



Competition Improvement Plan – National Events **Update September 2017**

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.

Upon the completion of the 2017 season, where these changes were introduced, Swimming Canada completed a review of the programming changes, which included feedback received through a survey completed by coaches from across country which was facilitated by 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 2018 national competition programming:

- As per the Competition Improvement Plan the qualifying period for the 2017/18 season, for individual events, is as of September 1, 2016;
- Peak performance windows of March/April and July/August from 2018 are set to be in use over the 2018/19 season;
- Youth qualifying standards by individual year of birth for women (2004, 2003, 2002 and 2001) and men (2003, 2002, 2001, 2000) will be included at the Canadian Swimming Championships (CSC) in April 2018 in Montreal. This meet will act as the Canadian selection trials for the junior teams competing later in the summer 2018. These standards are based on the 10th place time in each category at the end of the 2016/17 season. Times will be in place for entry into the 2018 CSC and will be based on age as of December 31, 2018. Inclusion of the youth 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;
- Canadian Trials in July will have open qualifying standards only;
- Canadian Junior Championships age categories for men have been adjusted to boys 14-15 and 16-18;
- Relay qualification standards (LCM) for single gender Olympic relay events at Canadian Junior Championships (CJC) will be in place. The entry qualification period will be relays swum as of September 1, 2017. Clubs who wish to enter the CJC single gender Olympic relay events at CJC, must swim age group appropriate relays that meet the qualification standard, during the qualification period, to enter the meet. There will be a maximum of 2 relays per club;
- The mixed relays at CJs will be open to all clubs in attendance as per normal relay rules detailed in the meet package;



- Age for entry into meets will be as of the first day of competition for Easterns/Westerns (April 12, 2018), CJsCs (July 25, 2018) and Canadian Trials (July 18, 2018) in July, while December 31, 2018 will be used as the age qualifying date for CSCs to align with the junior team selection criteria;
- The Canadian Junior Championship Open Water will be open to any qualified swimmer entered into the competition. The distances will be changed to 1.5km (13-14 girls & 14-15 boys) and 3km (15-17 girls & 16-18 boys) courses;
- Overall team scoring of CJsCs will include the Open Water results, while the men's and women's Championship banners will include pool only events;
- Relay points will be double that of individual events for all national meets where relays are swum;
- Para-swimming events will be fully integrated into CSCs and Canadian Trials;
- For the Eastern and Western Championship meets, para-swimmers will be able to enter any event they have qualified for (Para-swimming Easterns and Westerns Qualifying Standards), but only the 100 free, 100 back, 100 breast, 100 fly and 200 IM will have a final during the evening session, all other events will be time finals swum in the preliminaries. Finals will only be run if there are 5 or more para-swimmers entered in the event;
- For para-swimming, there will be a requirement to have two Meet Qualifying Standards (with the exception of swimmers who are in the SB9 only sport class) to enter in to National Competitions including Eastern/Western, CSC, Canadian Trials and Can Am Championships;
- Time trail sessions will be added to CJsCs and will also be offered during CSCs and Canadian Trials; para-swimmers will now have the same time trial opportunity removing bonus swims at the CSC and the Canadian Swimming Trials.

The second phase of the competition review process will now begin with a review of provincial and development level competitions. The end result of this process will provide guidelines and recommendations to provinces and clubs as they work to build their competition schedules. More information on the second phase is targeted for Spring 2018 with recommendations for the 2018/19 swimming season.

Preliminary meet information for 2018 national competitions can be found [HERE](#)

National time standards for 2018 can be found [HERE](#)

For further information, please email questions@swimming.ca