



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

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

National Meet Referee
Louise Leblanc

louise.leblanc@bell.net

Para-swimming Meet Referee

Jeff Holmes

jeff_holmes@bell.net

Meet Manager

Trevor Cowan

tcowan@swimming.ca

Officials Coordinator

Paul Corkum

corko@sympatico.ca

Swimming Canada Events Manager

Amanda Zevnik azevnik@swimming.ca

Swimming Canada Meet Entry Coordinator:

Trevor Cowan

tcowan@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 31st, 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) 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.

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

Note: Pre-event training pool availability will be updated in the meet package here upon final confirmation from the facility.

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 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](#).

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



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

Doping Control Procedure

Athletes may be selected for sample collection at this event. The athlete will be notified of his/her selection for doping control by a CCES chaperone or CCES doping control officer and informed that a urine and/or blood sample will be collected. The athlete will also be informed of his/her rights and responsibilities. The athlete reads and signs the athlete selection order and then reports to the doping control station.

Upon notification of testing and if necessary, the athlete may notify the DCO if they are competing in another event in the same session. In such cases, the DCO may direct that testing be carried out later in the session, provided a Chaperone accompanies and/or observes the Athlete at all times and until such time as the Athlete reports back to the Doping Control Station for testing.

Photo identification is required for doping control. All competitors must bring photo identification to competitions (i.e. driver's license, school identification, passport, etc.). Coaches are asked to remind their swimmers of this requirement.

Doping Control Information

Athletes are encouraged to take the following steps, to be responsible and accountable:

- Check the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments they are using are banned by the WADA Prohibited List.
- Review medical exemptions requirements (<http://www.cces.ca/medical>) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements, or take 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. Read more: <http://www.cces.ca/supplements>
- Review the steps of the doping control sample collection procedures: <http://cces.ca/sample-collection-procedures>

For additional resources and general information about anti-doping, please contact the CCES:

- Email: info@cces.ca
- Call toll-free: 1-800-672-7775
- Online: <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 | | |
|--|-------------------|-----|--|-------------------|-----|
| DAY 1 - Wednesday | | | | | |
| 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 |
| DAY 2 - Thursday | | | | | |
| 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 |
| DAY 3 - Friday | | | | | |
| 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 |
| DAY 4 - Saturday | | | | | |
| 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 |
| DAY 5 - Sunday | | | | | |
| 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 |
| FH = Fast Heat SH = Slower Heats PS = Para-swimming | | | | | |