



Dear Coaches,

Upon further review of the meet package and in discussion with Swimming Canada staff along with coaches from across the country, a change has been made to the earlier decision sent out on Tuesday with regards to the Time Trials and distance events at Canadian Junior Championships.

In order to preserve the integrity of the meet for the distance swimmers who have qualified, all distance events will be swum with one swimmer per lane. Pre-scratch timelines are attached.

Time Trial events will be offered on Thursday and Sunday **only**. The 800 and 1500 free will not be offered in the Time Trials. Time Trials will be capped at 2pm on each of these days.

The schedule of events will be as follows:

Thursday Time Trial Events (include Wednesday, Thursday & Friday events)

100 Fly
200 Back
100 Free
400 IM
100 Breast
200 Fly

Sunday Time Trial Events (include Saturday and Sunday events)

200 Free
100 Back
200 Breast
50 Free
200 IM
400 Free

I would personally like to thank everyone for their patience and understanding as we worked through this, to ensure we provide the best racing environment for all swimmers who have qualifying events, while also balancing the need for time trials. I believe the plan we have come up with will provide that balance.

Thank you
Suzanne