



AUGUST 2023

PLAYING REGULATIONS – SWIMMING (M/F)

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1. CHAMPIONSHIP ROSTER & 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 1, 2023 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 **May 15** each year.



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1.2.2. INDIVIDUAL STANDARDS

Qualifying standards are arrived at by taking the average time from the past five years of the 16th place time in the heats per event of the U SPORTS Championship. **Long course standards will be arrived at by converting the short course metre standards at 3%; and short course yard standards by converting from short course meters at the Hytek default conversion.**

1.2.3. RELAY STANDARDS

Qualifying standards for relays are based on the average time of the 8th place finish from the past five U SPORTS Championships.

2. NON-CHAMPIONSHIP COMPETITION GUIDELINES

2.1. SPORT CONFERENCE CHAMPIONSHIP

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 1.

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



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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. INDIVIDUAL ENTRIES

3.1.1. Each competitor may pre-enter a maximum of six 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.

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

3.1.3. The total number of all events competed by an individual, including relays, shall be a maximum of 7 events.

3.2. TEAM ENTRIES

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

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

3.3. SWIM CANADA AFFILIATION

3.3.1. 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.

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

3.4. SEEDING

3.4.1. Seeding will be done based on short course meters—including the 800/1500m



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freestyle. **Short course (SC) conversion for seeding purposes will be performed using the default long course metres (LCM) and short course metres (SCM) Hytek/Splash settings.**

3.4.2. Seeding for the U SPORTS Championship in all individual events will use times achieved since **February 1, 2023.**

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

3.5. CONVERSION OF ENTRY TIMES

For seeding purposes, all short course yard times shall be converted at the current HyTek or Splash 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.

3.6. ENTRIES FOR INDIVIDUAL EVENTS WITH HEATS AND FINALS

3.6.1. Proof of time is required for any events where the individual's entry time is challenged as per 7.1.6, where an entry time is challenged in the technical meeting.

3.7. ENTRIES FOR INDIVIDUAL TIME FINAL EVENTS

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

3.8. ENTRIES FOR RELAY EVENTS

3.8.1. 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.

3.8.2. A relay time posted after October 1 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.

3.8.3. Relays can enter with a different time if it can be proven to meet management by



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the start of the Technical Meeting. Cumulative relay times shall be proven by one of the following methods:

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

On-site proven times that are cumulative of individual times must include only athletes who are entered and in attendance at the meet, and who have swam the times used in the relay proof within the individual qualifying time period.

3.8.4. Relay complement names shall be submitted prior to the start of the session in which that relay is being held. Changes are permitted up until the event begins, as per Rule 3.10.4

3.9. RELAY COMPOSITION

3.9.1. 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 requirements.

3.9.2. RELAY ENTRY- RELAY ONLY SWIMMERS

3.9.2.1. RELAY ENTRY - TEAMS WITH ONLY 3 QUALIFIERS

An institution may also 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.

3.9.2.2. INSTITUTIONS MEETING A U SPORTS RELAY QUALIFYING TIME

A team can 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.

Such a relay can include swimmers that have not met any individual U SPORTS event qualifying times. Such a swimmer would not be eligible to swim in any individual events at the U SPORTS Championship and would attend solely at the institution's expense and would not be included in the U



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SPORTS travel pool.

Relay only swimmers competing under this rule must be declared at the Technical Meeting prior to the Championship.

The swimmers must have been a member of the relay team that posted the qualifying time.

3.10. PROCEDURES AND PROTESTS

3.10.1. ENTRY DEADLINE

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.

3.10.2. 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. **If year of eligibility is NOT included in the entry file, the meet manager will return the file to the coach for those years to be added.**

3.10.3. ENTRIES

- 3.10.3.1. 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 free into the 100m free is considered one change).

3.10.4. SCRATCH PROCEDURES



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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 the evening 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 final session on the first day.
 - iii) For events 25-32: 30 minutes after the conclusion of the final session on the second day.
3. Scratch for finals shall be made 30 minutes after the conclusion of heats.
4. **At the end of day two, a preliminary list of 800/1500 will be generated for day three and distributed to coaches with day three heat sheets.**

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

3.11. SCHEDULES OR ORDER OF EVENTS

3.11.1. START TIMES

Days one, two and three: heats start at 9:30, finals start at 17:30.

- 3.11.2. The 800m Free, 1500m Free, 400m Free Relay, 800m Free Relay, and 400 Medley Relay shall be swam as timed finals.

When the format of the meet is SC prelims and LC finals, the 800m Free and the 1500m Free (except for the fastest seeded heats of each event which will be swam during the evening final) are to be swam 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 of that session shall end one (1) hour prior to the start of the Final Session^s.

When the format is SC prelims and SC finals, all slow heats of the 800m and 1500m Free will be swam fastest to slowest during the day 3 preliminary



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session, with the fastest heats of each race swimming during the final session.

- 3.11.3. The C final shall precede the B Final with the championship final swimming last in each event in the final session.

3.12. PRACTICE TIMES / WARM-UPS

3.12.1. 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 p.m. then on the day prior to the competition from 9:00 a.m. to noon and 4:00 – 7:00 p.m. 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.

3.12.2. COMPETITION DAYS

- **8:00 – 9:20 a.m. warm up (both tanks);**
- **9:20 warm up ends in competition end;**
- **9:30 a.m. start of preliminary session – warm up tank stays available until 30 minutes after end of preliminary session (traditionally 1 p.m. at latest);**
- **4:00 – 5:20 p.m. warm up in competition pool;**
- **5:20 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 when format is SC prelims and LC finals, 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 p.m.). This time will be published by the host committee during Day 1 of the competition.

3.13. SCORING

Individual Events:



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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:

A Final 32-28-27- 26-25-24-23-22

B Final 20-17-16-15-14-13 12-11

C Final and 9-7-6-5-4-3-2-1

Relay Events:

Shall be scored the same as individual event scores.

When available, all 10 lanes will be used for Preliminary Events and 8 lanes used for all Finals Events.

3.14. RECORDS AND STATISTICS

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.

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.

Current

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

4. FACILITY AND MEET REQUIREMENTS

- 4.1. All sessions shall be conducted in an eight or ten lane facility, with warm up facilities available throughout the U SPORTS Championship meet.
- 4.2. The entry file will be available on the SNC meet site in January.
- 4.3. 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.



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4.4. Heat sheets for time final events shall be posted thirty minutes after the scratch deadline.

4.5. Meet management will divide the meet complement into three equal size groups that will rotate deck seating spaces for each of the three days.

5. 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.

6. MEETINGS

6.1. TECHNICAL MEETING

A Technical meeting will be held in person prior to the first session at a U SPORTS National Championship. Time of the meeting is at the discretion of the Host Organizing Committee.

The Head Coach from each participating team, an Officials Representative (ideally the head official or Referee Coach/Supervisor), the U SPORTS Delegate, and members of the Host Committee must attend this meeting.

The Chair of the Technical Meeting will be the U SPORTS delegate.

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.



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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

6.2. COACHES MEETING

An unofficial Coaches meeting may be organized and require a meeting room during the championship. Date and time of the meeting is at the discretion of the Host Organizing Committee working in consultation with the President of the Coaches Association.

Note: This is not an official U SPORTS Sport Technical Sub Committee (STSC) meeting and thus any decisions affecting U SPORTS Policy or Regulations must be sent to the STSC. This is the responsibility of the President of the Coaches Association or their designate.

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.
10. Elections.

A Championship Rules Technical Committee will be struck during the coaches meeting to discuss any Championship Meet Format recommendations/changes that may arise.

7. COMMERCIAL

7.1. MEDIA CONFERENCE

The date and time for a U SPORTS National Championship media conference is determined by U SPORTS and the Host Organizing Committee.



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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.*

9.1. CHAMPIONSHIP TROPHY MEN-NELSON C. HART TROPHY) & U SPORTS PENNANT

Presented to the U SPORTS Men's Championship Team and the U SPORTS Women's Championship Team.

9.2. CHAMPIONSHIP MEDALS

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

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.

Note: Alternates that competed are also listed as All-Canadians.

9.3.3 All-Canadians will be announced along with the presentation of medals at the completion of each event. Certificates will be given on site or mailed to award winners post Championship depending on Host capabilities.

9.4. OUTSTANDING SWIMMERS OF THE YEAR

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 **final** swims as based on FINA Performance Charts



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9.5. ROOKIE OF THE YEAR

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 **final** swims as based on FINA performance charts.

9.6. STUDENT-ATHLETE COMMUNITY SERVICE AWARD

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 Regional Association.

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.

9.6.5. At the U SPORTS Championships the U SPORTS Coaches will form a sub-committee 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

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.)

9.6.7. This will be presented at the beginning of DAY TWO FINALS.

9.7. COACH OF THE YEAR

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



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include:

- Two columns – titled: Men's Team – Coach of the Year; Women's Team – Coach of the Year.
- Each team, with coach, is listed under each heading in alphabetical order.
- The team point standings after the end of Day Two of the current meet will be listed at the bottom of the sheet.
- The team point standings at the conclusion of the previous year's U SPORTS Championship shall be listed at the bottom of the sheet.
- The top three individual swims (of 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 4 times in their U SPORTS career.

9.8.2. Super Grand Slam Award – awarded to any swimmer who wins the same individual event 5 times in their U SPORTS career.

Note: Recognition with presentation of unique print commissioned by Doug Perks of Team Aquatic Supplies to recognize.

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

10.2.2 Composition of the Management Committee shall be:

1. Championship Convener
2. U SPORTS Delegate;
3. Head Official (or designate from officials' group);
4. President of the Coaches Association, or designate.

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

10.2.3 Disciplinary Action



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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.
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



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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, U SPORTS 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).

10.3. DELEGATES (N/A)



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11. APPENDICES

11.1. TIME STANDARDS 2023-2024



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2023-24 U SPORTS STANDARDS						
SCY	LCM	SCM		SCM	LCM	SCY
<i>WOMEN</i>			EVENT	<i>MEN</i>		
0:23.77	0:27.18	0:26.39	50 FREE	0:23.09	0:23.78	0:20.80
0:51.43	0:58.80	0:57.09	100 FREE	0:50.41	0:51.92	0:45.41
1:50.71	2:06.58	2:02.89	200 FREE	1:50.58	1:53.90	1:39.62
4:59.65	4:30.06	4:22.19	400 FREE	3:55.66	4:02.73	4:29.33
10:19.65	9:18.46	9:02.19	800 FREE			
			1500 FREE	15:57.17	16:25.89	15:51.46
0:26.47	0:30.26	0:29.38	50 BACK	0:25.90	0:26.68	0:23.33
0:57.13	1:05.31	1:03.41	100 BACK	0:55.69	0:57.36	0:50.17
2:03.70	2:21.43	2:17.31	200 BACK	2:02.41	2:06.08	1:50.28
0:29.77	0:34.03	0:33.04	50 BREAST	0:28.78	0:29.64	0:25.93
1:04.78	1:14.07	1:11.91	100 BREAST	1:02.67	1:04.55	0:56.46
2:20.78	2:40.96	2:36.27	200 BREAST	2:17.31	2:21.43	2:03.70
0:25.27	0:28.89	0:28.05	50 FLY	0:24.86	0:25.61	0:22.40
0:56.64	1:04.76	1:02.87	100 FLY	0:55.19	0:56.85	0:49.72
2:06.87	2:25.05	2:20.83	200 FLY	2:03.12	2:06.81	1:50.92
2:06.83	2:25.00	2:20.78	200 I.M.	2:04.05	2:07.77	1:51.76
4:29.53	5:08.16	4:59.18	400 I.M.	4:26.16	4:34.14	3:59.78
3:27.81	3:57.59	3:50.67	400 Fr. Rly	3:22.81	3:28.89	3:02.71
7:33.29	8:38.24	8:23.15	800 Fr. Rly	7:30.37	7:43.88	6:45.74
3:50.10	4:23.07	4:15.41	400 Med. Rly	3:45.51	3:52.28	3:23.16

SCM = short course metres

LCM = long course metres

SCY= short course yards



PR/11-19

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AUGUST 2023

PLAYING REGULATIONS – SWIMMING (M/F)

PR/11-20

	DAY THREE - HEATS
27	Women's 200 FLY
28	Men's 200 FLY
29	Women's 50 BREAST
30	Men's 50 BREAST
31	Women's 100 FREE
32	Men's 100 FREE
33	Women's 200 BACK
34	Men's 200 BACK
35	Women's 800 FREE (slower hts)
36	Men's 1500 FREE (slower hts)

	DAY THREE - FINALS
	PARADE OF GRADUATES
27	Women's 200 FLY
28	Men's 200 FLY
29	Women's 50 BREAST
30	Men's 50 BREAST
31	Women's 100 FREE
32	Men's 100 FREE
	AWARDS BREAK
33	Women's 200 BACK
34	Men's 200 BACK
35	Women's 800 FREE (fastest heat)
36	Men's 1500 FREE (fastest heat)
	AWARDS BREAK
	ROTY (M/W)
	COTY W
	COTY M
37	Women's 4 X 100 MED RELAY
38	Men's 4 X 100 MED RELAY
	AWARDS BREAK
	SWIMMERS OF THE YEAR (M/W)
	GRAND SLAM/SUPER GRAND
	SLAM (IF APPLICABLE)
	TEAM CHAMPIONS (M/W)