



## 2024 SPEEDO WESTERN CANADIAN CHAMPIONSHIPS MARCH 21-24, 2024

### 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, and 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 or procedures contained in this Meet Information package supersede those found within the World Para Swimming Technical Rules and Regulations.

**Competition Hosts** - Swimming Canada & Swim Manitoba

#### Venue

Pan Am Pool  
25 Poseidon Bay, Winnipeg, MB

#### Pool

8 lane 50m Competition Pool  
8 lane 25m Training Pool

### KEY DATES

|                            |   |                                     |
|----------------------------|---|-------------------------------------|
| <b>Meet Entry Deadline</b> | Tuesday, March 12, 2024   |                                     |
| <b>Classification</b>      | March 19-20, 2024 – Appointment date & time will be advised prior to travel                                   |                                     |
| <b>Registration</b>        | <b>All coaches and support staff must register themselves in person.</b>                                      |                                     |
|                            | Tuesday, March 19, 2024   | Wednesday, March 20, 2024           |
|                            | 7:30am – 11:30am<br>3:30pm – 7:30pm   | 7:30am – 11:30am<br>3:30pm – 7:30pm |
|                            | Registration will be available during warm-up periods only once the competition begins. <b>No exceptions.</b> |                                     |
| <b>Pre-Event Training</b>  | Tuesday, March 19, 2024   | Wednesday, March 20, 2024           |
|                            | 8:00am – 12:00pm<br>4:00pm – 8:00pm   | 8:00am – 12:00pm<br>4:00pm – 8:00pm |
| <b>Technical Meeting</b>   | Wednesday, March 20, 2024 at 3:00pm   |                                     |
| <b>Competition Times</b>   | Heats: 7:30am warm-up / 9:00am start<br>Finals: 4:00pm warm-up / 5:30pm start                                 |                                     |

### ORGANIZING COMMITTEE

Events Manager

Events Manager

National Meet Director

National Meet Referee

Para Swimming Technical Advisor

Swimming Canada Meet Entry Coordinator

Swimming Canada Classification Lead

Officials Coordinator

Rebecca Cheverton

Jocelyn Jay

Norma Lachance

Daryle Martin

Sheila Guenther

Rob Traynor

Janet Dunn

[rcheverton@swimming.ca](mailto:rcheverton@swimming.ca)

[jjay@swimming.ca](mailto:jjay@swimming.ca)

[mathdva@gmail.com](mailto:mathdva@gmail.com)

[darylelmartin@gmail.com](mailto:darylelmartin@gmail.com)

[guenther@sasktel.net](mailto:guenther@sasktel.net)

[rtraynor@swimming.ca](mailto:rtraynor@swimming.ca)

[jdunn@swimming.ca](mailto: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 and understand that the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS), and the Complaint Management Process administered by the Office of the Sport Integrity Commissioner (OSIC) shall apply to their participation at, and to any activities related to, any of the following Swimming Canada National Events:

- 2023 Ken Demchuk International Invitational
- 2024 Speedo Canadian Eastern Championships
- 2024 Speedo Canadian Western Championships
- 2024 Canadian Swimming Open
- 2024 Olympic and Paralympic Trials, Presented by Bell
- 2024 Speedo Canadian Masters Championships
- 2024 Speedo Canadian Swimming Championships

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](#)

A competitor's age is their age as of the first day of the competition Thursday, March 21, 2024.

### Qualification Period

Times performed Long Course since September 1, 2022 are eligible for entry.

Paralympic Program swimmers must have a Level 2, 3 or International sport classification by the entry deadline.

### Age Groups

Female:

Youth: 13-15

Senior: 16 & over

Male:

Youth: 14-16

Senior: 17 & over

Relays:

Female: 13 & over

Male: 14 & over

Mixed: 13 & over

Stroke 50 events (Backstroke, Breaststroke, and Butterfly) will compete in a single age category in preliminaries and finals: Female 13 & over, Male 14 & over.

Paralympic Program eligible events (50 free, 50 back, 50 breast, 50 fly, 100 free, 100 back, 100 breast, 100 fly, 150 IM and 200 IM, 200 free and 400 free) will have no age restrictions for entry as per the defined sport classes.

### Relay Only Swimmers

Clubs may enter one relay only swimmer per gender in the competition regardless of age. Females must be at least 13 years old and males at least 14 years old. Clubs entering more than one relay team in any relay event are not eligible to enter a relay only swimmer.



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.

Relay only swimmers pay the same individual entry fee as individually qualified swimmers.

## **ENTRY FEES & INFORMATION**

**Entry Fee** - \$110 CAD per Swimmer

**Entry Fee after the Entry Deadline\*\*** - \$160 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 teams will receive an email invoice for all fees owing. This invoice must be paid prior to **March 18, 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 allowed.

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.

Varsity swimmers must be registered in the Competitive Open, Competitive Varsity-Open or Varsity registration category and may represent their club team or their Varsity team.

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

## **Bonus Swims**

There are no bonus swims.

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

Swimmers must achieve one Paralympic Program Eastern/Western Meet Qualifying Standards (MQS). Additional entries may be made in eligible events provided the swimmer has the 2024 Paralympic Program Eastern/Western Meet Entry Time (MET).

Paralympic Program swimmers will be able to enter any event for which they have equaled or bettered the 2024 Eastern/Western Canadian Championship qualifying standard (MQS) or meet entry time (MET), but only 12 events will advance to an A final:

200m freestyle S1-S5, S14 (Event 301/302)

100m backstroke S6-S14 (Event 303/304);

100m freestyle S1-S14 (Event 305/306);

50m backstroke S1-S5 (Event 307/308);

100m breaststroke SB4-SB9, SB11-SB14 (Event 309/310);

50m butterfly S1-S7 (Event 311/312);



400m freestyle S6-S13 (Event 313/314)  
100m butterfly S8-S14 (Event 315/316);  
50m breaststroke SB1-SB3(Event 317/318);  
50m freestyle S1-S14 (Event 319/320);  
200m IM SM5-SM14 (Event 321/322); and  
150m IM SM1-SM4 (Event 323/324)

Once a swimmer has qualified with one or more MQS in their sport class, they may enter any event in the Paralympic Program event schedule if they have equaled or bettered the MQS or 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 ([rtraynor@swimming.ca](mailto:rtraynor@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.

For Paralympic Program events, only long course qualifying standards can be used for entry.

#### **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 12-20, 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 12-20, 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 Rebecca Cheverton ([rcheverton@swimming.ca](mailto:rcheverton@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 (including Paralympic Program 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.

Relay Events: All relay entry times must be proven utilizing swimmers entered in the meet by the final meet entry deadline. The online entry system is to be used to prove relay entry times. Given there are no entry standards for relays, any relay team NOT proven by the meet entry deadline will be entered NT.

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.



## **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 by email to the Entry Coordinator ([rtraynor@swimming.ca](mailto:rtraynor@swimming.ca)). Following the start of the Technical Meeting, email scratches WILL NOT be accepted, and this [online scratch card form](#) is required.

### *Prelims & Time Final events*

Thursday Preliminaries and time finals events: 30 minutes following the Technical Meeting.

Friday, Saturday, Sunday Preliminaries and time final events: 30 minutes following the start of Finals the previous evening.

### *Finals*

30 minutes following the completion of the Preliminary events (excluding time 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 and approve 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 by 8:00am for prelims and 4:30pm for 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**

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4. For Para swimming events starts will be conducted as per WPS Appendix two, rule 1.2.3.1 and WPS 11.1.

## **Backstroke Ledges**

Backstroke ledges will be available for use. The 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**

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



### **Paralympic Program Event Seeding**

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

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

### **Olympic Program Event Seeding**

All entries must be submitted using proven long course (LCM) times. Conversion will not be accepted. Preliminary and Time Final events will be seeded using long course entries.

The 800m freestyle and 1500m freestyle will be swum "senior seeded" with the fastest heat, regardless of age, competing in the Finals session. All other heats will be swum "senior seeded" in the preliminary session swimming fastest to slowest alternating genders.

Preliminary heats for the 400m freestyle and 400m IM will be seeded slowest to fastest. The top 2 heats in each event will be swum circle seeded.

Meet Management reserve the right to create "Overflow Heats" of these events based on timelines and entry numbers. This decision will be announced at the Technical Meeting.

### **Finals**

Finals will be swum in 8 lanes for all events.

For Olympic Program events, there will be "A" finals for all events and "B" finals in individual events with at least 11 splashes per event, per age category (youth & senior).

For 'Time Final' events, the fastest 8 swimmers, regardless of age category, will be swum during the finals session.

For Paralympic Program events, there will only be an "A" final only and finalists will be determined utilizing the Canadian Para Swimming Points System. A maximum of three (3) swimmers per sport class are eligible to advance to a final.

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

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**

All relays will be swum as time final events with the fastest heat (8 teams) being swum during the finals session except for the mixed medley relay in which all heats will swim during finals on Sunday night.

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 they are 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 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 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 [rcheverton@swimming.ca](mailto:rcheverton@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 [rcheverton@swimming.ca](mailto:rcheverton@swimming.ca) confirming they are a coach or support staff, currently registered and in good standing, in that country.

## PARA SWIMMING CLASSIFICATION

Domestic Level 3 Classification will be conducted at this event. All swimmers must achieve at least one MQS in their current sport class to attend the event. To be seen for Level 3 sport class evaluation they must have achieved the MET for both of their Observation Assessment (OA) events. Swimmers will not be given an



exemption to swim OA events for the purpose of classification except for change of sport class. The Chief Classifier will notify the Entry Coordinator of any event changes due to the change in sport class. Swimmers must swim both their designated “S” and “SB” events.

The OA events are 50m breaststroke (SB1-SB3), 100m breaststroke (SB4-SB9), 200m freestyle (S1-S5) and 400m freestyle (S6-S10).

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 request classification. **Swimmers requesting sport classification are required to submit a request online by the entry deadline of March 12, 2024.**

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

Classification will take place on March 19 and 20, 2024. All athletes must plan their travel, so they are available for classification starting at 8am on March 19, 2024.

You will receive notice of your classification appointment day and time via email from the Domestic Classification Manager Mike Edey.

## 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.

- Western Canadian Team Championship banner
- Olympic Program - Canadian Female and Male High Point Aggregate by age group (5-2-1) \*
- Paralympic Program - Canadian Female and Canadian Male High Point Aggregate (5-2-1) \*

\* 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.

## Meet Scoring

Individual events, per age group and multiclass places 1 – 10: 50-30-20-19-18-17-16-15-14-13. Places 11-20: 12-9-8-7-6-5-4-3-2-1

Relays events, places 1 – 8: 100-60-40-34-32-30-28-26.

## 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.
- **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](mailto:info@cces.ca)
  - Call toll-free: 1-800-672-7775
  - Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

## SITE INFORMATION

### Hospitality – Officials & Coaches

A hospitality room will be available for officials and coaches.

### Parking

Free parking is available at the facility.

### Lockers

Lockers - 25¢ coin operated lockers (refundable and non-refundable) – some bring your own lock.

## TRAVEL INFORMATION

### Hotel Accommodations

Hotel lists for this competition can be found at:

<https://www.swimming.ca/en/resources/miscellaneous/hotels/>

### Swimming Canada Rental Car Partner

AVIS Rent a Car - for bookings visit <https://www.swimming.ca/en/resources/miscellaneous/travel-tools/>

This document has been prepared in English and translated to French. Where there is a discrepancy between the two versions, the English version shall be applied.

For information and updates to this document please refer to the Swimming Canada [website](#).



## MEET PROGRAM

| PRELIMINARIES<br>WARM-UP 7:30 – 8:45<br>START 9:00             |                  |     | FINALS<br>WARM-UP 4:00 – 5:15<br>START 5:30 |                   |     |
|--|------------------|-----|---|-------------------|-----|
| <b>DAY 1 (THURSDAY)</b>  |                  |     |   |                   |     |
| F  |                  | M   | F   |                   | M   |
| 301  | 200m FREE PS     | 302 | 301   | 200m FREE PS      | 302 |
| 1  | 200m FREE        | 2   | 1   | 200m FREE         | 2   |
| 303  | 100m BACK PS     | 304 | 303   | 100m BACK PS      | 304 |
| 3  | 100m BACK        | 4   | 3   | 100m BACK         | 4   |
| 5  | 200m BREAST      | 6   | 5   | 200m BREAST       | 6   |
| 7  | 4 x 100m FR (SH) | 8   | 9   | 800m FREE (FH)    |     |
| 9  | 800m FREE (SH)   |     |   | 1500m FREE (FH)   | 10  |
|  | 1500m FREE (SH)  | 10  | 7   | 4 x 100m FR (FH)  | 8   |
| <b>DAY 2 (FRIDAY)</b>  |                  |     |   |                   |     |
| 305  | 100m FREE PS     | 306 | 305   | 100m FREE PS      | 306 |
| 11   | 100m FREE        | 12  | 11  | 100m FREE         | 12  |
| 307  | 50m BACK PS      | 308 | 307   | 50m BACK PS       | 308 |
| 13   | 50m BACK         | 14  | 13  | 50m BACK          | 14  |
| 309  | 100m BREAST PS   | 310 | 309   | 100m BREAST PS    | 310 |
| 15   | 100m BREAST      | 16  | 15  | 100m BREAST       | 16  |
| 311  | 50m FLY PS       | 312 | 311   | 50m FLY PS        | 312 |
| 17   | 50m FLY          | 18  | 17  | 50m FLY           | 18  |
| 19   | 400m IM          | 20  | 19  | 400m IM           | 20  |
| 21   | 4 x 200m FR (SH) | 22  | 21  | 4 x 200m FR (FH)  | 22  |
| <b>DAY 3 (SATURDAY)</b>  |                  |     |   |                   |     |
| 313  | 400m FREE PS     | 314 | 313   | 400m FREE PS      | 314 |
| 23   | 400m FREE        | 24  | 23  | 400m FREE         | 24  |
| 315  | 100m FLY PS      | 316 | 315   | 100m FLY PS       | 316 |
| 25   | 100m FLY         | 26  | 25  | 100m FLY          | 26  |
| 317  | 50m BREAST PS    | 318 | 317   | 50m BREAST PS     | 318 |
| 27   | 50m BREAST       | 28  | 27  | 50m BREAST        | 28  |
| 29   | 200m BACK        | 30  | 29  | 200m BACK         | 30  |
| 31   | 4 x 100m MR (SH) | 32  | 31  | 4 x 100m MR (FH)  | 32  |
| <b>DAY 4 (SUNDAY)</b>  |                  |     |   |                   |     |
| 33   | 200m FLY         | 34  | 33  | 200m FLY          | 34  |
| 319  | 50m FREE PS      | 320 | 319   | 50m FREE PS       | 320 |
| 35   | 50m FREE         | 36  | 35  | 50m FREE          | 36  |
| 321  | 200m IM PS       | 322 | 321   | 200m IM PS        | 322 |
| 37   | 200m IM          | 38  | 37  | 200m IM           | 38  |
| 323  | 150m IM PS       | 324 | 323   | 150m IM PS        | 324 |
| 39   | 1500m FREE (SH)  |     | 39  | 1500m FREE (FH)   |     |
|  | 800m FREE (SH)   | 40  |   | 800m FREE (FH)    | 40  |
|  |                  |     | 41  | 4 x 100m MIXED MR | 41  |
| <b>FH = Fast Heat   SH = Slower Heats   PS = Para swimming</b> |                  |     |   |                   |     |