



All participants will be required to show valid proof of vaccination, or vaccine passport, for 2 doses of approved Health Canada vaccines, to enter Saanich Commonwealth Place.

GENERAL INFORMATION

Swimming Canada rules govern this competition. Competition Rules and 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). For Para swimming events, Competition Rules and 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 [website](#).

Competition hosts

Swimming Canada, Island Swimming and Pacific Coast Swimming

Venue

Saanich Commonwealth Place
4636 Elk Lake Drive, Victoria, BC V8Z 5M1

Pool

8-lane 50m competition pool
8-lane 50m warm-up pool

KEY DATES

Meet Entry Deadline	Tuesday, March 22, 2022: 11:59pm Pacific Time.	
Classification request deadline	Tuesday, March 22, 2022: 11:59pm Pacific Time	
Dates of Classification	Sunday, April 3, 2022 & Monday, April 4, 2022 Swimmers will be advised of appointment time & date.	
Registration	Sunday, April 3, 2022	Monday, April 4, 2022
	7:30am – 11:30am 3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm
	All club representatives are required to register their club at the registration desk to receive accreditation. All coaches and support staff must register themselves in person.	
Pre-Event Training	Sunday, April 3, 2022	Monday, April 4, 2022
	8:00am – 12:00pm 4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm
Technical Meeting	Monday, April 4, 2021 at 3:00pm	
Competition Start Times	Heats: 7:30am warm-up / 9:30am start Finals: 4:30pm warm-up / 6:00pm start	

ORGANIZING COMMITTEE

Swimming Canada Events Manager

National Meet Director

National Meet Referee

National Para Swimming Meet Referee

Officials Coordinator

Swimming Canada Meet Entry Coordinator

Swimming Canada Classification Lead

Jocelyn Jay

Jim Fleury

Louise Leblanc

Sheila Guenther

Brian Bikadi

Rob Traynor

Janet Dunn

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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 Code of Conduct and Professional Ethics, the Equity, Diversity and Inclusion Policy, and the Harassment Policy.

For Information regarding the Swimming Canada Safe Sport Program please visit the Swimming Canada [website](#).

NATIONAL TEAM SELECTION

This competition will serve as the selection Trials for the 2022 Commonwealth Games, 2022 World Para Swimming Championships and additional international events.

Selection Criteria

Olympic Program selection criteria can be found [here](#)

Paralympic Program selection criteria can be found [here](#)

Development Program selection criteria can be found [here](#)

QUALIFYING STANDARDS

[2022 Swimming Canada Standards](#)

A competitor's age is determined by their year of birth i.e. age as of December 31, 2022.

Junior age groups are open to Canadian males and females born between 2004 and 2009.

Qualification Period

For the Olympic Program events, times performed Long Course or Short Course since January 1, 2019 are eligible for entry.

For the Paralympic Program events, times performed Long Course since January 1, 2019 are eligible for entry.

ENTRY FEES & INFORMATION

Entry Fees - \$125 CAD per Swimmer

Foreign Coaches/Support Staff: \$100 CAD

Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers and Foreign teams will receive a PayPal invoice via email for all fees owing. This invoice must be paid prior to April 3, 2022 in order for entries to be considered final. Please note: The team that enters the swimmer is responsible for paying that swimmer's fees.

Entry Process

All entries must be submitted via the online entry system- <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. There is no limit on the number of individual event entries allowed.

All Canadian club and varsity coaches attending the event must be included in the club entry submission in order to receive accreditation. Foreign coaches are asked to refer to the section on Coach Accreditation below to ensure you are registered.

Varsity swimmers must be registered in the Competitive Open, Competitive Open-Varsity or Varsity registration category and may represent their club team or their Varsity team at Trials. The University registration category 'Varsity' expires on April 30th.

All foreign clubs and teams (including Unattached Canadian swimmers), may go to the [entry page](#) and select either "Out of Country" or "UNCAN" as their Province. This will allow them to enter coaches, support staff and upload an entry file. An invoice for all entries, as well as foreign coaches and support staff will be emailed to the entry contact after the entry deadline.



Bonus Swims

There are no bonus swims.

Paralympic Program Meet Qualifying Standards (MQS) and Meet Entry Times (MET)

Swimmers must achieve one Para Swimming Trials Minimal Qualifying Standards (MQS), **OR** have met the **Canadian Swimming Championships** qualifying standard **and** have a **WPS World Championships** MQS.

Additional entries may be made in eligible events provided the swimmer has the 2022 Para Swimming Trials Meet Entry Time (MET).

If an event is not offered for a specific Sport Class, an athlete may enter the event in the higher sport class within the same impairment group (1-10, 11-13) provided that the athlete has attained the MET for the event in the alternate sport class.

Athletes with sport class NE SB9 NE are eligible to enter up to a maximum of 2 events in the S/SM10 sport class events provided they meet the S/SM10 MET in each event. These swims will be exhibition only and will be swum in the preliminary session.

Para swimmers are only eligible to enter Para swimming events. Only events that are indicated as eligible events below, will advance to Finals.

MEN

50 FR (S3-S13), 100 FR (S3-S13), 200 FR (S1-S5, S14), 400 FR (S6-S11, S13)

50 BK (S1-S5), 100 BK (S1-S2, S6-S14)

50 BR (SB2-SB3), 100 BR (SB4-SB9, SB11-SB14)

50 FL (S5-S7), 100 FL (S8-S14)

150 IM (SM3-SM4), 200 IM (SM5-SM11, SM13-SM14)

WOMEN

50 FR (S3-S13), 100 FR (S3-S13), 200 FR (S2-S5, S14), 400 FR (S6-S11, S13)

50 BK (S2-S4), 100 BK (S1, S6-S14)

50 BR (SB2-SB3), 100 BR (SB4-SB9, SB11-SB14)

50 FL (S5-S7), 100 FL (S8-S10, S12-S14)

150 IM (SM3-SM4), 200 IM (SM5-SM11, SM13-SM14)

Late Entries

Late entries for swimmers not entered by the meet entry deadline will be accepted up until the start of the technical meeting at a cost of double the meet entry fee (\$300 CAD). Once late entries have been accepted, any changes or corrections will be charged \$100 per change or correction fee.

Athletes that achieve their first qualifying swim after the entry deadline may be added without penalty (only the base entry fee will be charged.)

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 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).

New qualifying swims that are performed after the entry deadline (e.g. achieved between March 23 and April 4) are exempt from the \$100 change fee and may be added without penalty.



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 Jocelyn Jay (jjay@swimming.ca) prior to the meet entry deadline.

For Olympic Program events, no foreign swimmers will be allowed to advance to the Junior and A Finals; a maximum of 2 foreign swimmers may advance to the B Finals, including alternates.

For Paralympic Program events, no foreign swimmers will be allowed to advance to the Final.

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 entering the swimmers to validate any entry times, if requested. Non-validated entry times will result in swimmer's removal from the event.

Psych Sheets

Psych sheets will be posted on Swimming Canada's website soon after the meet entry deadline.

Scratches

Emailed scratches will be accepted prior to the Technical Meeting by email to Rob Traynor at rtraynor@swimming.ca.

Following the start of the Technical Meeting, email scratches WILL NOT be accepted and meet scratch cards ([online form](#)) are required.

Preliminary & Time Final events

Tuesday Preliminaries and time final events: 30 minutes following the conclusion of the Technical Meeting
Wednesday to Sunday Preliminaries and time final events: 7:00pm during 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.

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](#). Warm-up Safety Procedures will be in effect during the designated warm-up times.

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.



Official Splits

Any coach wishing to request a time for an interval shorter than the total distance of the event shall advise the Clerk of Course prior to the commencement of the session in question, by submitting an Official Split Request form. This form can be found at the Clerk of Course table on deck.

Preliminaries

Preliminary heats will be swum in 8 lanes, senior seeded.

Paralympic Program Event Seeding

Preliminary events for each gender shall be seeded by time (regardless of Sport Classification). There is no circle seeding.

Olympic Program Event Seeding

All entries must be submitted using proven long course (LCM) or short course (SCM) times. Conversion will not be accepted. Preliminary and Timed-Final events will be seeded using long course entries first followed by all short course entries.

The 800m freestyle and 1500m freestyle will be swum as an open time final with the fastest heat competing in the Finals session. All other heats shall be swum “seeded” in the preliminary session, swimming fastest to slowest heat.

Preliminary heats of the 400m freestyle and 400m Individual Medley 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. Should this take place, specific events will be announced at the Technical Meeting.

Finals

Finals will be swum in 8 lanes for all events.

For Olympic Program events, there will be an “A” Final for all events, consisting of the fastest 8 Canadian athletes regardless of age. The next fastest 8 swimmers, Canadians born 2003 and earlier and up to 2 foreign swimmers including alternates, will make up the “B” Final.

There will only be a single, open “A” Final for the 50 butterfly, 50 backstroke and 50 breaststroke.

A Junior Final, open to Canadian males and females born between 2004 and 2009, will take place for the fastest 8 Junior athletes not included in the A Final. Please note: Females born in 2004 are not eligible for Junior World Championships Selection.

When the event is a time final, the fastest 8 Canadian swimmers, regardless of age, will advance directly to the “A” Final.

For the Paralympic Program events, there will only be an “A” final and finalists will be determined utilizing the Canadian Paralympic Point System. A maximum of three (3) swimmers per sport class are eligible to advance to the Final.

Finals will be seeded by time. If there is a tie by point score in a specific event for swimmers with the same sport class, the fastest preliminary time will advance to Finals. If there is a tie by point score in a specific event for swimmers with different sport classes, there will be a swim-off. The swimmer with highest point score achieved in the swim-off will advance to Finals.

Swim-offs

All swim-offs 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.



Time Trials

There will be no Time trials in order to preserve the pool time between sessions. This time will be used for swimmers who are **not** on the start list and will need to swim on non-race days.

ACCREDITATION INFORMATION

Accreditations

Accreditation Cards are NON-TRANSFERABLE

Club accreditations (including coaches, team manager and support staff) will be assigned based on submitted coaches and support staff, into the Online Entry System, during the entry process.

Lost accreditation will be replaced at a cost of \$60.00 per accreditation.

Coach Accreditation

Canadian coaches must be registered with the CSCA 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 Canadian club & varsity coaches attending the meet **must** have their name and information submitted in the club’s entry submission. If a varsity coach will not be submitting entries for their athletes but will be attending the meet, please contact jjay@swimming.ca.

Foreign Coach Accreditation

Foreign Coach & Support Staff accreditation - \$100.00

Any foreign coaches attending will be required to submit their coaching registration information during the submission of their team’s entries. All coaches (other than those members of USA Swimming) are asked to have their National Federation provide a letter to Jocelyn Jay at jjay@swimming.ca confirming they are a National Coach or officially tied to a club in that country. The fee for the foreign coach accreditation is \$100 CAD per competition, per coach. This will be included on the invoice with swimmer entries.

Support Staff Accreditation

Clubs requiring Support Staff (assistance for Para swimmers in the field of play, massage therapist, physiologist, doctor, mental performance coach or team manager only) are required to add them into the Registration Tracking and Results System (RTR). The Club Registrar is responsible for adding Support Staff to the RTR for the purpose of **being permitted on deck at Swimming Canada National Events only**. **Support Staff who are not registered in the RTR will not be permitted on deck at Swimming Canada National Events.**

Swimmers 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 Deck Accreditation Card remains the property of Swimming Canada and can be withdrawn at Swimming Canada’s sole discretion. By using this 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.

PARA SWIMMING CLASSIFICATION

Canadian Domestic Level 3 Classification will be conducted at this event. All swimmers must have achieved at least one MQS for entry into the meet to have classification completed.

Canadian swimmers who have never been assigned a Domestic Level 3 Classification, or have an outstanding Level 3 Review Date Year of 2022 (or before) *must* request classification. Swimmers requesting sport classification are required to submit a request online [here](#) by Tuesday March 22, 2022.

All swimmers who are being classified must enter the following events: S stroke event 200m (sport class S1-S5) or 400m (sport class S6-S10) free and SB 50m (sport class SB1-SB3) or 100m (sport class SB4-SB10). Swimmers for sport classification are not required to qualify for the aforementioned events.



If a swimmer has not been previously classified Level 3 or if they are a Level 3 review status, they should enter with their Level 2 or current Level 3 sport class - adjustments may be made as necessary following the classification appointment, before the start of competition.

Classification will take place on Sunday, April 3, 2022 and Monday, April 4, 2022 and all swimmers must plan their travel so that they are available for classification starting at 8am on Sunday, April 3, 2022.

You will be notified by email about your classification appointment notification by email sent from Janet Dunn.

AWARD INFORMATION

Medals for first, second and third placed Canadian Swimmers in both Olympic Program and Paralympic Program events. Paralympic Program medals will be awarded based on the Canadian Paralympic Point System.

Junior Medals (Gold, Silver and Bronze) will be awarded to the 3 highest ranked Canadian swimmers (based on results from the A Final and/or Junior Final), year of birth for males and females between 2004-2009, for all Olympic Program events.

If a swimmer is unable to attend their medal ceremony, their club is asked to send a fully uniformed substitute swimmer in their place.

Olympic Program - Canadian Female and Male Swim of the Meet, based on 2021 World Rankings.

Paralympic Program – Canadian Female and Male Swim of the Meet, based on the Canadian Paralympic Point System.

DOPING CONTROL

Participants registered for this event must be aware that doping control may be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with the Canadian Anti-Doping Program.

To avoid a positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

- **Check your medications:** Use the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments you are using are banned by the WADA Prohibited List.
- **Review your medical exemption requirements:** If you require the use of a banned medication for a legitimate medical reason visit (<http://cces.ca/medical-exemptions>) to obtain information and instructions about how to apply for a medical exemption.
- **Learn about the doping risks associated with supplements:** Do not use supplements, or take significant 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. Find out more at <http://cces.ca/supplements>.
- **Review the sample collection procedures:** This short video will take you step-by-step through doping control (<http://cces.ca/sample-collection-procedures>).
- **Contact the CCES with any questions:**
 - Email: info@cces.ca
 - Call toll-free: 1-800-672-7775
 - Online: www.cces.ca/athletezone

SITE INFORMATION

Hospitality – Officials & Coaches

A hospitality room may be available for officials and coaches. Decision to be made closer to the competition.

Parking

Free parking is available at the facility. See [HERE](#) for more information.

**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

Avis 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

<p>5-Apr-22 Warm up: 7:30-9:15 Start: 9:30</p> <p>Para W 50 Breast Para M 50 Breast Para W 100 Breast Para M 100 Breast W 200 IM M 200 IM W 100 Back M 100 Back W 400 Free M 400 Free</p>	<p>6-Apr-22 Warm up: 7:30-9:15 Start: 9:30</p> <p>Para W 50 Back Para M 50 Back W 50 Back M 50 Back W 100 Fly M 100 Fly Para W 400 Free Para M 400 Free Para W 200 Free Para M 200 Free W 1500 Free - SH M 800 Free - SH</p>	<p>7-Apr-22 Warm up: 7:30-9:15 Start: 9:30</p> <p>Para W 50 Fly Para M 50 Fly W 50 Fly M 50 Fly W 100 Breast M 100 Breast W 200 Free M 200 Free Para W 100 Free Para M 100 Free</p>	<p>8-Apr-22 Warm up: 7:30-9:15 Start: 9:30</p> <p>Para W 100 Fly Para M 100 Fly W 200 Fly M 200 Fly W 100 Free M 100 Free W 50 Breast M 50 Breast Para W 50 Free Para M 50 Free</p>	<p>9-Apr-22 Warm up: 7:30-9:15 Start: 9:30</p> <p>W 200 Back M 200 Back W 400 IM M 400 IM Para W 150 IM Para M 150 IM Para W 200 IM Para M 200 IM</p>	<p>10-Apr-22 Warm up: 7:30-9:15 Start: 9:30</p> <p>Para W 100 Back Para M 100 Back W 200 Breast M 200 Breast W 50 Free M 50 Free W 800 Free - SH M 1500 Free - SH</p>
<p>5-Apr-22 Warm up: 16:30-17:45 Start: 18:00</p> <p>Para W 50 Breast Para M 50 Breast Para W 100 Breast Para M 100 Breast W 200 IM Senior W 200 IM A Final W 200 IM Junior M 200 IM Senior M 200 IM A Final M 200 IM Junior W 100 Back Senior W 100 Back A Final W 100 Back Junior M 100 Back Senior M 100 Back A Final M 100 Back Junior W 400 Free Senior W 400 Free A Final W 400 Free Junior M 400 Free Senior M 400 Free A Final M 400 Free Junior</p>	<p>6-Apr-22 Warm up: 16:30-17:45 Start: 18:00</p> <p>Para W 50 Back Para M 50 Back W 50 Back A Final M 50 Back A Final W 100 Fly Senior W 100 Fly A Final W 100 Fly Junior M 100 Fly Senior M 100 Fly A Final M 100 Fly Junior W 1500 Free A Final M 800 Free A Final Para W 400 Free Para M 400 Free Para W 200 Free Para M 200 Free</p>	<p>7-Apr-22 Warm up: 16:30-17:45 Start: 18:00</p> <p>Para W 50 Fly Para M 50 Fly W 50 Fly A Final M 50 Fly A Final W 100 Breast Senior W 100 Breast A Final W 100 Breast Junior M 100 Breast Senior M 100 Breast A Final M 100 Breast Junior W 200 Free Senior W 200 Free A Final W 200 Free Junior M 200 Free Senior M 200 Free A Final M 200 Free Junior Para W 100 Free Para M 100 Free</p>	<p>8-Apr-22 Warm up: 16:30-17:45 Start: 18:00</p> <p>Para W 100 Fly Para M 100 Fly W 200 Fly Senior W 200 Fly A Final W 200 Fly Junior M 200 Fly Senior M 200 Fly A Final M 200 Fly Junior W 100 Free Senior W 100 Free A Final W 100 Free Junior M 100 Free Senior M 100 Free A Final M 100 Free Junior W 50 Breast A Final M 50 Breast A Final Para W 50 Free Para M 50 Free</p>	<p>9-Apr-22 Warm up: 16:30-17:45 Start: 18:00</p> <p>W 200 Back Senior W 200 Back A Final W 200 Back Junior M 200 Back Senior M 200 Back A Final M 200 Back Junior W 400 IM Senior W 400 IM A Final W 400 IM Junior M 400 IM Senior M 400 IM A Final M 400 IM Junior Para W 150 IM Para M 150 IM Para W 200 IM Para M 200 IM</p>	<p>10-Apr-22 Warm up: 16:30-17:45 Start: 18:00</p> <p>Para W 100 Back Para M 100 Back W 200 Breast Senior W 200 Breast A Final W 200 Breast Junior M 200 Breast Senior M 200 Breast A Final M 200 Breast Junior W 50 Free Senior W 50 Free A Final W 50 Free Junior M 50 Free Senior M 50 Free A Final M 50 Free Junior W 800 Free - A Final M 1500 Free - A Final</p>