 1 x 10 lane 50m competition and training pool- Swiss Timing electronic timing system.
- **Dates**: March 3 – 6, 2022
- **Meet package**: The only meet package that is considered valid is the most current one located at https://www.swimming.ca/en/meet/36908/

PARTICIPANT SAFETY

Swimming Canada and Swim Ontario 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. For additional resources click HERE.

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility in the WEST Gallery.

COVID-19 SAFETY

- Swim Ontario and host North York Aquatic Club will follow all facility & health regulations and/or Ontario provincial orders and will follow their Safety Plan. Participants (swimmers, coaches, officials and support staff) are reminded that they are bound by the Acknowledgment & Assumption of Risk and COVID Attestation executed as part of their registration.
- TPASC COVID-19 Vaccination Requirements (Entrance requirements)
    - Everyone entering TPASC, may be asked to show an enhanced vaccine certificate with a QR code to enter.
    - The QR code can be presented digitally or on paper.
        - Individuals can download their enhanced certificate with QR code by visiting covid-19.ontario.ca/book-vaccine.
    - QR codes from other provinces will be accepted and all exemptions must be inputted into the provincial system.
- Individuals are responsible to ensure all entrance to the facility requirements have been met.
- Spectators will be permitted based on current Ontario regulations and may be limited. All entrance requirements and distancing/masking rules must be followed.
- All participants (or their parent/guardian on their behalf) will need to provide contact information and complete the following online documents by **Monday, February 21** to be permitted access to the facility.
    - Event COVID-Attestation & Contact Tracing Info (all participants – swimmers, coaches, officials, etc): https://form.jotform.com/SwimOntario/trials-prep-covid-19-attestation

updated February 25, 2022

- **All participants and spectators must wear a mask that covers the nose, mouth and chin at all times when in the TPASC facility and on deck.** Swimmers may remove their masks prior to entering the water and must put on their mask when exiting the water.
- For warm-ups period, swimmers will be permitted to remove their mask at their designated area in the bleachers where their swim bags is located and proceed directly to their lane and enter the pool. Once warm-up is completed, swimmers must go directly to their designated area in the bleachers and replace their mask. They may not stop to have conversations with other individuals during these transition periods.
- For racing periods, swimmers will be permitted to remove their properly fitted, Health Canada Quality masks and place them on the allocated white stanchions hook (competition pool) prior to entering the pool and put them back on as they exit the pool after their swims. During these times, all physical distancing guidelines must be followed. See marshalling and racing procedures in the Safety Plan.
- **For 50m events:** Swimmers will be asked to come to the pre-race area with a disposable mask and discard the mask prior to being called to the starting blocks. A disposable mask will be provided for them at the end of their race.
- Removing or lowering a mask to speak, whistle or yell is not permitted. Support swimmers by clapping.
- Physical distancing guidelines when temporarily removing a mask to eat or drink must be followed at all times.

ROWAN'S LAW – CONCUSSION MANAGEMENT

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the Swim Ontario Injury reporting form. The Swim Ontario Concussion Management Procedure is in effect at this competition. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Rowan's Law - https://www.ontario.ca/page/rowans-law-concussion-safety

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding 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 must be in an environment or space that is both 'open' and 'observable' to others.

EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click HERE

PROCEDURE

- Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. There will be no race analysis service provided at the event.
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relations to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.

Trials Selection Prep Invite

ORGANIZING COMMITTEE

- **Meet Managers:** Leela D'Cruz (leela@nyacswimming.ca) & Kirsti Kontor (kirsti@nyacswimming.ca)
- **Safety Coordinators:** Rob Bertelink, Heather Bruce & Nicole Parent
- **Competition Coordinator:** Jeff Holmes
- **Officials Coordinator:** Margaret Yang - officials@nyacswimming.ca
- **Entries Coordinator:** Nicole Parent – meetentries@swimontario.com

MEET INQUIRIES:

All inquiries are to be directed to meetentries@swimontario.com

Meet Information Page: https://www.swimontario.com/athletes/competitions/trials-selection-prep-invite

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada (SC) or for USPORT swimmers, in the Varsity category. A valid Swimming Canada registration number is required for all swimmers, and entries without a registration number will be declined.

- This event is limited to swimmers on the Provincial HP exemption list
- **Out of province swimmers**: must have a minimum of **2 Trials qualifying times** within the Swimming Canada qualifying period for Trials and for **para swimmers be Level 3 or Intl classified**.
    - A maximum of 50 swimmers from out of province will be accepted.
    - Priority will be given to HPC-QC swimmers.
    - Once the 50th swimmers has been entered through the RTR, entries for out-of-province clubs will be declined. This 50 count does not include anyone on the exempted list.
- A competitor's age is their age as of March 3, 2022

ENTRY FEES & PAYMENT

- **Swimmer Fee:** $75 + HST ($84.75)
- Entry Fees must be paid prior to arrival or at team registration
- Payment methods:
    - **Etransfer**: etransfers@swimontario.com – indicate TRIALS PREP and Club Code
    - **Credit Card (only prior to arrival)**: contact - Clubs wishing to pay by credit card should contact nicole@swimontario.com for payment instructions.
    - **Cheque**: Payable to Swim Ontario
    - NO CASH PAYMENT ACCEPTED

Trials Selection Prep Invite

ENTRY PROCESS & DEADLINE

- **Clubs are required to submit entries by Monday, February 21, 2022.**
- HP Exempted list: Entry times from September 1, 2019
- Out of province: Entry times from January 1, 2019
- **Maximum number of entries: 6 per swimmer regardless of the number of qualifying times.**
- All entries received shall be UNCONVERTED and must be validated by the system. No converted times will be accepted. No Time (NT) will not be accepted.
- No further entries changes will be accepted after **Wednesday, February 23 at noon**.
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com

EVENT NUMBERING

- All Olympic program individual events: 1 – 99
- All Paralympic program events: 201 – 299

PARA ENTRIES

- **Entry Deadline**: February 21, 2022
- **Entry times from September 1, 2019**
- Para Swimmers may only swim in the eligible events for their classification. These are:

50 Free	S1-S14	100 Free	S1-S14
200 Free	S1-S5 & S14	400 Free	S6-S13
**50 Back	S1-S5	**100 Back	S1-S2 & S6-S14
50 Breast	SB1-SB3	100 Breast	SB4-SB9 & SB11-SB14
50 Fly	S1-S7	100 Fly	S8-S14
150 IM	SM1-SM4	200 IM	SM5-SM14

- ** S1 & S2 swimmers are not allowed to enter both the 50 Back and 100 Back
- SB9 only swimmers may enter S10/SM10 para events as EXHIBITION

SUBMISSION

- All entries must be submitted via the Meet List online entries system. https://www.swimming.ca/en/meet/36908/
- **Attending coaches must be listed when uploading the entries file** to https://www.swimming.ca/en/meet/36908/
- Once an entry file is uploaded, the entry system will automatically email a confirmation of entries.

- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club's entries will be accepted by Swim Ontario.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the event.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.
- Final Psych Sheets will be posted online on the meet information page by **Monday, February 28 at noon.**
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted.

REGISTRATION INFORMATION

SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. All teams must submit a list of coaches attending at the time of entry. Meet management will cross reference the list of coaches in attendance at this competition with the Swim Ontario Compliance lists. If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet.

- Athletes must have a coach or designated coach (coach of record) in attendance during the event.
- All coaches must complete the Event COVID-Attestation & Contact Tracing: https://form.jotform.com/SwimOntario/trials-prep-covid-19-attestation

TEAM REGISTRATION

- **Team Registration will be done through an Online Team Registration Form (complete before Monday February 21) and in person to collect accreditations.**
    - All attending coaches, support staff contact information will be collected.
        - Support Staff will be limited and not all request will be granted to ensure all health regulations are maintained.
        - Any club or High Performance Centre with Support Staff must submit an application through the Online Team Registration Form **(complete before Monday February 21)**.
- Onsite Team Registration procedures:
    - TPASC turnstiles are back in operation.
    - All individuals authorized to be on deck must have an accreditation (with barcode access) before proceeding to the deck level.

        - Spectators and unauthorized personnel are not permitted on the lower level/deck area. The West Gallery is open to spectators.
    - One club representative must register the club in person in room 2060 to obtain accreditations for swimmers, other club coaches and support staff authorized to be on deck.
    - Team Registration will be open 45 mins before the start of warm-up and close at the start of the session. Please arrive on time.
    - Payment can be provided at that time. Only cheques will be accepted on site (payable to Swim Ontario).

TRAINING SESSIONS

- There will be no pre-training sessions available.
- **Contact TPASC directly to arrange pool time training.** Contact Carley: caoag@tpasc.ca
- The Training Pool will be available during warm-up and racing times. It will be setup in Short Course Metre (SCM).
    - During warm-up periods: the Competition pool will be designated for those that are racing in the current session. Anyone not racing is asked to use the Training Pool during warm-up periods.

VIRTUAL COACH MEETING

- Virtual Briefings will be conducted via Zoom to review the new Safety Protocols, etc. Links to be emailed after entries close.
    - **Coaches: Saturday, February 26 at 11 AM**
    - **Includes a technical meeting section for coaches.**
    - **Swimmers/parents are welcome.**
    - If unable to attend please review the Safety Plan and Safety Briefing presentation that will be posted on the meet information page

COMPETITION RULES

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

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed HERE.

SWIMWEAR

All swimmers shall be required to comply with swimwear rule GR 5.

DIVE STARTS

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

SEEDING

After all times have been proven, all short course metres (SCM) entries will be converted to long course metres (LCM) using Hy-Tek conversion factors and then all entries will be seeded by LCM time (slowest to fastest) with the exception of the distance events which will be seeded fastest to slowest.

PRELIMINARIES

- OLYMPIC Program: Preliminary heats will be swum senior seeded with fastest 3 heats circle seeded.
- PARALYMPIC Program: There will be no circle seeding of events. Meet Management reserves the right to combine Paralympic events with Olympic events should it be deemed necessary.

FINALS (OLYMPIC PROGRAM EVENTS)

- In each finals event all female finals will swim, followed by all male finals with fastest final swimming first (A, B, etc.);
- There is an “A”, “B”, “C” and “D” final for all 200m and below events provided entries permit.
    - A “D” final will only take place if more than 45 entries when final Psych Sheets are posted.
    - A “C” final will only take place if more than 35 entries when final Psych Sheets are posted.
    - A “B” final will only take place if more than 25 entries when final Psych Sheets are posted.
- There is an “A” and “B” final for 400m events.
    - A “B” final will only take place if more than 25 entries when final Psych Sheets are posted.
- The fastest heat of the 800/1500 Free will swim in finals as per the event schedule.

PRELIMS AND FINALS (PARALYMPIC PROGRAM EVENTS)

- The following will be combined in one heat but ranked separately for results and finals. ~~**as one event for finals – top 10 swimmers from both events in the “combined event”.**~~
    - Combined 200 Free S1-S5 & S14 and 400 Free S6-S13,
    - ~~Combined as one event for finals: 50 back S1-5 /100 back S1-S2 & S6-14,~~
    - ~~Combined as one event for finals: 50 breast SB1-3 / 100 breast SB4-14,~~
    - Combined 50 Fly S1-7 / 100 Fly S1-14,

- Combined 150 IM S1-4 / 200 IM S5-14.

- Preliminaries and finals for all events regardless of number of swimmers.
- The top 10 swimmers from the preliminaries of each event ~~OR combined PARA event~~ will advance to finals based on rankings determined by using the Canadian Paralympic Points system.
- PARA finals will be seeded by time with combined classification.

800 AND 1500 FREE

- All distance events will be swum as timed finals seeded fastest to slowest by gender.
- The fastest heat by gender will compete during the finals session.
- Positive check-in is required *30 mins before start of prelims session* on the day of the respective distance event
- Meet management reserves the right to alternate genders~~.~~
- **Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.**

OFFICIAL SPLITS & DECK ENTRIES

- Official Splits Requests will be permitted. Procedures will be outlined at the Safety Briefing & Technical meeting.
- Deck entries and time trial events will not be permitted.

SCRATCH RULES

- Emailed scratches will be accepted prior to March 1 11:59 PM via email to meetentries@swimontario.com
- Beginning March 2 12:00 AM, email scratches WILL NOT be accepted and the Online Meet Scratch Form is required.

PRELIMINARIES & DISTANCE EVENTS

- **There will be no scratch deadline for 200m or below events for preliminaries.**
- The scratch deadline for 400m/800m/1500m events will be 7:30 PM the previous evening.
- Scratches must be done using the Online Meet Scratch Form.
- Emailed scratches WILL NOT be accepted.

FINALS

- 30 minutes following the completion of the Preliminary events (excluding time final events)
- Scratches must be done using the Online Meet Scratch Form.
- E-mailed scratches WILL NOT be accepted.

PENALTY

- No penalty for preliminary events 200m or below

- "No-Shows", "step-downs" and "unexcused incomplete swims" will be penalized $50.00 CAD for Distance events, 400m prelims events and Finals events. Unexcused incomplete swims shall be the sole determination of the Referee.
- COVID Safety exemptions will be in place.
- Medical exemptions to be considered.

All fines will be invoiced to the club by Swim Ontario or can be paid by e-transfers to etransfers@swimontario.com (indicate *club-scratch penalty-Trials Prep*). No payment will be collected on the pool deck by the Clerk of Course. Credit Card payment may be accommodated by Nicole Parent. Any unpaid fines will be sent to the club entries contact person as an invoice.

SWIM-OFFS

- All Swim-Offs will be conducted during the preliminary session in which the tie took place at a time mutually agreed upon by coaches and officials.
- Coaches will be asked to come to the Clerk of Course to schedule swim-offs in the session.
- Scratches may negate the need to have a swim-off. Please verify with the Clerk of Course.

RECORDS

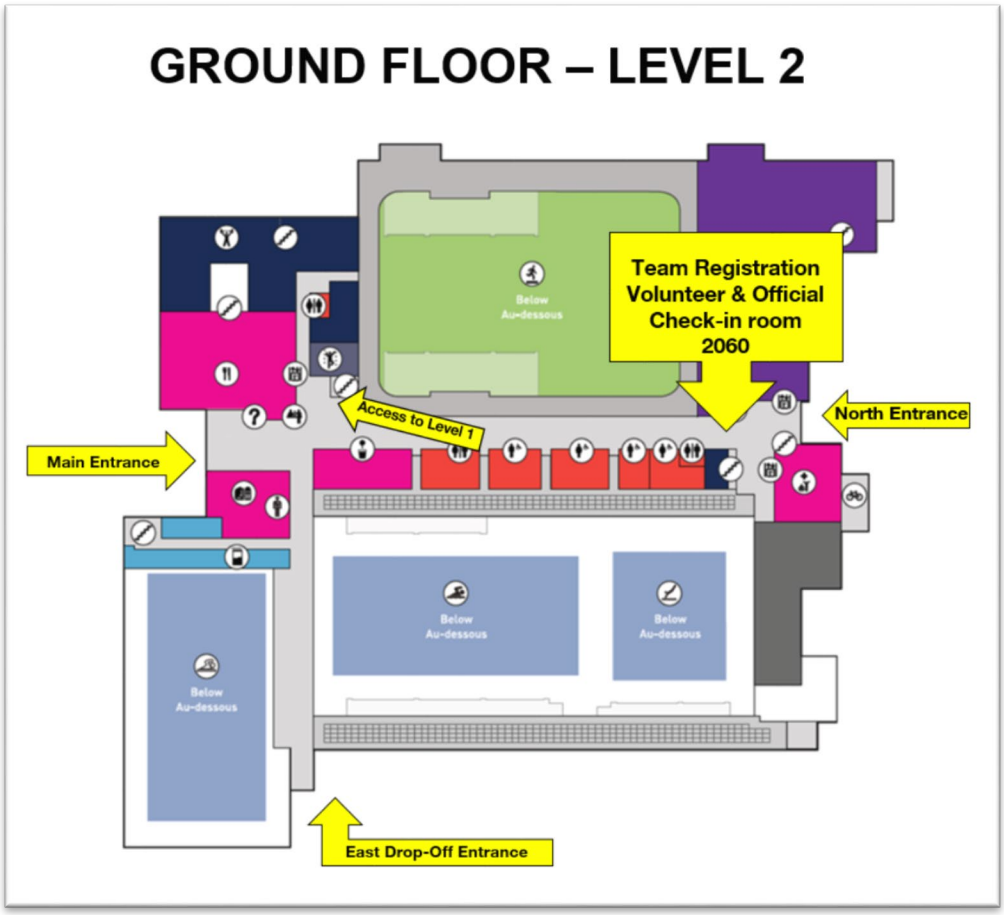
- Swim Ontario has a completed certified pool length survey and swim times achieved at this competition will be eligible for provincial or national records.
    - There is no WPS sanction and as such WPS records will not be recognized.
- Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.

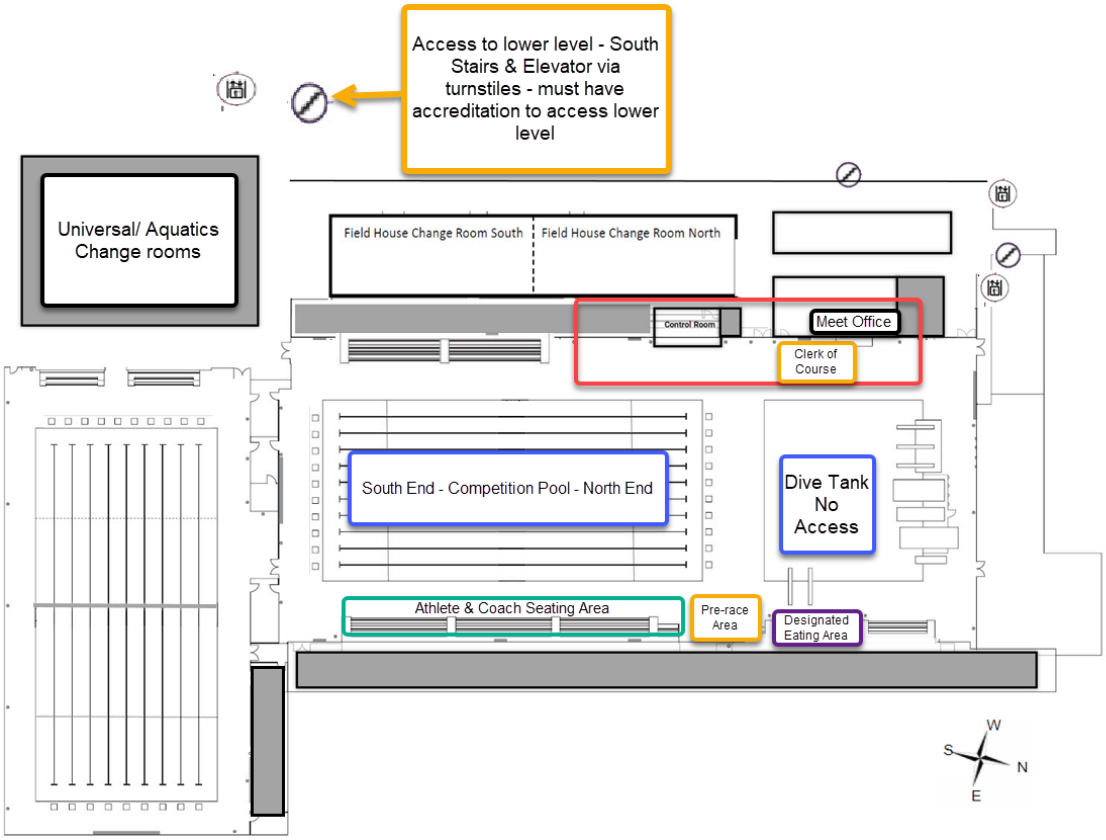
AWARDS

- There will be no awards at this event.

FACILITY INFORMATION

- Safety Plan
- **Hospitality – Food will not be provided by the host for coaches. On-site take-out food available (Tim's, Pizza, Pool Sides).**
    - Tim Hortons: Monday-Friday, 8:00 am - 6:00 pm | Saturday-Sunday, 8:00 am - 5:00 pm
    - Booster Juice: Monday-Friday, 9:00 am - 6:00 pm | Saturday-Sunday, 9:00 am - 5:00 pm
    - Pizza Pizza: Monday-Sunday, 11:00 am - 3:00 pm
    - Poolsides Grill: Monday-Friday, 11:00 am - 3:00 pm
- **Parking -** Parking is available at the facility in designated areas for a fee of $11.50 per day weekdays and $3.00 per day on Saturday and Sunday.
- **Lockers -** Lockers will be available for this event. In the changerooms and WEST hallway. Bring your own lock. No overnight locks permitted.
    - **Swimmers and Coaches must use lockers for outerwear INCLUDING outdoor shoes.**
    - Only indoor deck shoes may be worn on the deck.
    - All coats, boots, etc. must be in lockers.
- All entrances to the facility are available for use.


GROUND FLOOR – LEVEL 2
Team Registration Volunteer & Official Check-in room 2060
Access to Level 1
North Entrance
Main Entrance
East Drop-Off Entrance


Access to lower level - South Stairs & Elevator via turnstiles - must have accreditation to access lower level
Universal/ Aquatics Change rooms
Field House Change Room South
Field House Change Room North
Control Room
Meet Office
Clerk of Course
South End - Competition Pool - North End
Dive Tank No Access
Athlete & Coach Seating Area
Pre-race Area
Designated Eating Area
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Trials Selection Prep Invite

PROGRAM EVENT LIST

Meet Management reserves the right to change warm-up session times and to allocate team warm-up schedules.

Meet Management reserves the right to change event order or swim 2 per lane in distance events ensure reasonable session timelines

DAY 1 – THURSDAY, MARCH 3, 2022						
Preliminary Session Warmup: 8:30 am Start: 10:00 am				Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M		W		M
3	100 Back	4		1	800 Free (FH)	2
201	PARA (S1-14) 50 Free	202		3	100 Back	4
5	50 Free	6		201	PARA (S1-14) 50 Free	202
7	200 Breast	8		5	50 Free	6
1	800 Free (SH)	2		7	200 Breast	8

DAY 2 – FRIDAY, MARCH 4, 2022						
Preliminary Session Warmup: 8:30 am Start: 10:00 am				Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M		W		M
11	50 Back	12		9	1500 Free (FH)	
				11	50 Back	12
203/205	PARA (S6-13) 400 Free (S1-5 & S14) 200 Free **Combined by gender	204/206		203/205	PARA (S6-13) 400 Free (S1-5 & S14) 200 Free **Combined by gender	204/206
13	200 Free	14		13	200 Free	14
15	400 IM	16		15	400 IM	16
207	PARA (S1-7) 50 Fly	208		207	PARA (S1-7) 50 Fly	208
209	PARA (S8-14) 100 Fly	210		209	PARA (S8-14) 100 Fly	210
17	100 Fly	18		17	100 Fly	18
9	1500 Free (SH)					

Preliminary session will be seeded by time and gender
Finals session: A, B, C, D final, provided enough entries, for 200m and below events & A, B final for 400m events
SH – Slower heats, FH – Fastest heat - Distance events FH
**Event 204&206 will be combined and ranked separately in prelims & finals

updated February 25, 2022

Trials Selection Prep Invite

DAY 3 – SATURDAY, MARCH 5, 2022						
Preliminary Session Warmup: 8:30 am - Start: 10:00 am				Final Session Warmup: 5:00 pm – 5:50 pm - Start: 6:00 pm		
W		M		W		M
211	PARA (S1-14) 100 Free	212			1500 Free (FH)	20
21	100 Free	22		211	PARA (S1-14)100 Free	212
23	200 Fly	24		21	100 Free	22
~~213~~	~~PARA (SB1-3) 50 Breast~~	~~214~~		23	200 Fly	24
215	PARA (SB4-14) 100 Breast	216		215	PARA (SB4-14) 100 Breast	216
25	100 Breast	26		25	100 Breast	26
27	50 Fly	28		27	50 Fly	28
	1500 Free (SH)	20				

DAY 4 – SUNDAY, MARCH 6, 2022						
Preliminary Session Warmup: 8:30 am Start: 10:00 am				Final Session Warmup: 4:30 pm – 5:20 pm Start: 5:30 pm		
W		M		W		M
29	50 Breast	30		29	50 Breast	30
217/219	PARA (SM1-4) 150 IM & (SM5-14) 200 IM **Combined by gender	~~218~~/220		217/219	PARA (SM1-4) 150 IM & (SM5-14) 200 IM **Combined by gender	~~218~~/220
31	200 IM	32		31	200 IM	32
221/223	PARA (S1-5) 50 Back & (S1-2, S6-14) 100 Back **Combined by gender	~~222~~/224		221/223	PARA (S1-5) 50 Back & (S1-2, S6-14) 100 Back **Combined by gender	~~222~~/224
33	200 Back	34		33	200 Back	34
35	400 Free	36		35	400 Free	36

Preliminary session will be seeded by time and gender

Finals session: A, B, C, D final, provided enough entries, for 200m and below events & A, B final for 400m events

SH – Slower heats, FH – Fastest heat - Distance events FH

** Event 217&219 will swim combined and ranked separately in prelims & finals

** Event 221&223 will swim combined and ranked separately in prelims & finals