



Competition Improvement Plan **Update September 2018**

In June 2016, Swimming Canada introduced the Competition Improvement Plan – National Events (<http://swimming.ca/en/news/2016/06/30/competition-review-takes-first-step-improving-canadas-world-standing/>) outlining the competition review process and changes to the programming for national meets. This included a comprehensive review of the overall national meet delivery, creation of peak performance windows in March/April and July/August, use of LC only qualifying times for national meets, Eastern and Western Championships move to April from February, creation of youth qualifying standard for Canadian Trials as well as a review of Para-swimming and Open Water programming.

As was completed at the end of the 2017 season, Swimming Canada conducted a review at the end of the 2018 season. This included feedback received through the CSCTA. Based on the review and the feedback received and in keeping with the overall direction and philosophy of peak performance windows, please review the following with regards to the 2019 national competition programming:

- As per the Competition Improvement Plan the qualifying period for the 2018/19 season, for individual events, is as of September 1, 2017;
- Peak performance windows of March/April and July/August from 2018 are still identified as targeted performance windows but are not being used as the only qualifying periods for competitions at this time;
- Junior qualifying standards will be included at the Canadian Swimming Trials in April 2019 in Toronto. These single age band qualifying times are in effect for girls, year of birth 2002-2005, and boys, year of birth 2001-2004, to align with the World Junior Championships selection criteria. Inclusion of the junior qualifying standards is consistent with the overall direction and philosophy of promoting fast swimming by our junior swimmers during the peak performance window and will allow for selection to junior teams;
- Age for entry into meets will be as of the first day of competition for Easterns/Westerns (April 11, 2019), CJsCs (July 24, 2019) and Canadian Swimming Championships (August 8, 2019), while December 31, 2019 will be used as the age qualifying date for Canadian Swimming Trials to align with the junior team selection criteria.

National time standards for 2019 can be found [here](#).

2020 Canadian Olympic Trials

Swimming Canada is excited to announce the dates for the 2020 Canadian Olympic Trials, to be held in the spring of 2020. The competition will run for 6.5 days beginning Monday March 30, 2020 until Sunday April 5, 2020. Swimming Canada plans to announce the event schedule and time standards for the 2020 Canadian Olympic Trials on March 1, 2019.



Competition Improvement Plan – Phase 2 – Provincial and Developmental Meets

The second phase of the competition review process was completed over the 2017/18 season with input received from provincial technical representatives and the CSCTA. Recommendations have been created for provinces and clubs as they work to build their competitions to ensure they are structured to support the overall direction of Swimming Canada and the Long Term Athlete Development strategy. The Competition Review – Phase 2 – Provincial and Development meets can be found [here](#).

For further information, please email questions@swimming.ca