



GENERAL INFORMATION

Swimming Canada rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

This meet is open to qualified Swimming Canada registered swimmers and World Aquatics (formerly FINA) registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference [Swimming Canada Rulebook](#) for eligibility rules (CGR1.2.1 and CGR 1.3.1). For Para swimming events, Competition Rules and procedures contained in this Meet Information package supersede those found within the World Para Swimming Technical Rules and Regulations.

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

Competition hosts

Swimming Canada & Swim Ontario

Venue

Toronto Pan Am Sports Centre
875 Morningside Ave, Toronto, ON M1C 0C7

Pool

10 lane 50m Competition Pool
10 lane 50m Training Pool

KEY DATES

Meet Entry Deadline	March 14, 2023 AT 11:59pm PST		
Registration	March 25, 2023	March 26, 2023	March 27, 2023
	7:30am – 11:30am 3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm
	All club representatives are required to register their club at the registration desk to receive accreditation. All coaches and support staff must register themselves in person.		
Pre-Event Training	March 25, 2023	March 26, 2023	March 27, 2023
	8:00am – 12:00pm 4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm
Technical Meeting	March 27, 2023, at 3:00pm – Studio 2/3 (3 rd Floor)		
Competition Start Times	Heats: 7:30am warm-up / 9:30am start Finals: 4:30pm warm-up / 6:00pm start		

ORGANIZING COMMITTEE

Swimming Canada Events Manager
National Meet Director
National Meet Referee
National Para Swimming Meet Referee
Officials Coordinator

Jocelyn Jay
Jim Fleury
Louise Leblanc
Sheila Guenther
Nicole Parent
Sandra Rousseau

jjay@swimming.ca
fleury1@mymts.net
louise.leblanc@bell.net
guenther@sasktel.net
nicole@swimontario.com

Swimming Canada Meet Entry Coordinator

Rob Traynor

rtraynor@swimming.ca

SAFE SPORT

Swimming Canada believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Swimming Canada is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.



All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures, including but not limited, to the Code of Conduct and Professional Ethics, the Equity, Diversity and Inclusion Policy, and the Harassment Policy. For Information regarding the Swimming Canada Safe Sport Program please visit the Swimming Canada [website](#).

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

NATIONAL TEAM SELECTION

This competition will serve as the selection Trials for the 2023 World Championships, 2023 World Para Swimming Championships and additional international events. **All references to "Canadian athletes" in this meet package refer to swimmers who are eligible for Canadian National Team selection.**

Selection Criteria

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

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

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

QUALIFYING STANDARDS

[2023 Swimming Canada Standards](#)

A competitor's age is determined by their year of birth i.e. age as of December 31, 2023.

For qualifying purposes, the Junior age group is for swimmers born 2005 to 2010.

For selection purposes, if World Juniors – Females 2006-2009/Males 2005-2008 and if Junior Pan Pacs – Females & Males 2005-2010.

Qualification Period

Times performed Long Course since September 1, 2021, are eligible for entry.

ENTRY FEES & INFORMATION

Entry Fees - \$150 CAD per Swimmer

Foreign Coaches/Support Staff: \$100 CAD

Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers and foreign teams will receive a Square invoice via email for all fees owing. This invoice must be paid prior to **March 25, 2023**, for entries to be considered final. Please note: The team that enters the swimmer is responsible for paying that swimmer's fees.

Entry Process – Update by March 1st

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 to receive accreditation. Foreign coaches are asked to refer to the section on Coach Accreditation below to ensure you are registered.

Varsity swimmers must be registered in the Competitive Open, Competitive Open-Varsity or Varsity registration category and may represent their club team or their Varsity team at Trials. The University registration category 'Varsity' expires on April 30, 2023.

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



Bonus Swims

There are no bonus swims.

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

Swimmers must achieve one Para Swimming Trials Minimal Qualifying Standards (MQS).

Additional entries may be made in eligible events provided the swimmer has the Para Swimming Trials 2023 Meet Entry Time (MET).

If an event is not offered for a specific Sport Class, an athlete may enter the event in the higher sport class within the same impairment group (1-10, 11-13) provided that the athlete has attained the MET for the event in the higher sport class. (For example, an SM4 swimmer wishing to swim the 200 IM, may do so provided they have the MET in the 200 IM in the SM5 sport class.)

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

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

MEN

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

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

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

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

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

WOMEN

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

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

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

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

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

Late Entries

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

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

Changes and corrections

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

Following the meet entry deadline, changes and corrections may be made up until the start of the technical meeting at a cost of **\$100 per change or correction**. (The *per change* cost is **per swimmer, per event, per change**; not per email sent).

New qualifying swims that are performed after the entry deadline, achieved between March 15-27, are exempt from the \$100 change fee and may be added without penalty.



Foreign Swimmers

Foreign competitors (other than members of USA Swimming) must provide a letter from their National Federation confirming their registration status. The letter must be submitted to Jocelyn Jay (jjay@swimming.ca) prior to the meet entry deadline.

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

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

Proof of Times

Individual Events: All entries will be proven via the on-line entry system. Any times achieved outside of Canada must be uploaded to the Results, Tracking and Registration system using the [International Results Submission form](#). Any Foreign teams with non-validated times in your meet entry submission report must be proven by the meet entry deadline. The Meet Entry Coordinator may challenge any entry time before or during the competition.

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

Psych Sheets

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

Scratches

Emailed scratches will be accepted prior to the Technical Meeting by email to

Following the start of the Technical Meeting, email scratches WILL NOT be accepted. An [online scratch form](#) must be submitted.

Preliminary & Time Final events

Day 1 Preliminaries and time final events: 30 minutes following the conclusion of the Technical Meeting

Wednesday to Sunday Preliminaries and time final events: 7:00pm during Finals the previous evening.

Finals

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

Penalty

All fines must be paid in accordance to Swimming Canada rule SNC 3.4.

COMPETITION INFORMATION

Warm-up Safety Procedures

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in place. The full document can be viewed [here](#). Warm-up Safety Procedures will be in effect during the designated warm-up times.

Starts

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics (formerly FINA) FR 2.3 and SW 4.1.

For Para swimming events starts will be conducted as per WPS Appendix two, rule 1.2.3.1 and WPS 11.1.

Backstroke Ledges

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.

Official Splits

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

Preliminaries

Preliminary heats will be swum in 10 lanes, senior seeded.



Paralympic Program Event Seeding

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

Olympic Program Event Seeding

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

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

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

Meet Management reserve the right to create “Overflow Heats” of these events based on timelines and entry numbers. Should this take place, specific events will be announced at the Technical Meeting.

Finals

Finals will be swum in 10 lanes for all events.

For Olympic Program events, there will be an “A” Final for all events, consisting of the fastest 10 Canadian athletes, regardless of age. The next fastest 10 swimmers will make up the “B” Final.

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

A Junior Final, open to Canadian males and females born between 2005 and 2010, will take place for the fastest 10 Junior athletes not included in the A Final.

When the event is a time final, the fastest 10 Canadian swimmers, regardless of age, will advance directly to the “A” Final.

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

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

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

Swim-offs

All swim-offs are to be run by the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.

Time Trials

A maximum one-hour session will be held following the preliminary session each day. All races will be offered in separate gender events. (Entry process TBC at technical meeting).

Each swimmer is permitted a maximum of one-time trial entry per day at no additional charge. Proof of time and/or time validation will not be in place for the time trials.



Only the events of the day will be offered. Distance events will all be swum on 2 designated days (detailed schedule TBC at technical meeting).

No official split requests will be accepted during Time Trials.

After entries close, any swimmer that no-shows for their Time Trials event will be fined \$50.00. Fines must be paid before the swimmer competes in any other events.

Swimming Canada reserves the right to cancel or adjust Time Trials event based on session length.

ACCREDITATION INFORMATION

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

The Deck Accreditation Card is non-transferable and remains the property of Swimming Canada and can be withdrawn at Swimming Canada's sole discretion. By using this Card, individuals agree to be filmed, televised, photographed, and otherwise recorded during the Competition for purposes relating to the promotion of Swimming Canada and the development of the sport of swimming.

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

Swimmers Accreditation

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

Coach Accreditation

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

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

All coaches are responsible for checking in and collecting their own accreditation at the competition.

All Canadian club & varsity coaches attending the meet **must** have their name and information submitted in the club's entry submission. If a varsity coach will **not** be submitting entries for their athletes but will be attending the meet, please contact jjay@swimming.ca to be added to the accreditation list. As well, varsity coaches attending without submitting entries must fill out [this form](#) to identify the swimmers being they will be coaching at the competition.

Support Staff Accreditation

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

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

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



PARA SWIMMING CLASSIFICATION

There will not be any classification at the 2023 Canadian Swimming Trials, Presented by Bell.

AWARD INFORMATION

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

Junior Medals (Gold, Silver and Bronze) will be awarded to the 3 highest ranked Canadian swimmers (based on results from the A Final and/or Junior Final), year of birth for males and females between 2005-2010, for all Olympic Program events.

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

Olympic Program - Canadian Female and Male Swim of the Meet, based on 2022 World Rankings.

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

DOPING CONTROL

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

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

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

SITE INFORMATION

Hospitality – Officials & Coaches

A hospitality room 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/>

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



MEET PROGRAM

2023 BELL CANADIAN SWIMMING TRIALS					
March 28, 2023 Warm up: 7:30-9:15 Start: 9:30	March 29, 2023 Warm up: 7:30-9:15 Start: 9:30	March 30, 2023 Warm up: 7:30-9:15 Start: 9:30	March 31, 2023 Warm up: 7:30-9:15 Start: 9:30	April 1, 2023 Warm up: 7:30-9:15 Start: 9:30	April 2, 2023 Warm up: 7:30-9:15 Start: 9:30
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