



ATHLETE ASSISTANCE PROGRAM CRITERIA – OLYMPIC PROGRAM 2023-2024 NOMINATIONS

This document should be read in conjunction with “Sport Canada Athlete Assistance Program Policies and Procedures” <https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html#a1>

1. INTRODUCTION

The purpose of this document is to present the criteria for the determination of the Swimming Canada / Sport Canada Athlete Assistance Program (AAP). The target audiences for this document are athletes and the coaches of such athletes who now access or wish to access the program.

In general, the AAP (Carding) recognizes the commitment a swimmer makes to long-term training and competitive programs and seeks to relieve some of the pressures associated with participation in international sport. In particular, the AAP provides financial assistance to Canadian high-performance swimmers to assist them in seeking enhanced training opportunities intended to progress their performances. To this end, the assistance helps swimmers with their training and competition needs and is paid directly to the swimmer.

The AAP objective is to support Canadian athletes identified and nominated by Swimming Canada as performing at or having the greatest potential to achieve top 8 results at Olympic/Paralympic Games and World Championships. The coach remains a critical component of the process and in conjunction with Swimming Canada manages and directs the swimmers training plan. The AAP is the only Sport Canada program to provide direct financial support to athletes.

2. PROGRAM OVERVIEW

2.1 GENERAL INFORMATION AND DEFINITIONS:

For the purposes of this document, an athlete is considered carded within any given carding cycle if:

- They have met all eligibility and performance requirements to be nominated for carding; and
- They have been nominated for carding by the NSO and deemed by Sport Canada to have met all eligibility requirements for nomination; and
- They have completed and submitted an AAP application form; and
- They have NOT had their carding withdrawn during the current carding cycle; and
- They have either received AAP living and training support for any portion of the current carding cycle or have declined living and training support (and have indicated such on their AAP application form).

Carded athletes may, based on their status as such, be eligible for additional support either from AAP (e.g. tuition support) or from other parties (e.g. P/T athlete funding programs, sport support services offered through Canadian Olympic and Paralympic Sport Institute Network (COPSIN), etc.)

- a. Sport Canada has allocated Swimming Canada a maximum of \$1,249,620 , for the 2023-2024 carding cycle, in living and training allowance to be allocated through the application of the 2023-2024 Swimming Canada Athlete Assistance Program Criteria.



- b. Eligible athletes approved for carding by Sport Canada will receive a monthly living and training allowance according to carding status. This allowance is paid in advance every two months.
- c. The Sport Canada AAP funds Athletes in Olympic Events at two levels:
 - i. Senior Cards:

Senior International Card (SR1, SR2)	\$1,765.00/month, totalling \$21,180/yr
Senior National Team Card (SR)	\$1,765.00/month, totalling \$21,180/yr
 - ii. Developmental Cards (D):

	\$1,060.00/month, totalling \$12,720/yr
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- d. The Carding cycle for 2023-2024 shall be November 1, 2023 to October 31, 2024.
- e. The following applies for all card levels:
 - i. Results eligible for carding purposes will be taken from the specific Games, competitions or time periods identified in the respectful carding level criteria in this document: Section 3: Senior Cards, Section 4; Development Cards.
 - ii. Results posted as an “intermediate distance time” within an Individual Event are not eligible for carding.
 - iii. Results posted from a “lead-off” leg on the appropriate relay in the 100m backstroke, 100m freestyle and 200m freestyle are eligible.
 - iv. An individual “non-lead” performance on a relay is not eligible for Individual Event carding. An individual ‘non-lead’ performance can only be used as referenced in the Senior International Card Relay Event Criteria (Section 3.1 b.) and Senior National Team Card Relay Event Criteria (Section 3.2 c.).
 - v. Where referenced, the 2023 version of On-Track Times will be used ([Appendix 1](#)).
- f. The Sport Canada AAP also offers athletes who receive AAP funds the following additional financial benefits:
 - i. Tuition Support which comes in two forms:
 - Tuition for carded athletes
 - Deferred tuition support for athletes who are no longer carded.

The maximum amount payable is \$5,500 per carding cycle up to a lifetime maximum. Note: the lifetime maximum is \$27,500.
 - ii. Supplementary AAP Support is available to carded athletes in the following situations:
 - Excellence living and training allowance
 - Child dependent allowance
 - Training and competition allowance for Paralympic athletes with high support needs
 - Relocation assistance
 - Child care assistance
 - Retirement assistance

NOTE: These Sport Canada benefits are subject to change by Sport Canada. More information regarding these additional financial benefits is in Section 8 of the Sport Canada AAP Policies, Procedures & Guidelines document posted on the Sport Canada website.

<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html#a9d>

2.2 SWIMMING CANADA’S AUTHORITY FOR DECISIONS:

All matters relating to the nomination of athletes for AAP are the sole authority of Swimming Canada. Swimming Canada makes decisions relating to the approval of AAP nominations on the basis of the approved Swimming Canada AAP Criteria and requirements. If an athlete does not meet (in the discretion and opinion of Swimming Canada) all of the criteria or requirements set out in the Swimming Canada AAP Criteria, Swimming Canada may decide in its sole discretion, to either recommend withdrawal of carding, or to not nominate an athlete for 2023-2024.



2.3 MODIFICATION TO THESE CRITERIA

In the case of unforeseen circumstances, and with the approval of Sport Canada, Swimming Canada reserves the right to modify the published AAP criteria based on the best available information. Any modifications will be made promptly and will be communicated to all affected individuals, and published to the Swimming Canada website without delay.

2.4 ELIGIBLE SWIMMERS:

Only those swimmers eligible to represent Canada at either the World Aquatics Championships or the Olympic Games shall be eligible for AAP support. Swimmers must be Canadian citizens, and be registered with Swimming Canada in the Competitive registration category, both at the time of the carding performance and again prior to receiving support for the 2023-2024 season.

2.5 ELIGIBLE PERFORMANCES:

For the 2023-2024 carding cycle, carding shall be determined from long course (LC) performances and open water performances at the following competitions as specified in the carding level criteria sections; Section 3. Senior Cards and Section 4. Development Cards. Not all results from all competitions are eligible to be used for carding purposes, refer to specific sections for details.

a. Pool Events: the following list is an overview of competitions that will be used for athlete carding performances.

- i. 20th World Aquatics World Championships 2023, July 14-30, Fukuoka, JPN
- ii. XIX Pan American Games, October 20 – November 5, Santiago, CHL
- iii. 9th World Aquatics World Junior Championships 2023, TBC
- iv. 2023 Speedo Canadian Swimming Championships, August 1-6, Toronto, CAN
- v. 2023 Bell Canadian Swimming Trials, March 28 – April 2, Toronto, CAN – Results from the Bell Canadian Swimming Trials will only be considered for those athletes selected to the 20th World Aquatics World Championships 2023 Team.

IMPORTANT: refer to Section 3. Senior Cards, and Section 4. Development Cards, in this document to confirm which Event(s) applies to which carding level.

b. Open Water Events: the following list is an overview of competitions that will be used for open water carding performances.

- i. 20th World Aquatics World Championships 2023, July 14-30, Fukuoka, JPN
- ii. XIX Pan American Games, October 20 – November 5, Santiago, CHL
- iii. 2023 Canadian Open Water Trials, April 15-16, Grand Cayman, CAY
- iv. 2023 Canadian Open Water Festival, August 12-13, Welland, CAN

IMPORTANT: refer to Section 3. Senior Cards and Section 4. Development Cards, in this document to confirm which Event applies to which carding level.



2.6 PRIORITIZATION OF CARDING NOMINATIONS:

The following eight points constitute the priority order for nominating swimmers who have met the carding criteria. Cards will be awarded in a “top down” fashion until the total allocation of cards is exhausted:

- PRIORITY 1:** Senior International Card nominations (SR1/SR2)
- PRIORITY 2:** Swimmers carded the previous year at the Senior International Card level (SR1/SR2) in Olympic Events who have health-related circumstances* AND who meet the Sport Canada policy on curtailment of training and competition for health-related reasons.
- PRIORITY 3:** Senior National Team (SR) Card nominations based on criteria outlined in this document.
- PRIORITY 4:** Swimmers carded the previous year at the Senior National Team (SR) Card level (including C1 cards) and who have health-related circumstances * AND who meet the Sport Canada policy on curtailment of training and competition for health related reasons. These cards will be prioritized based on the previous year’s ranking.
- PRIORITY 5:** Development Cards (D) for Track 1, Open Water Development, or Track 2 Swimmers based on the criteria outlined in this document.
- PRIORITY 6:** Swimmers carded the previous year at the Development Card (D) level; Track 1, Open Water or Track 2 level who have health-related circumstances * AND who meet the Sport Canada policy on failure to Meet Renewal Criteria for Health-related Reasons, section 9.1.3 of the *Sport Canada AAP Policies, Procedures & Guidelines*. These cards will be prioritized based on the previous year’s ranking.
- PRIORITY 7:** Development Cards (D) for Track 3 Swimmers based on the criteria outlined in this document.
- PRIORITY 8:** Swimmers carded the previous year at the Development Card (D) level; Track 3 who are have health-related circumstances * AND who meet the Sport Canada policy on curtailment of training and competitions for health related reasons.

* See the section **5. HEALTH-RELATED CIRCUMSTANCES**

3. SENIOR CARDS

3.1 SENIOR INTERNATIONAL CARD CRITERIA (SR1/SR2):

Only performances in Olympic Pool Events (LC) are eligible to be considered for Senior International carding (SR1/SR2).

Only performances in Olympic Open Water distances (10km) are eligible to be considered for Senior International carding (SR1/SR2).

Eligibility for the 2023-2024 Senior International card shall be based on results from the 20th World Aquatics World Championships 2023 only and as per the following criteria. This is a two-year card.

- a. Individual Events (Pool and Open Water):
 - i. To be eligible for nomination as a Senior International Card, swimmers must finish within the top 8 places of an Individual Event and finish within the top ½ of the entered swimmer field.
- b. Relay Events (Pool):
 - i. For individual members of relay teams to be eligible for nomination as a Senior International Card, the relay must finish within the top 8 places of a Relay Event and finish within the top ½ of the entered teams field.
 - ii. Preliminary relay swimmers are also eligible for carding. The swimmers who participate in qualifying a Relay Event for the finals but do not compete in the finals of the Event will be nominated to be carded on the basis that relay has attained the level of performance required to advance to that final (i.e. Top 8).

NOTES – for Senior International Card:



- a. Swimmers who meet the Senior International Card criteria at the 20th World Aquatics World Championships 2023 are eligible to be nominated by Swimming Canada for two consecutive years, with the card for the first year referred to as SR1 and the card for the second year referred to as SR2. The second year of carding will be contingent on the athlete being re-nominated for a Senior International Card by Swimming Canada.
 - i. Pool swimmers will be re-nominated if they are maintaining an approved training and competitive program recognized by Swimming Canada and Sport Canada and have maintained a performance level, within a threshold of 1% of the time they performed to earn the SR1 card, at an eligible competition from the 2024-2025 criteria.
 - ii. Members of any National Team relay that places in the Top 8 and whose individual relay performance, is within 1% of the time which was used in becoming carded in 2023-2024. When comparing non-lead relay performances to individual and relay lead-off performances, 0.5 seconds will be added to the non-lead relay performance time, at an eligible competition from the 2024-2025 criteria.
 - iii. Open Water swimmers will be re-nominated if they qualify for the 2024 Olympic Games 10km open water Event.

3.2 SENIOR NATIONAL TEAM CARD CRITERIA (SR):

Only performances in Olympic Pool Events (LC) are eligible to be considered for Senior National Team carding (SR).

Only performances in Olympic Open Water distances (10km) are eligible to be considered for Senior National Team carding (SR).

Eligibility for the 2023-2024 Senior National card shall be based on the following:

- a. Individual Pool Events: To be eligible for nomination as a Senior National Team Card, swimmers must:
 - i. Achieve the 2023 World Aquatics 'A' time ([Appendix 3](#)), in Olympic Events only, at any of the following:
 - 20th World Aquatics World Championships 2023, July 14-30, Fukuoka, JPN
 - XIX Pan American Games, October 20 – November 5, Santiago, CHL
 - 9th World Aquatics World Junior Championships 2023, TBC
 - 2023 Speedo Canadian Swimming Championships, August 1-6, Toronto, CAN
 - 2023 Bell Canadian Swimming Trials, March 28 – April 2, Toronto, CAN – Results from the Bell Canadian Swimming Trials will only be considered for those athletes selected to the 20th World Aquatics FINA World Championships 2023 Team.
- b. Individual Open Water Events: To be eligible for an Open Water Senior National Team Card swimmers must meet one of the following criteria:
 - i. Swimmers must finish within the top 16 places of the 10k Event at the 20th World Aquatics World Championships 2023, Fukuoka, JPN
or
 - ii. Swimmers must finish within the top 2 places of the 10K Event at the 2023 Canadian Open Water Trials, April 15-16, Grand Cayman, CAY or the 2023 Canadian Open Water Festival, August 12-13, Welland, CAN and achieve the 1500m pool requirement for Senior National Team carding.
or



- iii. Swimmers must finish within the top 5 places of the 10K Event at the XIX Pan American Games, October 20 – November 5, Santiago, CHL and achieve the 1500m pool requirement for Senior National Team carding.

Senior National Team carding 1500m Pool Requirement

Long course results posted on swimrankings.net, for competitions between January 1, 2023 and August 6, 2023

Women – 1500m Free LCM	Men – 1500m Free LCM
16:35.00	15:25.00

c. Relay Events:

- i. Members of a National Team Relay, in Olympic Pool Events only, placing in the Top 9-12 at the 20th World Aquatics World Championships 2023, Fukuoka, JPN, will be nominated to be carded at the Senior Card level.

4. DEVELOPMENT CARDS

4.1 Eligibility for the 2023-2024 pool swimming Development cards shall be based on results, only for Olympic Pool Events, from the following competitions, and as per the following Development Card criteria.

- 20th World Aquatics World Championships 2023, July 14-30, Fukuoka, JPN
- XIX Pan American Games, October 20 – November 5, Santiago, CHL
- 9th World Aquatics World Junior Championships 2023, TBC
- 2023 Speedo Canadian Swimming Championships, August 1-6, Toronto, CAN
- 2023 Bell Canadian Swimming Trials, March 28 – April 2, Toronto, CAN – Results from the Bell Canadian Swimming Trials will only be considered for those athletes selected to the 20th World Aquatics World Championships 2023 Team.

4.2 The following four points constitute the priority order for nominating swimmers who have met the carding criteria:

PRIORITY 1:	On Track, Track 1 Swimmers (Pool)
PRIORITY 2:	Open Water Development
PRIORITY 3:	On Track, Track 2 Swimmers (Pool)
PRIORITY 4:	On Track, Track 3 Swimmers (Pool)

4.3 Development cards will be awarded in a “top down” fashion until the total allocation of cards is exhausted.

4.4 The availability of Development cards is subject to the total number of cards available under the Sport Canada criteria and the number of cards awarded in the Senior International and Senior National Team levels.

4.5 ON TRACK, TRACK 1 SWIMMERS (Pool) DEVELOPMENT CARD

- a. All swimmers who achieve On Track, Track 1 Standard based on their age as of December 31, 2023 will have their performance ranked as a percentage of the On Track Target Time for that Event. Swimmers will be nominated in rank order until the total number of available Development Cards has been used. A



complete list of On Track, Track 1 standards based on age and the On Track Target Times are available in [Appendix 1](#).

4.6 OPEN WATER DEVELOPMENT CARD:

- a. Only Swimmers born in the year 2002 or later are eligible and must meet one of the following criteria to be nominated for 2023-2024 Open Water Development carding:
 - ii. Swimmers must finish within the top 5 places of the 10K Event at the 2023 Canadian Open Water Trials, April 15-16, Grand Cayman, CAY or the 2023 Canadian Open Water Festival, August 12-13, Welland, CAN and achieve the 1500m pool requirement for Development carding.

Development carding 1500m Pool Requirement

Long course results posted on swimrankings.net, for competitions between January 1, 2023 and August 6, 2023

Women – 1500m Free LCM	Men – 1500m Free LCM
16:55.00	15:55.00

4.7 ON TRACK, TRACK 2 SWIMMERS (Pool)

- a. All swimmers who achieve an On Track, Track 2 Standard based on their age as of December 31, 2023 will have their performance ranked as a percentage of the On Track Target Time for that Event. Swimmers will be nominated in rank order until the total number of available Development Cards has been used. A complete list of On Track, Track 2 standards based on age and the On Track Target Times is available in [Appendix 1](#).

4.8 ON TRACK, TRACK 3 SWIMMERS (Pool)

- a. All swimmers who achieve an On Track, Track 3 Standard based on their age as of December 31, 2023 will have their performance ranked as a percentage of the On Track Target Time for that Event. Swimmers will be nominated in rank order until the total number of available Development Cards has been used. A complete list of On Track Track 3 standards based on age and the On Track Target Times are available in [Appendix 1](#).

NOTES - for all Development Cards:

- a. Swimmers previously carded at the Senior (International or National Team) level for more than two years are not eligible for Development Cards. Swimming Canada may apply to Sport Canada for an exception to this clause if the swimmer, as of December 31, 2023, is four years or more, younger than the modelled age of peak performance in the Event ([Appendix 2](#)) for which they have met the AAP funding requirements.
- b. Should a tie occur in a pool Event, the swimmers' time as a percentage of the 2023 World Aquatics 'A' Time ([Appendix 3](#)) in that event will be used to break the tie.
- c. Should a second tie occur in the first tie breaking process, then the fastest performances in other Events at eligible competitions will be ranked as a percentage of the 2023 World Aquatics 'A' Time and be used to break the tie.
- d. Should a tie occur in an open water Event, the swimmers fastest 400m freestyle LC times posted on swimrankings.net between January 1, 2023 and August 6, 2023 will be ranked and used in rank order to



break the tie. Long course results for competitions not posted on swimranking.net not will be considered.

5. HEALTH-RELATED CIRCUMSTANCES

Swimming Canada will consider nominating a swimmer for carding if they have failed to meet the renewal criteria for health-related reasons in accordance with section 9.1.3 of the *Sport Canada AAP Policies, Procedures & Guidelines*.

5.1 In order to be considered for nomination for renewal based on health-related circumstances for 2023-2024, all of the following requirements must be met:

- a. The swimmer must have been carded during the 2022-2023 carding cycle.
- b. It is the responsibility of the swimmer to have duly notified Swimming Canada by reporting any health-related issues that significantly affected their ability to train at full capacity at any point in the carding cycle (November 1, 2022– October 31, 2023) by submitting two forms: the Health-Related Circumstances Medical Professional's Form and the Online Health-Related Circumstances Athlete Personal Form
 - Form 1 – *Swimming Canada Health-Related Circumstances Medical Professional's Form*
Form 1 must be completed and submitted by an approved medical professional. The form is to be completed twice: (1) to open the file within 14 days of the initial health-related diagnosis, and (2) to close the file upon return to training at full capacity. If required, the performance link coach may request additional updates from a medical professional. Only forms signed by the approved medical professionals will be permitted to be used as evidence of health-related circumstances impacting training and/or competition performance. Form 1 can be found [here](#).
 - Form 2 – *Online Swimming Canada Health-Related Circumstances Athlete Personal Form*
In conjunction with the swimmer's personal coach, the swimmer is responsible for completing and submitting Form 2 on a biweekly basis. Form 2 must be submitted: (1) to open the file within 14 days of the initial health-related circumstance, (2) to provide updates on the swimmer's health-related status every two weeks, and (3) to close the file once the swimmer is back at full training capacity. Form 2 can be found [here](#).

5.2 If Swimming Canada nominates a swimmer for renewal based on health-related circumstances:

- a. The swimmer will be nominated for a card at the same level (i.e. Senior or Development) at which they were carded in 2022-2023.
- b. The swimmer may only be nominated for renewal based on health-related circumstances for two consecutive seasons.

5.3 Swimmers who has had carding renewed based on health-related circumstances:

- a. Must follow the conditions outlined in the *Sport Canada AAP policy* (sections 9.1.1 and 9.1.2) regarding curtailment of training and competition for health-related circumstances.
- b. Must report as directed to Swimming Canada's Manager, High Performance Programs on their rehabilitation activity and progression.
- c. If the swimmer is a full time High Performance Centre swimmer, reporting of health-related circumstances must be completed through the respective HPC Coaching staff and designated medical staff, and documented in writing to the Associate High Performance Director – Olympic Program.
- d. Failure to report as directed may result in a recommendation to Sport Canada to withdraw carding at the sole discretion of Swimming Canada's High Performance Director



6. SWIMMERS LIVING OUTSIDE OF CANADA

6.1 The following shall apply to swimmers who meet the carding criteria as noted above and who are living and training abroad as per *Sport Canada AAP policy* section 2.5.1:

- a. All swimmers living and training outside of Canada are required to support the National Team Program (Section 10) activities as outlined in this document.
- b. Swimming Canada will, at its sole discretion, determine if Canadians who achieve the carding criteria while living and training outside of the country will be nominated for AAP funding. The decision will be based on a number of factors which shall include, but not be limited to, the available daily training environment and the ability to support the National Team Program as outlined in this document.
- c. As per *Sport Canada AAP policy* section 2.5.2, Swimming Canada will nominate swimmers who are attending a foreign post-secondary educational institution and are receiving an athletic scholarship for AAP funding provided that they commit to support the National Team Program activities. These swimmers will be nominated by Swimming Canada for AAP support during the months they are not attending the foreign post-secondary institution. It is the responsibility of the individual athlete to notify Swimming Canada of the applicable time period for which they will not be attending the foreign post-secondary educational institution.

7. NCAA-BASED CARDED SWIMMERS

7.1 The following shall apply to swimmers who meet the carding criteria as noted above and who are attending an NCAA institution:

- a. Sport Canada policy (section 2.5.2) states that athletes attending a foreign post-secondary educational institution and who are receiving an athletic scholarship are not eligible to receive AAP support in the months in which they are attending the foreign post-secondary educational institution.
- b. It is the responsibility of the NCAA-based athlete who is nominated by Swimming Canada for AAP support to notify Swimming Canada of the time period that the athlete will not be attending the foreign post-secondary educational institution. Once notified, Swimming Canada will request that Sport Canada activate the athletes AAP support for that period. AAP support will only be activated if the athlete has submitted all of the required documentation to Swimming Canada by the prescribed deadline in the fall of 2023.
- c. It is the responsibility of the NCAA-based athlete to notify their institution's compliance department to confirm that they are eligible to receive AAP support. It is also the responsibility of the NCAA-based athlete to determine any procedures that they must follow in order to meet the requirements of the institution's compliance department.

8. CARDING REQUIREMENTS

8.1 The following shall apply to all nominated athletes accepted to receive AAP Carding:

- a. For each carding cycle, all carded athletes must complete and submit all required documentation by the specified deadline in their carding notification letter. Failure to do so will result in Swimming Canada delaying or rescinding the athlete's nominations to Sport Canada for AAP funding. Funding will not be activated until such time that all required documentation is returned to Swimming Canada.
- b. Should a nominated athlete fail to complete all application requirements by **November 30, 2023**, it will result in the loss of access to the card and to its benefits.
- c. All carded swimmers shall be expected to attend to an appropriate standard of training suitable to progress their competitive standard.
- d. All carded swimmers AND personal coaches of carded swimmers will be required to submit a yearly training plan to Swimming Canada by December 1, 2023.



- e. All Swimming Canada High Performance Centres are to submit plans to the Swimming Canada Senior Coach, Olympic Program.
- f. All swimmers AND personal coaches of carded swimmers will be expected to submit testing data when requested by Swimming Canada.
- g. All personal coaches of carded swimmers will be required to attend Carded Coaches Meetings as determined by the Swimming Canada High Performance Director.

9. REVIEW

9.1 The following outlines carding status reviews:

- a. If for any reason other than health-related circumstances (see Section 5) a swimmer is unable to sustain or otherwise maintain a suitable level of training to progress their competitive standard their carding status will be reviewed.
- b. Should a carded swimmer not demonstrate a performance improvement (Time and/or World Rank) from the previous season, the swimmer will undergo a review by the Swimming Canada High Performance Director or his designate. Evidence for the review will be based on relevant performance data and information gathered through the Swimming Canada Carded Athlete Monitoring Process.
- c. Any determination of unsuitable training will be made in concert with the swimmers personal coach and the Swimming Canada High Performance Director.
- d. If deemed necessary by the Swimming Canada High Performance Director, a carded athlete may be required to attend an in person review meeting to discuss training or performance progression.
- e. Should the review provide a negative result, a recommendation for withdrawal of carding may be made to Sport Canada.

10. MANDATORY MEETS / NATIONAL TEAM PROGRAM;

10.1 All AAP carded swimmers are required to attend and compete in any Swimming Canada Team Events, Games, Competitions and/or Training Camps for which they are selected; and to attend and participate in all Swimming Canada National mandatory competitions that confirmed in the AAP acceptance documentation.

10.2 It is not acceptable for a carded pool or open water swimmer to miss the mandatory competitions to attend non-Canadian national competitions. Any written application for exception to the above would be reviewed individually and a decision made at the sole discretion of the Swimming Canada High Performance Director.

11. MANDATORY AVAILABILITY FOR SELECTION TO NATIONAL TEAMS

11.1 Once carded, all AAP Carded swimmers are required to make themselves available for selection / nomination to all Team Events, Competitions and Games for which they are eligible by completing the Declaration of Availability form as defined in the selection or nomination criteria for each National Team competition, with the intent to attend and compete at the Team Event, Competition or Games, if selected.

12. APPENDICES

See enclosed Appendices below.

Appendix 1 - Swimming Canada 2023 On Track Times

Appendix 2 - Modelled Age of Peak Performance at Targeted Competitions

Appendix 3 - 20th World Aquatics World Championships 2023 World Aquatics 'A' Qualifying Times, 50m

Swimming Canada
2023 World Class On Track Times
 (Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13			13			13			13			13		
14			14			14	2:06.49		14	4:26.16		14	9:03.80		14	17:19.06	
15			15	56.74		15	2:03.16	2:04.44	15	4:19.53	4:21.14	15	8:53.49	8:56.53	15	16:59.36	17:05.16
16	25.83		16	55.71	56.35	16	2:00.90	2:02.15	16	4:14.94	4:16.52	16	8:46.05	8:49.04	16	16:45.14	16:50.86
17	25.56	25.83	17	55.07	55.70	17	1:59.56	2:00.80	17	4:12.16	4:13.72	17	8:41.04	8:44.01	17	16:35.58	16:41.24
18	25.37	25.64	18	54.63	55.26	18	1:58.66	1:59.89	18	4:10.57	4:12.12	18	8:37.90	8:40.85	18	16:29.57	16:35.20
19	25.20	25.46	19	54.25	54.88	19		1:59.18	19		4:11.20	19		8:38.96	19		16:31.60
20	25.04	25.30	20		54.54	20		1:58.66	20		4:10.57	20		8:37.90	20		16:29.57
21		25.16	21		54.25	21			21			21		8:38.19	21		16:30.13
22		25.04	22			22			22		4:10.57	22		8:37.90	22		16:29.57
23			23		54.25	23			23			23			23		
24		25.04	24			24			24			24			24		

100 Back			200 Back		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13	1:06.38		13	2:23.03	
14	1:04.18	1:05.03	14	2:18.50	2:20.35
15	1:02.52	1:03.35	15	2:15.07	2:16.88
16	1:01.34	1:02.15	16	2:12.63	2:14.41
17	1:00.59	1:01.40	17	2:11.08	2:12.84
18		1:00.92	18		2:11.79
19		1:00.59	19		2:11.08
20			20		2:11.40
21		1:00.59	21		2:11.08
22			22		
23			23		

100 Fly			200 Fly		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13		
14			14	2:17.24	
15	1:01.40		15	2:14.12	2:15.36
16	1:00.27	1:00.89	16	2:11.81	2:13.02
17	59.42	1:00.03	17	2:10.23	2:11.43
18	58.80	59.41	18	2:09.21	2:10.40
19	58.33	58.93	19		2:09.69
20		58.58	20		2:09.21
21		58.33	21		2:09.35
22			22		2:09.21
23		58.33	23		

FEMALE



100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13		
14			14		
15	1:10.18		15	2:31.33	
16	1:08.90	1:09.57	16	2:28.89	2:30.05
17	1:08.13	1:08.79	17	2:27.45	2:28.60
18	1:07.68	1:08.34	18	2:26.59	2:27.74
19	1:07.35	1:08.01	19	2:25.91	2:27.05
20		1:07.69	20		2:26.41
21		1:07.35	21		2:25.91
22			22		2:26.16
23		1:07.35	23		2:25.91

200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13		
14			14	5:01.10	
15	2:18.97		15	4:53.94	4:55.62
16	2:16.48	2:17.39	16	4:48.67	4:50.32
17	2:14.86	2:15.76	17	4:45.12	4:46.75
18	2:13.75	2:14.64	18	4:43.06	4:44.68
19	2:12.98	2:13.87	19		4:43.54
20		2:13.34	20		4:43.06
21		2:12.98	21		4:43.21
22			22		4:43.06
23		2:12.98	23		

Swimming Canada
2023 World Class On Track Times
(Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	53.40		15	1:56.32		15	4:06.79		15	8:27.84		15	16:11.05	
16			16	51.65	52.63	16	1:53.03	1:54.74	16	4:00.04	4:03.00	16	8:14.80	8:19.37	16	15:46.11	15:54.86
17	23.51		17	50.28	51.23 51.70	17	1:50.43	1:52.11 1:52.80	17	3:54.76	3:57.66 3:58.38	17	8:04.84	8:09.32 8:10.46	17	15:27.06	15:35.64 15:37.81
18	22.97	23.20	18	49.24	50.17 50.64	18	1:48.45	1:50.10 1:50.78	18	3:50.83	3:53.68 3:54.39	18	7:57.68	8:02.10 8:03.22	18	15:13.39	15:21.84 15:23.98
19	22.58	22.81 22.88	19	48.51	49.43 49.89	19	1:47.06	1:48.69 1:49.36	19	3:48.15	3:50.96 3:51.67	19	7:53.11	7:57.49 7:58.60	19	15:04.64	15:13.01 15:15.13
20	22.31	22.54 22.60	20		48.90 49.35	20		1:47.71 1:48.38	20		3:49.20 3:49.90	20		7:54.67 7:55.77	20		15:07.62 15:09.73
21	22.12	22.34 22.41	21		48.51 48.96	21		1:47.06 1:47.72	21		3:48.15 3:48.84	21		7:53.11 7:54.21	21		15:04.64 15:06.74
22		22.21 22.27	22		48.69	22		1:47.29	22		3:48.29	22		7:53.37	22		15:05.13
23		22.12 22.18	23		48.51	23		1:47.06	23		3:48.15	23		7:53.11	23		15:04.64
24		22.14	24			24			24			24			24		
25		22.12	25			25			25			25			25		

100 Back			200 Back		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:07.96	
16	57.82		16	2:03.84	2:04.96
17	56.29	56.87	17	2:00.94	2:02.04 2:02.34
18	55.24	55.81 55.97	18	1:59.14	2:00.22 2:00.52
19	54.52	55.09 55.25	19	1:58.07	1:59.14 1:59.43
20	54.03	54.59 54.75	20		1:58.48 1:58.77
21		54.25 54.40	21		1:58.07 1:58.36
22		54.03 54.19	22		1:58.13
23		54.07	23		1:58.07
24		54.03	24		

100 Fly			200 Fly		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:06.95	
16	55.45		16	2:03.23	2:04.93
17	54.00	54.56	17	2:00.34	2:02.00 2:02.47
18	53.03	53.58 53.71	18	1:58.18	1:59.81 2:00.28
19	52.40	52.95 53.07	19	1:56.71	1:58.32 1:58.78
20	51.96	52.50 52.63	20		1:57.33 1:57.78
21		52.18 52.31	21		1:56.71 1:57.16
22		51.96 52.09	22		1:56.82
23		51.97	23		1:56.71
24		51.96	24		



100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:22.53	
16	1:04.07		16	2:18.39	2:21.06
17	1:02.52	1:03.41	17	2:15.02	2:17.62 2:18.77
18	1:01.31	1:02.18 1:02.62	18	2:12.35	2:14.89 2:16.01
19	1:00.41	1:01.27 1:01.70	19	2:10.32	2:12.83 2:13.93
20	59.75	1:00.60 1:01.03	20		2:11.31 2:12.40
21		1:00.11 1:00.54	21		2:10.32 2:11.40
22		59.75 1:00.17	22		2:10.74
23		59.92	23		2:10.32
24		59.75	24		

200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	4:36.79	
16	2:07.21		16	4:30.22	4:34.00
17	2:04.24	2:05.33	17	4:24.87	4:28.58 4:29.47
18	2:02.03	2:03.11 2:03.30	18	4:20.64	4:24.29 4:25.17
19	2:00.53	2:01.59 2:01.78	19	4:17.48	4:21.08 4:21.95
20	1:59.53	2:00.59 2:00.77	20		4:18.82 4:19.68
21		1:59.94 2:00.12	21		4:17.48 4:18.34
22		1:59.53 1:59.71	22		4:17.65
23		1:59.52	23		4:17.48
24		1:59.53	24		



Appendix 2 – Modelled Age of Peak Performance at Targeted Competitions

Female	Event	Male
24	50 FR	25
23	100 FR	23
22	200 FR	23
22	400 FR	23
22	800 FR	23
22	1500 FR	23
21	100 BK	24
21	200 BK	23
23	100 BR	24
23	200 BR	23
23	100 FL	24
22	200 FL	23
23	200 IM	24
22	400 IM	23
25	Open Water 10 KM	25



Appendix 3 – 20th World Aquatics World Championships 2023 World Aquatics ‘A’ Qualifying Times, 50m

WA ‘A’ Time Women	EVENT	WA ‘A’ Time Men
25.04	50m Freestyle	22.12
54.25	100m Freestyle	48.51
1:58.66	200m Freestyle	1:47.06
4:10.57	400m Freestyle	3:48.15
8:37.90	800m Freestyle	7:53.11
16:29.57	1500m Freestyle	15:04.64
28.22	50m Backstroke	25.16
1:00.59	100m Backstroke	54.03
2:11.08	200m Backstroke	1:58.07
31.02	50m Breaststroke	27.33
1:07.35	100m Breaststroke	59.75
2:25.91	200m Breaststroke	2:10.32
26.32	50m Butterfly	23.53
58.33	100m Butterfly	51.96
2:09.21	200m Butterfly	1:56.71
2:12.98	200m Ind. Medley	1:59.53
4:43.06	400m Ind. Medley	4:17.48