



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 or World Para Swimming registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference [Swimming Canada Rulebook](#) for eligibility rules (II.C5.1.1 and II.C5.1.2).

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

Competition Host - Swimming Canada & Swim Ontario

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 Deadline	Tuesday, March 26, 2024: 11:59pm Pacific time.	
	All coaches and support staff must register themselves in person.	
Registration	Monday, April 8, 2024	Tuesday, April 9, 2024
	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	Monday, April 8, 2024	Tuesday, April 9, 2024
	8:00am – 12:00pm 4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm
Technical Meeting	Tuesday, April 9, 2024 at 3:00pm Studio 1 (3 rd Floor)	
Competition Start Times	Heats: 7:30am warm-up / 9:30am start Finals: 4:30pm warm-up / 6:00pm start	

ORGANIZING COMMITTEE

Events Manager	Lynn Wong	lwong@swimming.ca
National Meet Director	Glenn Greig	glgreig@gmail.com
National Meet Referee	Maggie Middleton	memiddleton@gov.pe.ca
Para Swimming Technical Advisor	Jeff Holmes	jeff_holmes@bell.net
Swimming Canada Meet Entry Coordinator	Trevor Cowan	tcowan@swimming.ca
Local Officials Coordinator	Nicole Parent	nicole@swimontario.com

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.



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.

QUALIFYING STANDARDS

2024 Swimming Canada Standards

Olympic Program Qualification – 2024 Canadian Swimming Open Standards.

Paralympic Program Qualification - Canadian Open Para standards. Swimmers must qualify for the meet with at least one Canadian Open Para MQS and each subsequent event with a Canadian Open Para MET.

A competitor's age is determined by their year of birth i.e., age as of December 31, 2024.

Qualification Period

For the Olympic Program events, times performed Long Course or Short Course since September 1, 2022, are eligible for all event entries.

For the Paralympic Program events, only times performed Long Course since September 1, 2022, are eligible for all event entries.

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 this in the 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.

ENTRY FEES & INFORMATION

Entry Fee: \$135 CAD per Swimmer

Entry Fee after the Entry Deadline:** \$185 CAD

Change Fee: \$100 CAD per change or correction

Foreign Coaches/Support Staff: \$125 CAD

Late Support Staff or Coach Entry Fee: \$50 CAD

Relay Team: \$25 CAD per team

**New qualifiers between the entry deadline and Technical meeting are only charged the entry fee.

Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers and Foreign clubs and teams will receive an email with a Square invoice for all fees owing. This invoice must be paid prior to **April 8, 2024**, 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. If a varsity coach will be attending and not included in an entry submission, please see the Coach Accreditations section for more information. Foreign coaches are asked to refer to the section on Coach Accreditation below to ensure you are registered.

The University registration category 'Varsity' expires on March 31, 2024, therefore only swimmers registered in the Varsity Year-Round Registration Category will be able to represent their Varsity Team in events after



April 1, 2024. All swimmers previously registered with a Varsity Team, must be registered in the Competitive Open or Varsity-Open registration category and can only represent their Age Group club.

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, and foreign coaches and support staff will be emailed to the entry contact after the entry deadline.

Qualifying Benefits – Olympic Program

Please refer to the chart to see which events swimmers can enter as qualifying benefits:

If qualified in the following events:	Can enter the following events as qualifying benefit:
100 or 200 Backstroke	50, 100, 200 Backstroke
100 or 200 Breaststroke	50, 100, 200 Breaststroke
100 or 200 Butterfly	50, 100, 200 Butterfly
50, 100, 200, or 400 Freestyle	50, 100, 200, 400 Freestyle
800 or 1500 Freestyle	400, 800, 1500 Freestyle
200 IM or 400 IM	200, 400 IM

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

Swimmers must achieve one Para swimming National Meet Minimal Qualifying Standard (MQS) in their own sport class. Additional entries may be made in eligible events provided the swimmer has the 2024 Canadian Open Para standards (MET).

If an event is not offered for a specific Sport Class, an athlete may enter the event and be eligible for finals 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. Please send an email to the entry coordinator (tcowan@swimming.ca) to identify if your swimmer will be swimming in a higher sport class and indicate for which events.

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.

Only events that are indicated as eligible events below, will advance to finals.

- 50 FR (S1-S14), 100 FR (S1-S14), 200 FR (S1-S5, S14), 400 FR (S6-S13)
- 50 BK (S1-S5), 100 BK (S1-S2, S6-S14)
- 50 BR (SB1-SB3), 100 BR (SB4-SB9, SB11-SB14)
- 50 FL (S1-S7), 100 FL (S8-S14)
- 150 IM (SM1-SM4), 200 IM (SM5-SM14)

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

Late Entries, Changes and Corrections

Changes and corrections may be made up to the meet entry deadline without penalty.

Late entries for athletes not entered by the meet entry deadline will be accepted up until the start of the technical meeting at the cost noted in the Entry Fee section above. 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 (March 27-April 9, 2024) may be added without penalty (only the base entry fee will be charged.) New qualifying swims that are performed after the



entry deadline, achieved between March 26-April 9, 2024, 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 Lynn Wong (lwong@swimming.ca) prior to the meet entry deadline. Foreign Para swimmers, regardless of nation, must also appear on the World Para Swimming Master List, or submit a letter signed by the Executive Officer of their National Paralympic Committee confirming their National Sport Class.

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 clubs and teams with non-validated times in their 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: One relay per club/team in each of the Olympic Program and Paralympic Program events. All relay entry times must be proven by the meet entry deadline. Relay times will be proven as follows:

- Single Gender Relay Events: Swimming Canada rule SNC 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, or a relay time posted by the 4 swimmers named, 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 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 be eligible for medals but 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. The deadline to let Swimming Canada Paralympic Program staff know you need support with relays is 1 hour after the technical meeting.

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 start of the Technical Meeting on Wednesday, April 9, 2024, at 3:00pm to the Meet Entry Coordinator (tcowan@swimming.ca)

Following the start of the Technical Meeting, email scratches WILL NOT be accepted, and an [online scratch 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 4; 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

Taping Review

As per C15.3.2, a Committee will review taping requests.

- Taping review will take place prior to each session during warmups. All reviews must be completed no later than 15 minutes prior to the start of the session.
- Taping Request Forms (available at the Admin Desk) must be submitted to the National Meet Referee one hour prior to the start of prelims and one hour prior to the start of finals.
- Coaches must submit one taping request form for each event the athlete will swim prior to the session where the swim will take place.
- The committee's decision will be final.
- Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.
- Any swimmer wearing taping not approved by a Taping Review Committee is ineligible to set a Canadian Record.

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 Program events – as per World Aquatics II.4.1 and II.16.1.4.

For Paralympic Program 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.

Official Splits

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

Preliminaries & Timed-Finals

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

Paralympic Program Events Seeding

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

Paralympic Program equipment as per swimmers' codes of exception, i.e., starting devices and taping devices must be approved and tagged at the technical meeting or during warm ups prior to their use in competition.



Olympic Program Events Seeding

All Olympic program events will be seeded based on entry times, with non-conforming course times ranked after conforming course times, and qualifying benefits (bonus) last. This means: LC > SC > LC bonus > SC bonus.

The 800m freestyle and 1500m freestyle will be swum with the fastest 10 swimmers included in the Finals session. All other heats will be swum 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 the Olympic Program events, there will be an “A and “B” Finals for all individual events, including 50 backstroke, butterfly and breaststroke.

For the Olympic Program finals, there are no limitations on foreign swimmers. They are permitted to swim as they qualify.

For the Paralympic Program events, there will only be an “A” Final and finalists will be determined using the Canadian Paralympic 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.*

Paralympic Program 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, respecting the maximum of 2 foreign swimmers (including alternates) in the final. 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

Olympic Program relays will be swum as timed finals in preliminaries with the fastest 10 teams in the Finals session. Should there be 10 or fewer entries (as of the preliminary scratch deadline), teams will advance directly to finals.

Paralympic Program relays 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 adhere to the Code of Conduct, 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, as per the Swimming Canada Privacy Policy.

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

Swimmers Accreditation

Swimmers will be provided a Deck 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 Appendix A in the Swimming Canada [National Registration Procedures and Rules 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, they must fill out [this form](#) to identify the swimmers they will be coaching at the competition and contact lwong@swimming.ca to be added to the accreditation list.

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. Support Staff must be added to the club's event entry upload. Support Staff not registered in the entries will not be permitted on deck or will be penalized a \$50.00 fee for late entry.**

Foreign Coach & Support Staff Accreditation

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 provide a letter to lwong@swimming.ca confirming they are a coach or support staff, currently registered and in good standing, in that country.

AWARD & SCORING INFORMATION

Medals for first, second and third placed swimmers in both Olympic and Paralympic 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.



There will be a Team trophy awarded to the team with highest point score.

Meet Scoring

Individual events, 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, 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. All athletes attending this event must bring picture identification in order to verify identity upon selection.

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, for example: TUE – Therapeutic Use 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

PRELIMINARIES/PRÉLIMINAIRES			FINALS/FINALES		
WARM-UP/ÉCHAUFFEMENT 7:30-9:15			WARM-UP/ÉCHAUFFEMENT 16:30-17:45		
START/DÉBUT 9:30			START/DÉBUT 18:00		
DAY/JOUR 1 - WEDNESDAY/MERCREDI					
W/F		M/H	W/F		M/H
301	200 M FREE/LIBRE (PARA)	302	301	200 M FREE/LIBRE (PARA)	302
1	200 M FREE/LIBRE	2	1	200 M FREE/LIBRE	2
303	100 M BACK/DOS (PARA)	304	303	100 M BACK/DOS (PARA)	304
3	100 M BACK/DOS	4	3	100 M BACK/DOS	4
5	200 M FLY/PAP	6	5	200 M FLY/PAP	6
305	50 M FLY/PAP (PARA)	306	305	50 M FLY/PAP (PARA)	306
7	1500 M FREE/LIBRE (SH/SL)		7	1500 M FREE/LIBRE (FH/SR)	
	800 M FREE/LIBRE (SH/SL)	8		800 M FREE/LIBRE (FH/SR)	8
			101	4X100 M MR/QN MIXED/MIXTE	101
			401	4x50 M 20pt MR/QN MIXED/MIXTE	401
			403	4x100 M S/SB14 MR/QN MIXED/MIXTE	403
DAY/JOUR 2 - THURSDAY/JEUDI					
307	100 M FREE/LIBRE (PARA)	308	307	100 M FREE/LIBRE (PARA)	308
9	100 M FREE/LIBRE	10	9	100 M FREE/LIBRE	10
309	50 M BACK/DOS (PARA)	310	309	50 M BACK/DOS (PARA)	310
11	50 M BACK/DOS	12	11	50 M BACK/DOS	12
13	100 M BREAST/BRASSE	14	13	100 M BREAST/BRASSE	14
311	100 M BREAST/BRASSE (PARA)	312	311	100 M BREAST/BRASSE (PARA)	312
15	400 M IM/QNI	16	15	400 M IM/QNI	16
17	50 M FLY/PAP	18	17	50 M FLY/PAP	18
103	4X200 M FR/RL (SH/SL)	104	103	4X200 M FR/RL (FH/SR)	104
			405	4x100 M 34pt FR/RL MIXED/MIXTE	405
			407	4x100 M 49pt FR/RL MIXED/MIXTE	407
DAY/JOUR 3 - FRIDAY/VENDREDI					
313	400 M FREE/LIBRE (PARA)	314	313	400 M FREE/LIBRE (PARA)	314
19	400 M FREE/LIBRE	20	19	400 M FREE/LIBRE	20
315	100 M FLY/PAP (PARA)	316	315	100 M FLY/PAP (PARA)	316
21	100 M FLY/PAP	22	21	100 M FLY/PAP	22
317	50 M BREAST/BRASSE (PARA)	318	317	50 M BREAST/BRASSE (PARA)	318
23	50 M BREAST/BRASSE	24	23	50 M BREAST/BRASSE	24
25	200 M BACK/DOS	26	25	200 M BACK/DOS	26
105	4X100 M FR/RL (SH/SL)	106	105	4X100 M FR/RL (FH/SR)	106
			409	4x50 M 20pt FREE/LIBRE MIXED/MIXTE	409
			411	4x100 M S14 FR/RL MIXED/MIXTE	411



DAY/JOUR 4 - SATURDAY/SAMEDI					
27	200 M IM/QNI	28	27	200 M IM/QNI	28
319	50 M FREE/LIBRE (PARA)	320	319	50 M FREE/LIBRE (PARA)	320
29	50 M FREE/LIBRE	30	29	50 M FREE/LIBRE	30
321	200 M IM/QN (PARA)	322	321	200 M IM/QN (PARA)	322
323	150 M IM/TN (PARA)	324	323	150 M IM/TN (PARA)	324
31	200 M BREAST/BRASSE	32	31	200 M BREAST/BRASSE	32
33	800 M FREE/LIBRE (SH/SL)		33	800 M FREE/LIBRE (FH/SR)	
	1500 M FREE/LIBRE (SH/SL)	34		1500 M FREE/LIBRE (FH/SR)	34
			107	4X100 M MR/QN	108
			413	4x100 M 34pt MR/QN MIXED MIXTE	413
			415	4x100 M 49pt MR/QN MIXED/MIXTE	415