



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 World Aquatics (formerly FINA) registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference [Swimming Canada Rulebook](#) for eligibility rules (CGR 1.2.1 and CGR 1.3.1).

For Para swimming events, Competition Rules and procedures contained in this Meet Information package supersede those found within the **2023** World Para Swimming Technical Rules and Regulations.

Competition Host - Swimming Canada & North York Aquatic Club

Venues

Toronto Pan Am Sports Centre (TPASC)
875 Morningside Avenue, Toronto ON M1C 0C7

Pool

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

KEY DATES

Meet Entry & Classification Request Deadline	Tuesday, July 18, 2023: 11:59pm Pacific time.		
Dates of Classification	Sunday, July 30, 2023 All swimmers will be advised of their appointment time & date prior to travel		
Registration	Saturday, July 29, 2023	Sunday, July 30, 2023	Monday, July 31, 2023
	All coaches and support staff must register themselves in person.		
	3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm
	Registration will be available during warm-up periods only once the competition begins. No exceptions.		
Pre-Event Training	Saturday, July 29, 2023	Sunday, July 30, 2023	Monday, July 31, 2023
	4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm
Technical Meeting	Monday, July 31, 2023 at 3:00pm Studio 2/3 (3 rd Floor)		
Competition Start Times	Heats: 7:30am warm-up / 9:30am start; Finals: 4:00pm warm-up / 5:30pm start		

ORGANIZING COMMITTEE

Events Manager	Jocelyn Jay	jjay@swimming.ca
Events Manager	Rebecca Cheverton	rcheverton@swimming.ca
National Meet Director	Lyne Laprade	lynelaprade@gmail.com
National Meet Director	Glenn Greig	glgreig@gmail.com
National Meet Referee	Jim Fleury	fleury1@mymts.net
National Para Swimming Meet Referee	Jeff Holmes	jeff_holmes@bell.net
Swimming Canada Meet Entry Coordinator	Carole Thomas	cthomas@swimming.ca
Local Officials Coordinator	Daniel Zhou	NYACOfficials@nyacswimming.ca
Swimming Canada Classification Lead	Janet Dunn	jdunn@swimming.ca

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 more information regarding the Swimming Canada Safe Sport Program please visit www.swimming.ca/safe-sport

Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to also discourage deck changing and help keep the sport safe for everyone involved.

NATIONAL TEAM SELECTION

This competition will serve as the selection Trials for the 2023 Parapan American Games and the 2024 World Championships.

Selection Criteria

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

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

QUALIFYING STANDARDS

[2021-2024 Swimming Canada National Standards](#)

A competitor's age is their age as of the first day of the competition, August 1, 2023.

Qualification Period

Times performed Long Course since September 1, 2021, are eligible for all event entries.

Age Groups (Pool):	Female: 13-14, 15-17, 18 & Over	Relays:	Female: 13-14, 15 & Over
	Male: 14-15, 16-18, 19 & Over		Male: 14-15, 16 & Over
	Multiclass Para Swimming		Mixed: 13-15, 16 & Over
			Para: 20, 34, 49 & 56 points

Relay Only Swimmers

Relay only swimmers pay the same individual entry fee, penalties for changes and late entry fees as individually qualified swimmers.

Relay only swimmers must be declared within the entries file. Please contact the Entries Coordinator if unable to declare in entries file submitted online to ensure relay-only swimmers are properly entered in the competition before the entry deadline.

Clubs may enter one relay-only swimmer per gender in the competition regardless of age. Clubs entering more than one relay team in any relay event are not eligible to enter a relay only swimmer.

ENTRY FEES & INFORMATION

Entry Fees \$135.00 per Swimmer \$20.00 per Relay Team

Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers and foreign teams will receive an email Square invoice for all fees owing. This invoice must be paid prior to **July 28, 2023**, 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.



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.

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 entry of coaches, support staff and upload an entry file. An invoice for all entries, and foreign coaches and support staff will be emailed after the entry deadline.

Qualifying Benefits – Olympic Program

A swimmer qualifying in the 100 or 200 of any stroke is permitted to enter the additional events in that stroke, except freestyle, where they are permitted the 50 and 100 or 200. If qualified in one of the 400-800-1500 freestyle, entry permitted in the other 2 events of 400-800-1500; Qualifying in either the 200 IM or 400 IM, swimmer permitted to enter both IM events.

Clarification: A qualifier in the 50 free may be entered in the 100 free and 200 free as a qualifying benefit.

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

Swimmers must achieve one Para swimming National Meet Minimal Qualifying Standards (MQS) in their own sport class. Additional entries may be made in eligible events provided the swimmer has the 2023 CSC Para swimming 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 higher sport class. For example, an SM4 swimmer wishing to swim the 200 IM, may do so provided they have the MET in the 200 IM in the SM5 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 (S2-S5, S7, S9-S13), 100 FR (S2, S4-S6, S8, S10, S12), 200 FR (S2-S5, S14), 400 FR (S6-S9, S11, S13)

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

50 BR (SB2-SB3), 100 BR (SB4-SB6, SB8-SB9, SB11-SB14)

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

150 IM (SM3-SM4), 200 IM (SM6-SM11, SM13-SM14)

WOMEN

50 FR (S3-S4, S6, S8, S10-S13), 100 FR (S3, S5, S7, S9-S12), 200 FR (S5, S14), 400 FR (S6-S13)

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

50 BR (SB1-SB3), 100 BR (SB4-SB9, SB11-SB14)

50 FL (S5-S7), 100 FL (S8-S10, S13-S14)

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

Proof of time for Para swimming entry times must be submitted in long course times.

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 (\$270.00).



Once late entries have been accepted, any changes or corrections will be assessed the **\$100.00 per change** or correction fee, as per below. (The per change cost is **per swimmer, per event, per change**; not per email sent).

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

Changes to para swimmer entries as a result of classification are not subject to Late Entries fees.

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 **\$100.00 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, achieved July 19-31, 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.

Please see “Finals” section for swimmers permitted in finals session.

Proof of Times

Individual Events: All entries will be proven via the on-line entry system. Any times achieved outside of Canada must be uploaded to the Results, Tracking and Registration system using the [International Results Submission form](#). Any Foreign teams with 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.

Relay Events: All relay entry times must be proven by the meet entry deadline. Relay times will be proven as follows:

- Single Gender Relay Events: SNC rule 2.3 is not applicable for this competition. Relay times will be validated using the calculated sum of the best individual times of the 4 swimmers named on the relay team entry, from within the qualification period. Individual relay splits will not be used. Where 4 individual times are not available within the qualification period, or where 4 names are not provided on a relay entry, the entry will be removed from the event.
- Mixed Gender **and Female 13-14/Male 14-15 relays**: No entry standards. Relay entry times must be proven utilizing swimmers entered in the meet by the meet entry deadline. The online system to be used to prove relay entry times. Any relay team NOT proven by the meet entry deadline will be entered NT.
- Paralympic Program relays: No entry standards and will be swum mixed gender. These relays will not count towards team scores to allow clubs and/or provincial sections to enter relays. Relay entries will be accepted up to the scratch deadline for the session the relay is being swum, in order to accommodate any sport class changes due to classification. Swimming Canada Paralympic Program staff will support clubs and provincial sections in the final make-up of the relays.

Psych Sheets

Psych sheets will be posted on Swimming Canada’s web site following the meet entry deadline.



Scratches

Emailed scratches will be accepted prior to the Technical Meeting on Monday, July 31, 2023, at 3:00pm to the Meet Entry Coordinator (cthomas@swimming.ca).

Following the start of the Technical Meeting, email scratches WILL NOT be accepted, and an **online scratch card form** is required.

Scratch deadlines

Preliminaries & Timed-Final events

Day 1; Preliminaries and Timed-Final events: 30 minutes following the Technical Meeting

Day 2 to 6; Preliminaries and Timed-Final events: 30 minutes following the start of Finals the previous evening.

Finals

30 minutes following the completion of the Preliminary events (excluding timed-final events).

Penalty

All penalties 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](#).

Starts

All starts will be conducted from Starting Platforms (blocks).

For Olympic events – as per World Aquatics (formerly FINA) **4.1 and 16.1.1**.

For Para swimming events - as per WPS Appendix 2, 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.

Preliminaries & Timed-Finals

Preliminary and timed-final heats will be swum in 10 lanes, senior seeded.

Paralympic Program Events Seeding

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

Olympic Program Events Seeding

The 800m freestyle and 1500m freestyle will be swum “senior seeded” with the fastest 10 swimmers for each age group will be included in the Finals session. All other heats will be swum “senior seeded” in the preliminary session swimming fastest to slowest alternating genders.

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 the 800m & 1500m events based on timelines and entry numbers. Should this take place, specific events will be announced at the Technical Meeting.

Finals

For Olympic Program events, there will be “A” and “B” Finals for each age category in all individual events.

There will be an “A” Final only in each age group for the 50 butterfly, 50 backstroke and 50 breaststroke.



Only the top 4 foreign swimmers may advance to finals, including alternates. A maximum of 2 foreign swimmers may be seeded in the A final. A maximum of 2 foreign swimmers may be seeded in the B final.

All **foreign swimmers** will swim Exhibition during finals. Should empty lanes exist following the maximum of two (2) foreign swimmers in the B Final, additional foreign swimmers will be added to fill the B final. The additional foreign swimmers added will swim as exhibition in finals and not be eligible for awards.

For the Paralympic Program events, there will only be an A Final. Finalists will be determined utilizing the Canadian Para Swimming Point System. A maximum of three (3) swimmers per sport class are eligible to advance to the Final. A maximum of 2 foreign swimmers, *including alternates, will be able to advance to the A final*. Should empty lanes exist following the maximum of three (3) swimmers per sport class and/or 2 foreign swimmers, additional swimmers will be added to fill the A Final according to the points scores. The additional swimmers added will swim as exhibition in finals and not be eligible for awards.

Para swimming 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 after the tie by point score, there is a tie by time in the same sport class, or 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.

Should empty lanes exist following the maximum of three (3) swimmers per sport class, additional swimmers will be added to fill the "A" final according to the points scores. The additional swimmers added will swim as exhibition in finals and not be eligible for awards.

Finals sequence: *TBC at Technical meeting*

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.

Relays

For Olympic Program relays, they will be swum as timed finals in preliminaries with the fastest 10 teams **of each age group** advancing to the final. Should there be 10 or fewer entries (as of the preliminary scratch deadline), teams will advance directly to finals.

For Paralympic Program relays, they will be swum as timed finals and in the Finals session only.

For ALL relays, names submitted through the entry process will be considered final unless a change is requested. Relay name changes must be submitted 30 minutes prior to the start of the session in which the relay is swum.

ACCREDITATION INFORMATION

Club accreditations (inclusive of 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.

The Deck Accreditation Card is non-transferable and 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.

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

Swimmers Accreditation

Swimmers will be provided an accreditation card for deck access. This card must be always displayed. Access to the pool will be through the locker rooms and past the main security checkpoint.



Coach Accreditation

Canadian coaches must be registered with the CSCA and Swimming Canada as an “A1” or “B” member. To receive accreditation, Swimming Canada will be enforcing coaching compliance related to the minimum NCCP certification requirements specific to your registration type/category.

As per 11.12 of Appendix A in the [Registration Manual](#), in the case of extraordinary circumstances, a coach that does not meet any of the requirements may appeal to Swimming Canada for temporary access to a Swimming Canada National Event. The exemption form is available [here](#).

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 to be added to the accreditation list. As well, varsity coaches attending without submitting entries must fill out [this form](#) to identify the swimmers they will be coaching at the competition.

Any coaches who will have swimmers attending and reporting to an alternate coach are required to advise Swimming Canada using [this form](#).

Support Staff Accreditation

Clubs requiring Support Staff (assistance for Para swimmers, 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 able to **be 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**. **Support Staff who are not registered with event entry upload will not be permitted on deck or penalized a \$50.00 fee for late entry.**

Foreign Coach & Support Staff Accreditation (\$100.00 CAD)

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

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 2023 (or before) *must* apply for classification. **Swimmers applying for sport classification must have their PSO submit the application online by the entry deadline, July 18, 2023. To ensure that an application is granted it is recommended that the application is made by June 1, 2023.**

All swimmers that are being classified must enter the following events: S stroke event 200 free (S1-S5) or 400 free (S6-S10) and SB 50 breast (SB1-SB3) or SB 100 breast (SB4-SB10). Swimmers presenting for sport class evaluation must have achieved the MET in these events.

If a swimmer **has not been previously** classified Level 3 or if they have 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 the competition.



Classification will take place on Sunday, July 30, 2023, and all athletes must plan their travel so that they are available for classification starting at 8am on Sunday, July 30, 2023.

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

AWARD & SCORING INFORMATION

Medals for first, second and third placed Canadian Swimmers in both Olympic and Paralympic Program events. Commemorative Medal for Foreign Swimmers placing in the top three.

If a swimmer is unable to attend their medal ceremony, their club is asked to send a fully uniformed substitute swimmer in their place. Foreign swimmer commemorative medal presentation will be after the medal ceremony for Canadians.

- Canadian Women's Team Championship banner
- Canadian Men's Team Championship banner
- Canadian Junior Team Banner (18 & under*)
- Canadian Combined Team Championship banner
- Canadian Female and Male High Point Aggregate by age group (5-2-1)
- Canadian Para Female and Canadian Para Male Top Swim of the Meet Awards**

If necessary, ties will be broken by number of gold medals. If a tie still exists, then it will be broken by number of silver medals then bronze medals. If swimmers have accumulated the exact scores and numbers of each medal, two winners will be awarded.

* The 18 & under events are the women's 17 & under and men's 18 & under age groups, per the Canadian Junior Championships.

** Canadian Para Female and Canadian Para Male Top Swim of the Meet will be awarded from results throughout the meet and will be based on World Records using the Swimming Canada Para Swimming Points chart. This will be presented at the conclusion of the meet.

PLEASE NOTE: Foreign swimmers are not eligible to score points toward team scores or high point awards

Meet Scoring

Individual events, per age group and multiclass, places 1 – 20: 50-30-20-19-18-17-16-15-14-13 and 12-9-8-7-6-5-4-3-2-1

Relays events, per age group, places 1 – 10: 100-60-40-38-36-34-32-30-28-26

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 will be available for officials and coaches.

Parking

Complimentary parking is provided for a maximum of 2 hours. Click this link for more information <https://tpasc.ca/facility/location>.

Lockers

Lockers are available free of charge in all change rooms – bring your own locks.

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/>

Updates to this Document

For information and updates to this document please refer to the Swimming Canada web site www.swimming.ca.

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

2023 SPEEDO CANADIAN SWIMMING CHAMPIONSHIPS					
01-Aug-23	02-Aug-23	03-Aug-23	04-Aug-23	05-Aug-23	06-Aug-23
1 - W 400 Free 2 - M 400 Free 3 - W 100 Back 4 - M 100 Back 301 - Para W 400 Free 302 - Para M 400 Free 303 - Para W 200 Free 304 - Para M 200 Free 5 - W 50 Fly 6 - M 50 Fly 102 - 4X100 Mixed M.R. (SH)	7 - W 200 Fly 8 - M 200 Fly 9 - W 100 Breast 10 - M 100 Breast 305 - Para W 50 Breast 306 - Para M 50 Breast 307 - Para W 100 Breast 308 - Para M 100 Breast 104 - W 4x100 F.R. (SH) 105 - M 4x100 F.R. (SH) 11 - W 1500 Free (SH)	12 - W 100 Free 13 - M 100 Free 309 - Para W 100 Free 310 - Para M 100 Free 14 - W 200 Back 15 - M 200 Back 108 - 4x100 Mixed F.R. (SH) 16 - M 1500 Free (SH)	311 - Para W 50 Free 312 - Para M 50 Free 17 - W 50 Free 18 - M 50 Free 19 - W 400 IM 20 - M 400 IM 313 - Para W 200 IM 314 - Para M 200 IM 315 - Para W 150 IM 316 - Para M 150 IM 21 - W 50 Breast 22 - M 50 Breast 110 - W 4x200 F.R. (SH) 111 - M 4x200 F.R. (SH)	23 - W 200 IM 24 - M 200 IM 317 - Para W 50 Fly 318 - Para M 50 Fly 319 - Para W 100 Fly 320 - Para M 100 Fly 25 - W 100 Fly 26 - M 100 Fly 27 - W 800 Free (SH) 28 - M 800 Free (SH)	29 - W 200 Breast 30 - M 200 Breast 321 - Para W 50 Back 322 - Para M 50 Back 323 - Para W 100 Back 324 - Para M 100 Back 31 - W 50 Back 32 - M 50 Back 33 - W 200 Free 34 - M 200 Free 115 - W 4X100 M.R. (SH) 116 - M 4X100 M.R. (SH)
01-Aug-23	02-Aug-23	03-Aug-23	04-Aug-23	05-Aug-23	06-Aug-23
1 - W 400 Free 2 - M 400 Free 3 - W 100 Back 4 - M 100 Back 301 - Para W 400 Free 302 - Para M 400 Free 303 - Para W 200 Free 304 - Para M 200 Free 5 - W 50 Fly 6 - M 50 Fly 101 - 4 x 100 MR 34pt Mixed 102 - 4X100 Mixed M.R. (FH)	7 - W 200 Fly 8 - M 200 Fly 9 - W 100 Breast 10 - M 100 Breast 305 - Para W 50 Breast 306 - Para M 50 Breast 307 - Para W 100 Breast 308 - Para M 100 Breast 11 - W 1500 Free (FH) 103 - 4 x 50 FR 20pt Mixed 104 - W 4x100 F.R. (FH) 105 - M 4x100 F.R. (FH)	12 - W 100 Free 13 - M 100 Free 309 - Para W 100 Free 310 - Para M 100 Free 14 - W 200 Back 15 - M 200 Back 16 - M 1500 Free (FH) 106 - 4 x 100 MR 49pt Mixed 107 - 4 x 100 MR 56pt Mixed 108 - 4x100 Mixed F.R. (FH)	311 - Para W 50 Free 312 - Para M 50 Free 17 - W 50 Free 18 - M 50 Free 19 - W 400 IM 20 - M 400 IM 313 - Para W 200 IM 314 - Para M 200 IM 315 - Para W 150 IM 316 - Para M 150 IM 21 - W 50 Breast 22 - M 50 Breast 109 - 4 x 100 FR 49pt Mixed 110 - W 4x200 F.R. (FH) 111 - M 4x200 F.R. (FH)	23 - W 200 IM 24 - M 200 IM 317 - Para W 50 Fly 318 - Para M 50 Fly 319 - Para W 100 Fly 320 - Para M 100 Fly 25 - W 100 Fly 26 - M 100 Fly 27 - W 800 Free (FH) 28 - M 800 Free (FH) 112 - 4 x 50 MR 20pt Mixed 113 - 4 x 100 FR 56pt Mixed	29 - W 200 Breast 30 - M 200 Breast 321 - Para W 50 Back 322 - Para M 50 Back 323 - Para W 100 Back 324 - Para M 100 Back 31 - W 50 Back 32 - M 50 Back 33 - W 200 Free 34 - M 200 Free 114 - 4 x 100 FR 34pt Mixed 115 - W 4X100 M.R. (FH) 116 - M 4X100 M.R. (FH)

*300 series events are Para Swimming events. *100 series events are Relays.