



1. CHAMPIONSHIP ROSTER AND STANDARDS

1.1 ROSTER (Male and Female)

1.1.1 TEAM COMPLEMENT

Each championship team shall consist only of individuals, from their most recently submitted U SPORTS Eligibility Form, who have qualified for championship participation as articulated below. The maximum limit for an institution's championship roster size shall be eighteen (18) men and eighteen (18) women.

1.1.2 INDIVIDUAL ELIGIBILITY

To be eligible to compete in the U SPORTS Championship, a competitor must have posted a qualifying time as per Rule 1.1.3, or be eligible under Rule 1.1.4.

Competing in a Sport Conference championship is not a pre-requisite unless stipulated by the Sport Conference.

1.1.3 INDIVIDUAL QUALIFICATION

Individual Qualifying Standards must be met between **February 1st, 2019 and the Monday prior to the start date of the U SPORTS Championship**, in competition acceptable for qualifications to U SPORTS Championships and/or the Sport Conference Meet.

1.1.4 RELAY ONLY QUALIFICATION

Relay only swimmers may be added to an Institution's roster, within the roster limit of 18 men or 18 women and solely at the institution's discretion, where such swimmers qualify for relay only participation as specified in Rule 3.10.2 or 3.10.3.

NB Relay only swimmers will not be included in the U SPORTS travel pool.

1.2 STANDARDS

1.2.1 PUBLICATION OF STANDARDS

Time standards as submitted by the Coaches Technical Committee and approved by the U SPORTS Sport Committee, shall be circulated annually to all Coaches and Athletic Directors by October 1st (See Appendix 11.1).

1.2.2 INDIVIDUAL STANDARDS

Qualifying standards shall be the average 16th place time from the preliminaries of the past five years of the U SPORTS Championships.

1.2.3 RELAY STANDARDS

Qualifying standards shall be the average 8th place time of the past five years of the U SPORTS Championships.

2. NON-CHAMPIONSHIP COMPETITION GUIDELINES

2.1 SPORT CONFERENCE CHAMPIONSHIPS



September 2020 **Playing Regulations: Men's and Women's Swimming**

PR/11-2

Each Sport Conference shall determine the most appropriate date, place and format for hosting their Sport Conference championship. Notification must be sent to the U SPORTS Office by September 1st.

2.2 DUAL AND SNC SANCTIONED COMPETITIONS

A dual meet is defined as a competition between:

1. Two or more U SPORTS member institutions.
2. A U SPORTS member institution and a SNC registered club.
3. A U SPORTS member institution and one or more American universities; in which the competition:

- Has been publicized in advance.
- Utilizes qualified officials.
- Is the only method of achieving qualifying times (i.e. no time trials).
- Results are forwarded to the secretary or designate for ranking purposes.

2.3 TIME TRIALS

Sanctioned time trial results are acceptable for rankings and for meet qualifications.

2.4 RANKINGS AND RESULTS

2.4.1 INDIVIDUAL RANKINGS

For ranking of individual swimmers, each university must submit results to the designated ranking system.

2.4.2 TEAM RANKINGS

Results will be posted regularly to the designated ranking system. Point scores for ranking shall be as established from time-to-time by the U SPORTS Swimming Coaches Association.

3. COMPETITION

3.1 CHAMPIONSHIP FORMAT

The U SPORTS Championship, for both men and women, shall take place at the same location over a three (3) day format, as either an ODD or EVEN year format as dictated by the year of competitions and specified in Rule 3.11. **In 2020-2021, the meet will run with short course (25m) heats and long course (50m) finals.**

3.2 INDIVIDUAL ENTRIES

3.2.1 Each competitor may pre-enter a maximum of six (6) individual events.

Note: At least one of the pre-entered events must be an event in which the qualifying standard has been achieved, however, it need not be one of the events in which the athlete competes.

3.2.2 Each competitor may only compete in a maximum of four (4) individual events.

3.2.3 The total number of all events competed by an individual, including relays, shall be a maximum of seven (7) events.

3.3 TEAM ENTRIES



September 2020 Playing Regulations: Men's and Women's Swimming PR/11-3

3.3.1 There is no limit on the number of swimmers from one school that may enter an event at the championship.

3.3.2 Each institution is permitted one relay team entry per relay event.

3.4 SWIM CANADA AFFILIATION

3.4.1 In order for ALL U SPORTS events to receive a sanction from Swim Canada, all U SPORTS member institutions must register their athletes and pay their affiliation fee.

3.4.2 As per SNC rules, all coaches must maintain CSCTA registration for deck access at any sanctioned competition.

3.5 SEEDING

3.5.1. Seeding will be done based on short course meters—including the 800/1500m Freestyle. That is, any LCM times will be converted to SCM for seeding.

3.5.2 Seeding for the U SPORTS Championship in all individual events will use times achieved since **February 1st, 2019**.

3.5.3 Seeding for the U SPORTS Championship in all relay events will use times as specifically stipulated in Rule 3.8.

3.6. CONVERSION OF ENTRY TIMES

For seeding purposes, all short course yard times shall be converted at the current HyTek meet manager default factor while long course meter times shall be converted at 3%. All times will be converted by the meet management. All entries and proof of times must be provided to meet management in the course they were achieved in. **Coaches will not convert entry times.**

3.7 ENTRIES FOR INDIVIDUAL EVENTS WITH HEATS AND FINALS

3.7.1 Proof of time is required for any events where the individual's entry time is challenged in the technical meeting as per 7.1 Agenda item #6.

3.8 ENTRIES FOR INDIVIDUAL TIME FINAL EVENTS

3.8.1 Proof of time is required for all timed final events. Times that cannot be proven will be entered as "no time".

3.9 ENTRIES FOR RELAY EVENTS

3.9.1 Relay entry times shall be from current season ranked times (as of October 1st) on the designated ranking system, unless faster proven times are submitted to meet management by the start of the U SPORTS Championship Technical Meeting.

3.9.2 A relay time posted after October 1st of the current season belongs to the institution (school), irrespective of whether all of the individuals setting the original time are in attendance at the Championship competition, and can be used for entry.



September 2020 **Playing Regulations: Men's and Women's Swimming** PR/11-4

3.9.3 Relays can be entered with a different time if such time can be proven to meet management in the following manner:

1. Four (4) individual swims less 1.5 seconds;
2. Three (3) individual swims plus one (1) relay split less 1.0 second;
3. Two (2) individual swims plus two (2) relay splits less 0.5 seconds;
4. One (1) individual swim plus three (3) relay splits.

These cumulative relay times must include only athletes who are entered and in attendance at the meet, and who have swum the times used in the relay proof within the individual qualifying time period.

3.9.4. Relay complement names shall be submitted prior to the start of the session in which that relay is being held. Changes to relay names, or order of names, may be made by coaches until the beginning of that event, by notification to the meet referee or designate.

3.10 RELAY COMPOSITION

3.10.1 REGULAR ENTRY

A team can enter a relay if they have four or more swimmers of **one gender** at the championships that meet the individual event qualification standard.

3.10.2 RELAY ENTRY - RELAY-ONLY SWIMMERS

3.10.2.1 INSTITUTIONS WITH ONLY THREE QUALIFIERS

3.10.2.1.1 An institution may enter a relay team if they have only **THREE** individuals of **one gender** that meet the individual event qualification requirement. The institution may then add **ONE** swimmer of that gender to the U SPORTS team, and the added swimmer may compete in **ALL** of that institution's relays.

3.10.2.2 INSTITUTIONS MEETING A U SPORTS RELAY QUALIFYING TIME

3.10.2.2.1 A team may also enter a relay team if they have a posted relay time (on SNC ranking site) that equals or betters the U SPORTS relay qualifying time.

3.10.2.2.2 Such a relay can include swimmers that have not met any individual U SPORTS event qualifying times. Such a swimmer would only be eligible to swim in the qualified relay of which they were a member.

3.10.2.3 All relay-only swimmers competing under these rules (3.10.2) must be declared at the Technical Meeting prior to the Championship, and would attend solely at the institution's expense and not be included in the U SPORTS travel pool.

3.11 PROCEDURES AND PROTESTS

3.11.1 ENTRY DEADLINE



September 2020 Playing Regulations: Men's and Women's Swimming PR/11-5

1. Preliminary entries must be sent by 12 Noon Pacific time on the Friday prior to the start of the U SPORTS Championships.
2. Final or amended entries must be sent by 12 Noon Pacific time on the Monday prior to the start of the U SPORTS Championships.
3. Entry changes between the Preliminary and Final deadlines are not subject to any change or late entry fees.
4. Entry lists shall be published by meet management as soon after the FINAL entry deadline as possible.

3.11.2 ENTRIES

The current year of eligibility of each swimmer must be included with the HYTek/Splash files and subsequently included on the entry sheets, preliminary heats sheets, and final sheets.

3.11.3 CHANGES TO ENTRIES

Changes to entries are permitted after the FINAL entry deadline, and up to the start of the U SPORTS Championship Technical meeting providing a \$50.00 administrative fee per change is paid to the Host Organizing Committee and the entry is declared at the U SPORTS Championship Technical meeting (for example: person "A" out of the 50m Freestyle into the 100m Freestyle is considered one change).

3.11.4 SCRATCH PROCEDURES

1. Meet management shall provide a daily updated team list with individual entry lists and individual event count to each team for scratch purposes.
2. To withdraw swimmers from 'extra' events, scratch cards/sheets for each day's events will be placed in a scratch box by the scratch deadline on the day preceding each competition day as per this schedule:
 - i) For events 1 - 12: The conclusion of the U SPORTS Championship Technical Meeting.
 - ii) For events 13 - 24: 30 minutes after the conclusion of the Finals session on the first day.
 - iii) For events 25 - 32: 30 minutes after the conclusion of the Finals session on the second day.

3. Scratches for Finals must be made 30 minutes after the conclusion of preliminaries on that day.

3.11.4.1 Athletes shall complete their four individual events in the order in which they are entered unless appropriately scratched.

NOTE: There will be no additional penalties in the U SPORTS Championships beyond missing the event.

3.12 SCHEDULES AND ORDER OF EVENTS



September 2020 Playing Regulations: Men's and Women's Swimming

PR/11-6

3.12.1 START TIMES

Days One, Two and Three: Preliminaries start at 10:00 AM, Finals start at 6:00 PM.

3.12.2 ORDER OF EVENTS AND AWARDS CEREMONIES: See Appendix 2

3.12.3 The 800m Free, 1500m Free, 400m Free Relay, 800m Free Relay, and 400 Medley Relay shall be swum as timed finals. The 800m Free and the 1500m Free, except for the fastest seeded heats of each event, which will swim during the evening final; are to be swum slowest to fastest, alternating women and men in a separate session, prior to the start of the final session warm-ups. A timeline will be posted once all scratches are submitted and the fastest heat shall end one (1) hour prior to the start of the Final Session

3.12.4 The C Final shall precede the B Final, with the championship A Final swimming last in each event in the Final session.

3.13 PRACTICE TIMES AND WARM UPS

3.13.1 PRIOR TO COMPETITION

As a minimum practice times should be made available **two days** prior to the start of the championship from 4:00 – 7:00 PM, then on the day prior to the competition from 9:00 AM to noon and 4:00 – 7:00 PM. Preferred pool set up is 2 X 25 meters in morning session and 1 X 50m in the afternoon session when LC Finals are scheduled and 2 X 25 meters for all sessions when SC are scheduled. Set up should include lane ropes, Backstroke flags, a minimum of two touch pads, two starting blocks in the pool and a Backstroke ledge. Additional practice times may be offered and appreciated by the competitors. These times are to be communicated through the information bulletins.

3.13.2 COMPETITION DAYS

8:00 – 9:50 AM warm up (both tanks); 9:50 AM warm up ends in competition end; 10:00 AM start of preliminary session – warm up tank stays available until 30 minutes after end of preliminary session (traditionally 1:00 PM at latest); 4:00 – 5:45 PM warm up in competition pool; 5:45 PM competition pool is cleared and warm up facility remains available until 30 minutes after the end of competition. The warm up pool will have appropriate set up with flags and lane ropes to provide a safe environment for the swimmers. On day 3 of competition, the distance events will begin earlier in the afternoon. The pool will be available for warm up 1 hour prior to the start of the distance session (approximately 2:00 PM).

3.14 SCORING

1. Individual Events:

Shall be scored to twenty-four (24) places using an A, B and C Finals system consisting of 8 lanes in each. Final to be scored as follows:

- i) A Final 32-28-27-26-25-24-23-22
- ii) B Final 20-17-16-15-14-13 12-11
- iii) C Final and 9-7-6-5-4-3-2-1



September 2020 Playing Regulations: Men's and Women's Swimming

PR/11-7

2. Relay Events:
Shall be scored the same as individual event scores.

4. RECORDS AND STATISTICS

4.1 Rules

The performance for which a record is claimed must be made in a race that is a regular part of the championship meet. Record times shall be recognized for performances by the contestant who swims the first leg of a relay race, which is a regular part of the meet. Timers shall be directed to time the latter and record the time accurately on the provided cards.

4.2 Publication

Record performances shall be noted automatically as an integral part of the meet recording procedures. It shall be the duty of the U SPORTS Technical Secretary to publish a current list of records as an appendix to the playing regulations.

4.3 Current

Shall be listed in the U SPORTS Almanac and in the Championship Meet program for each event.

5. FACILITY AND MEET REQUIREMENTS

5.1 All sessions shall be conducted in an eight or ten lane facility, with warm up facilities available throughout the U SPORTS Championship meet.

5.2 The entry file will be available on the SNC meet site in January.

5.3 Psych sheets (master entry sheets) shall be posted on the U SPORTS host website and emailed to all participating schools after the FINAL ENTRY deadline, and as soon as feasible on the Monday prior to the championship.

5.4 Heat sheets for timed final events shall be posted thirty minutes after the scratch deadline.

6. RULES

U SPORTS rules shall govern the U SPORTS Swimming Championship as outlined in the regulations, however, general conduct of the U SPORTS Swimming Championship shall be governed by the latest edition of the Swimming Canada (SNC) handbook. Exceptions are listed in the regulations.

Time final events with 9 or 10 entrants for an 8-lane pool, 11 or 12 entrants for a 10-lane pool, 17 or 18 entrants for an 8-lane pool, or 21 or 22 entrants in a 10-lane pool, will be swum with one or two full heats, respectively leaving the remaining heats with only one or two entrants respectively to swim.

7. MEETINGS

7.1 CHAMPIONSHIP TECHNICAL MEETING



September 2020 Playing Regulations: Men's and Women's Swimming

PR/11-8

The Technical meeting, which includes all participating coaches, shall be held the day prior to the competition beginning at **1:00 PM**. The host shall provide lunch.

The Technical meeting agenda shall review:

1. Entry and scratch procedures.
2. Emergency contact sheet.
3. Procedures for championship.
4. Announce/submit roster changes.
5. Announce/submit any changes to event entries.
6. Announce/submit challenges to any entry times
7. Announce/submit relay only swimmers
8. First day scratches must be submitted by the end of the Technical Meeting.
9. U SPORTS Code of Conduct, harassment and discipline policy.
10. Championship Management Committee members.
11. Swimming Jury of Appeal members.
12. Host announcements.
13. Receptions/Hospitality.
14. Other business

7.2 COACHES ANNUAL MEETING

The U SPORTS Swimming Coaches Meeting shall be held at **1:45-3:45 PM** on the day prior to the start of the championship. The President of the Coaches Committee shall make arrangements with the Host Organizing Committee regarding meeting requirements.

Draft agenda items will include:

1. Introduction of members/roll call
2. Approval of agenda
3. Approval past minutes
4. President's report and financial report
5. Business arising from minutes
6. U SPORTS Delegate's report
7. Review of championship dates/timelines
8. SNC report
9. U SPORTS Policy and procedures and regulations
10. New business
11. Elections

7.3 MEDIA CONFERENCE

If a media conference is to be held it should take place on Wednesday **from 12:00 -1:00 PM**.

8. OFFICIALS

8.1 HOST RESPONSIBILITIES

Meet Officials are the Host's responsibility.

9. SEASON AND CHAMPIONSHIP AWARDS

**Please refer to policy 60.20 for more details re standard championship awards.*



September 2020 Playing Regulations: Men's and Women's Swimming PR/11-9

9.1 CHAMPIONSHIP TROPHY (MEN-NELSON C. HART TROPHY) AND U SPORTS PENNANT
Presented to the U SPORTS Men's Championship Team and the U SPORTS Women's Championship Team.

9.2 CHAMPIONSHIP MEDALS (Male and Female)

9.2.1 Gold medals are awarded to U SPORTS Championship Team (18 total).

9.2.2 Gold, silver and bronze are awarded to each individual in an event (individual and/or relay).

9.3 ALL-CANADIANS (Male and Female)

9.3.1 The gold medalist in the men and women's events (including relays) at the U SPORTS National Championship will make up the 1st Team All-Canadians.

9.3.2 The silver medalist in the men and women's events (including relays) at the U SPORTS National Championship will make up the 2nd Team All-Canadians.

9.3.3 The All-Canadian Award winners will be announced during the medal ceremony following their event.

9.4 OUTSTANDING SWIMMERS OF THE YEAR (Male and Female)

9.4.1 Based solely on performance at the championship.

9.4.2 Criteria for selection: gold medalist in an event; and the swimmer with the highest aggregate point total for his/her two best swims in Finals as based on FINA Performance Charts.

9.5 ROOKIE OF THE YEAR (Male and Female)

9.5.1 Based solely on the performance at the Championship.

9.5.2 Criteria for selection: First year of U SPORTS eligibility, 21 years of age or younger as of September 1st in the current academic year, and the swimmer with the highest aggregate point total for his/her two best swims in Finals as based on FINA performance charts.

9.6 STUDENT-ATHLETE COMMUNITY SERVICE AWARD (Male and Female)

9.6.1 Selected by the coaches.

9.6.2 Recipients who demonstrate outstanding achievements in three (3) areas: swimming, academics and community involvement.

9.6.3 To win the national award the athlete must have won the award in their Conference.

9.6.4 An electronic nomination form must be submitted to the U SPORTS Swimming President. This submission is due at the same time as the U SPORTS championship entry deadline.



September 2020 Playing Regulations: Men's and Women's Swimming PR/11-10

9.6.5 At the U SPORTS Championships the U SPORTS Coaches will form a subcommittee consisting of one coach from each swimming conference and the U SPORTS Swimming Representative. This committee will read each nomination form, discuss nominations, and vote to determine the winner **by the end of the Day Two Preliminaries session**

9.6.6 Criteria: The student-athlete must be on the school roster. The athlete does not need to be a U SPORTS Championship qualifier, but is strongly encouraged to have competed at the Conference championships and be diligently training. (Examples of Community Involvement: volunteering, coaching, team leadership, special community event coordination.)

9.7 COACH OF THE YEAR (Male and Female)

Each school with a swimmer in the meet shall have one vote. The ballots will be handed out with the final sheets on the evening of Day Three. The ballots must be returned/collected by the finish of the Men's 1500m Freestyle. The ballots should include:

9.7.1 Two columns – titled: Men's Team – Coach of the Year; Women's Team – Coach of the Year.

9.7.2 Each team, with coach, is listed under each heading in alphabetical order.

9.7.3 The team point standings after the end of Day Two of the current meet will be listed at the bottom of the sheet.

9.7.4 The team point standings at the conclusion of the previous year's U SPORTS Championship shall be listed at the bottom of the sheet.

9.7.5 The top three individual swims from each gender after Day Two shall be listed.

9.8 GRAND SLAM AND SUPER GRAND SLAM AWARD

9.8.1 Grand Slam Award – awarded to any swimmer who wins the same individual event four (4) times in their U SPORTS career. Recognition is with the presentation of a unique print commissioned by Doug Perks of Team Aquatic Supplies.

9.8.2 Super Grand Slam Award – awarded to any swimmer who wins the same individual event five (5) times in their U SPORTS career. Recognition is with the presentation of a U SPORTS plaque.

10. COMMITTEES

10.1 CHAMPIONSHIP MANAGEMENT COMMITTEE

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply U SPORTS Rules. The Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction imposed by U SPORTS. The



September 2020 Playing Regulations: Men's and Women's Swimming PR/11-11

Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

Composition of the Management Committee shall be:

1. Convener of Championship - non-voting chair.
2. U SPORTS Delegate.
3. Technical Delegate.
4. President of the Coaches Committee, or designate.

A quorum shall require all four members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 (see below), the U SPORTS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or U SPORTS, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a U SPORTS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convener, shall:

1. Investigate the particulars of the incident that gave rise to the misconduct.
2. Determine the amount and type of damage to property or injury to persons.
3. Identify the persons and institutions responsible for the incident; and
4. Summarize this information in a written report.

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with U SPORTS Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.

10.2 JURY OF APPEAL

10.2.1 SWIMMING JURY OF APPEAL



September 2020 Playing Regulations: Men's and Women's Swimming PR/11-12

Clarification of rulings shall be governed by SNC regulations with reference to protests and swimming jury of appeal. Swimming jury of appeal is the responsibility of the Meet Manager. (Reference section E.9)

10.2.2 U SPORTS JURY OF APPEAL

If a coach is not satisfied with the decision made by the Swimming Jury, he/she can appeal to the U SPORTS Jury of Appeal as outlined in the paragraph below. To lodge an appeal, the coach must submit the protest in writing to the U SPORTS Jury of Appeal. A \$50.00 protest fee, refundable only when an appeal is supported, must accompany the protest; otherwise the fee remains with the host.

The U SPORTS Jury of Appeal shall be appointed at the Technical Coaches Meeting prior to the start of the U SPORTS Championship meet, and shall have the authority to act in any situation not specifically covered by the rules and regulations. The Jury shall consist of: Meet Convener, Meet Referee, USPORTS Delegate and two coaches. (Three coaches, one acting as an alternate in case of conflict of interest in the appeal, are elected at the Technical Coaches meeting).



11. APPENDICES

11.1 TIME STANDARDS 2020-21

2020-21 U SPORTS STANDARDS						
SCY	LCM	SCM		SCM	LCM	SCY
<i>WOMEN</i>			EVENT	<i>MEN</i>		
0:23.82	0:27.23	0:26.44	50 FREE	0:23.15	0:23.84	0:20.86
0:51.39	0:58.75	0:57.04	100 FREE	0:50.53	0:52.05	0:45.52
1:50.91	2:06.80	2:03.11	200 FREE	1:50.57	1:53.89	1:39.61
5:00.27	4:30.62	4:22.74	400 FREE	3:56.18	4:03.27	4:29.92
10:19.51	9:18.33	9:02.07	800 FREE			
			1500 FREE	15:54.08	16:22.70	15:48.39
0:26.45	0:30.24	0:29.36	50 BACK	0:25.89	0:26.67	0:23.32
0:57.21	1:05.41	1:03.50	100 BACK	0:55.77	0:57.44	0:50.24
2:04.35	2:22.17	2:18.03	200 BACK	2:01.84	2:05.50	1:49.77
0:29.87	0:34.15	0:33.16	50 BREAST	0:28.98	0:29.85	0:26.11
1:04.87	1:14.17	1:12.01	100 BREAST	1:03.02	1:04.91	0:56.77
2:20.92	2:41.11	2:36.42	200 BREAST	2:17.96	2:22.10	2:04.29
0:25.32	0:28.94	0:28.10	50 FLY	0:24.96	0:25.71	0:22.49
0:56.32	1:04.39	1:02.51	100 FLY	0:55.20	0:56.86	0:49.73
2:06.79	2:24.96	2:20.74	200 FLY	2:02.95	2:06.64	1:50.77
2:06.82	2:24.99	2:20.77	200 I.M.	2:04.29	2:08.02	1:51.97
4:30.63	5:09.41	5:00.40	400 I.M.	4:26.12	4:34.10	3:59.75
3:28.06	3:57.88	3:50.95	400 Fr. Rly	3:23.66	3:29.77	3:03.48
7:33.40	8:38.37	8:23.27	800 Fr. Rly	7:29.74	7:43.23	6:45.17
3:49.61	4:22.52	4:14.87	400 Med. Rly	3:45.36	3:52.12	3:23.03



September 2020 Playing Regulations: Men's and Women's Swimming

PR/11-14

SCM = short course metres

LCM = long course metres

SCY= short course yards

11.2 ORDER OF EVENTS AND AWARDS

ODD YEARS - ORDER OF EVENTS

Day One Prelims	Day One Finals
#1 Women's 50 Free	#1 Women's 50 Free
#2 Men's 50 Free	#2 Men's 50 Free
#3 Women's 100 Back	#3 Women's 100 Back
#4 Men's 100 Back	#4 Men's 100 Back
	Awards: Events 1-4
#5 Women's 50 Breast	#5 Women's 50 Breast
#6 Men's 50 Breast	#6 Men's 50 Breast
#7 Women's 400 Free	#7 Women's 400 Free
#8 Men's 400 Free	#8 Men's 400 Free
	Awards: Events 5-8
#9 Women's 100 Fly	#9 Women's 100 Fly
#10 Men's 100 Fly	#10 Men's 100 Fly
#11 Women's 200 IM	#11 Women's 200 IM
#12 Men's 200 IM	#12 Men's 200 IM
	Awards: Events 9-12
#13 Women's 400 Medley Relay (slower heats)	#13 Women's 400 Medley Relay (top two heats)
	Awards: Events 13&14
Day Two Prelims	Day Two Finals
	Awards: Student-Athlete Community Service (F&M)
#15 Women's 200 Free	#15 Women's 200 Free
#16 Men's 200 Free	#16 Men's 200 Free
#17 Women's 50 Back	#17 Women's 50 Back
#18 Men's 50 Back	#18 Men's 50 Back
	Awards: Events 15-18
#19 Women's 100 Breast	#19 Women's 100 Breast
#20 Men's 100 Breast	#20 Men's 100 Breast
#21 Women's 400 IM	#21 Women's 400 IM
#22 Men's 400 IM	#22 Men's 400 IM
	Awards: Events 19-22
#23 Women's 50 Fly	#23 Women's 50 Fly
#24 Men's 50 Fly	#24 Men's 50 Fly
	Awards: Events 23-24
#25 Women's 800 Free Relay (slower heats)	#25 Women's 800 Free Relay (top two heats)
#26 Men's 800 Free Relay (slower heats)	#26 Men's 800 Free Relay (top two heats)



September 2020

Playing Regulations: Men's and Women's Swimming

PR/11-15

	Awards: Events 25-26
Day Three Prelims	Day Three Finals
	Parade of Graduates
#27 Women's 200 Fly	#27 Women's 200 Fly
#28 Men's 200 Fly	#28 Men's 200 Fly
#29 Women's 100 Free	#29 Women's 100 Free
#30 Men's 100 Free	#30 Men's 100 Free
	Awards: Events 27-30
#31 Women's 200 Breast	#31 Women's 200 Breast
#32 Men's 200 Breast	#32 Men's 200 Breast
#33 Women's 200 Back	#33 Women's 200 Back
#34 Men's 200 Back	#34 Men's 200 Back
	Awards: Events 31-34
	#35 Women's 800 Free (fastest heat)
	#36 Men's 1500 Free (fastest heat)
	Awards: Events 35-36
	Awards: Rookie-of-the-Year (F&M)
	Awards: Swimmer-of-the-Year (F&M)
#37 Women's 400 Free Relay (slower heats)	#37 Women's 400 Free Relay (top two heats)
#38 Men's 400 Free Relay (slower heats)	#38 Men's 400 Free Relay (top two heats)
	Awards: Events 37-38
	Awards: Coach of the Year (Women's and Men's)
	Awards: Team Champions (Women's & Men's)
#35 Women's 800 Free (slower heats)	
#36 Men's 1500 Free (slower heats)	

EVEN YEARS - ORDER OF EVENTS

Day One Prelims	Day One Finals
#1 Women's 200 Free	#1 Women's 200 Free
#2 Men's 200 Free	#2 Men's 200 Free
#3 Women's 50 Back	#3 Women's 50 Back
#4 Men's 50 Back	#4 Men's 50 Back
	Awards: Events 1-4
#5 Women's 100 Breast	#5 Women's 100 Breast
#6 Men's 100 Breast	#6 Men's 100 Breast
#7 Women's 100 Fly	#7 Women's 100 Fly
#8 Men's 100 Fly	#8 Men's 100 Fly
	Awards: Events 5-8
#9 Women's 400 IM	#9 Women's 400 IM
#10 Men's 400 IM	#10 Men's 400 IM
	Awards: Events 9-10
#11 Women's 400 Free Relay (slower heats)	#11 Women's 400 Free Relay (top two heats)
#12 Men's 400 Free Relay (slower heats)	#12 Men's 400 Free Relay (top two heats)



September 2020

Playing Regulations: Men's and Women's Swimming

PR/11-16

	Awards: Events 11-12
Day Two Prelims	Day Two Finals
	Awards: Student-Athlete Community Service (F&M)
#13 Women's 100 Back	#13 Women's 100 Back
#14 Men's 100 Back	#14 Men's 100 Back
#15 Women's 50 Fly	#15 Women's 50 Fly
#16 Men's 50 Fly	#16 Men's 50 Fly
	Awards: Events 13-16
#17 Women's 400 Free	#17 Women's 400 Free
#18 Men's 400 Free	#18 Men's 400 Free
#19 Women's 200 Breast	#19 Women's 200 Breast
#20 Men's 200 Breast	#20 Men's 200 Breast
	Awards: Events 17-20
#21 Women's 50 Free	#21 Women's 50 Free
#22 Men's 50 Free	#22 Men's 50 Free
#23 Women's 200 Fly	#23 Women's 200 Fly
#24 Men's 200 Fly	#24 Men's 200 Fly
	Awards: Events 21-24
#25 Women's 800 Free Relay (slower heats)	#25 Women's 800 Free Relay (top two heats)
#26 Men's 800 Free Relay (slower heats)	#26 Men's 800 Free Relay (top two heats)
	Awards: Events 25-26
Day Three Prelims	Day Three Finals
	Parade of Graduates
	#27 Women's 800 Free (fast heat)
#28 Men's 50 Breast	#28 Men's 50 Breast
#29 Women's 50 Breast	#29 Women's 50 Breast
	Awards: Events 27-29
#30 Men's 200 Back	#30 Men's 200 Back
#31 Women's 200 Back	#31 Women's 200 Back
#32 Men's 100 Free	#32 Men's 100 Free
#33 Women's 100 Free	#33 Women's 100 Free
	Awards: Events 30-33
#34 Men's 200 IM	#34 Men's 200 IM
#35 Women's 200 IM	#35 Women's 200 IM
#27 Women's 800 Free	#36 Men's 1500 Free
	Awards: Events 34-36
	Awards: Rookie-of-the-Year (F&M)
	Awards: Swimmer-of-the-Year (F&M)
#37 Women's 400 Free Relay (slower heats)	#37 Women's 400 Free Relay (top two heats)
#38 Men's 400 Free Relay (slower heats)	#38 Men's 400 Free Relay (top two heats)
	Awards: Events 37-38
	Awards: Coach of the Year (Women's and Men's)



September 2020

Playing Regulations: Men's and Women's Swimming

PR/11-17

	Awards: Team Champions (Women's & Men's)
#35 Women's 800 Free (slower heats)	
#36 Men's 1500 Free (slower heats)	