



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 on the World Para Swimming Master List swimmers or 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 Host - Swimming Canada & Natation Sherbrooke

Venues

Centre sportif - Université de Sherbrooke
(Campus principal, 2500 Bd de l'Université,
Sherbrooke, QC J1K 2R1

Pool

8-lane 25m competition pool
8-lane 25m warm-up pool

KEY DATES

Meet Entry & Classification Request Deadline	Tuesday, July 22, 2025 by 23:59 PST		
Dates of Domestic Classification	August 4-5, 2025		
Registration	Monday, August 4	Tuesday, August 5	Wednesday, August 6
	3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm
	All coaches and support staff must register themselves in person. Registration will be available during warm-up periods only once the competition begins. No exceptions.		
Pre-Event Training	Monday, August 4	Tuesday, August 5	Wednesday, August 6
	4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm
Technical Meeting	Wednesday, August 6, 2025 at 3:00pm- Room TBC		
Competition Start Times	Heats: 7:30am warm-up / 9:30am start; Finals: 4:00pm warm-up / 5:30pm start		

ORGANIZING COMMITTEE

Events Manager	Rebecca Cheverton	rcheverton@swimming.ca
National Meet Director	Norma Lachance	mathdva@gmail.com
National Meet Director	Luc Bisailon	lucbisailon@gmail.com
National Meet Referee	Daryle Martin	darylelmartin@gmail.com
Para Technical Advisor	Lyne Laprade	lynelaprade@gmail.com
Swimming Canada Meet Entry Coordinator	Carole Thomas	cthomas@swimming.ca
Local Officials Coordinator	Isa Davidson	
Swimming Canada Classification Lead	Janet Dunn	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.

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.

Photography/Videography

- a. In order to minimize risk, all photographs and video taken at Swimming Canada sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- b. The full details on the Event Photography and Videography Procedure can be found [HERE](#)

QUALIFYING STANDARDS

2025-2028 Swimming Canada National Standards

A competitor's age is their age as of the first day of the competition, August 7, 2025.

Qualification Period

Times performed Long Course and Short Course since September 1, 2023, are eligible for all event entries.

Relay Only Swimmers - Olympic Program

If unable to form an eligible relay team for an event using athletes already accepted into the meet, a Club may enter up to one relay-only swimmer per gender to form an eligible team.

Relay only swimmers pay the same individual entry fee, penalties for changes and late entry fees as individually qualified swimmers.

Relay only swimmers must be declared within the entries file. Please contact the Entries Coordinator if unable to declare in entries file submitted online to ensure relay-only swimmers are properly entered in the competition before the entry deadline.

Paralympic Program-Classification Status for Entry

Canadian club competitors must have a minimum of a level 2 classification status. 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.

ENTRY FEES & INFORMATION

Entry Fee: \$150 CAD per Swimmer

Entry Fee after the Entry Deadline:** \$200 CAD

Change Fee: \$100 CAD per change or correction

Foreign Coaches/Support Staff: \$125 CAD

Late Support Staff or Coach Entry Fee: \$100 CAD

****New qualifiers between the entry deadline and Technical Meeting are only charged the entry fee. All other late entries will only be accepted until the technical meeting on August 6.**



Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers and foreign clubs and teams will receive an invoice via Square by email for all fees owing. This invoice must be paid prior to **August 3, 2025**, 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 competition entries must be submitted via the following Jotform:

<https://form.jotform.com/251825210677255>

The meet entry file can be found on the [2025 Speedo Short Course Championships Event Page](#).

All Canadian club and varsity coaches and support staff attending the event must be included in the club entry submission form in order to receive accreditation. Foreign coaches are asked to refer to the [Accreditation Policy](#) to ensure they are properly registered.

Qualifying Benefits – Olympic Program

Please refer to the chart to see which events swimmers can enter as qualifying benefits:

If qualified in the following events:	Can enter the following events as qualifying benefits:
50, 100 or 200 Backstroke	50, 100, 200 Backstroke
50, 100 or 200 Breaststroke	50, 100, 200 Breaststroke
50, 100 or 200 Butterfly	50, 100, 200 Butterfly
50, 100, 200, or 400 Freestyle	50, 100, 200, 400 Freestyle
800 or 1500 Freestyle	400, 800, 1500 Freestyle
200 IM or 400 IM	100, 200, 400 IM

Paralympic Program Meet Qualifying Standards (MQS), Minimal Entry Times (MET), and Minimum Record Attempt Standard

Swimmers must achieve one Para swimming 2025 Canadian Swimming Championships Minimal Qualifying Standards (MQS) in their own sport class. Additional entries may be made in eligible events provided the swimmer has the 2025 Canadian Swimming Championships Standards (MET). All events with a qualifying standard will advance to finals.

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 provided that the athlete has attained the MET for the event in the higher sport class. Eligible entries are restricted to those in the same impairment category (S/SB/SM 1-10, S/SB/SM 11-13) only. Scoring and advancement to finals will be based on the sport class of the event though results after the competition will accurately report the sport class of the swimmer. For example, a swimmer with an SM4 sport class wishing to swim the 200 IM may do so provided they have the MET in the 200 IM in the SM5 sport class. Their advancement to finals and eligibility for awards will be based on their score as an SM5 but the record of results will show their performance as SM4. Please send an email to the entry coordinator (cthomas@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.

Minimum International Record Attempt Standard

Qualified swimmers will be eligible to enter Olympic Program Events for International record attempts if they achieve the Minimum International Record Attempt Standard in that event (see Appendix A). All entries by International Record Attempt Standards must comply with WPS Rules Section 10.18 including athlete eligible



requirements. Para swimmers will be allowed to advance to the A or B final in these events if they put up a time that qualifies them into the final.

75 m and 100 m Individual Medley

Para swimmers who have met the MET standard for the 150 IM, can enter the 75 m IM as a bonus event.

Para swimmers who have met the MET standards in the 200 IM, can enter the 100 IM as a bonus event.

Para swimmer devices / Bathing suit modifications

Paralympic Program equipment i.e., starting devices, tapping devices and bathing suit modifications (as per swimmers' codes of exception) must be approved prior to their use in competition. This can be done at the end of the technical meeting or during warm up prior to the start of the session.

Late Entries, Changes and Corrections

Changes and corrections can be made up to the meet entry deadline without penalty. Late entries will be accepted until the technical meeting for the fee outlined in the Entry Fee section. After acceptance, any changes will incur a \$100 fee per change.

Athletes achieving their first qualifying swim between July 22 and August 6, 2025, may be added without penalty, and only the base entry fee will apply. New qualifying swims that are performed after the entry deadline, achieved between July 22 and August 6, 2025, are exempt from the \$100 change fee and may be added without penalty.

Foreign Swimmers

Foreign competitors (other than members of USA Swimming) must be members in good standing of their respective World Aquatics or World Para Swimming recognized federation and must submit a letter from their federation indicating this standing. The letter must be submitted to Rebecca Cheverton (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: All entries will be proven via the on-line entry system. Any times achieved outside of Canada should be uploaded to the Registration and Events Management System (REMS) using the [International Results Submission form](#). Any Foreign teams with non-validated times in their 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.

Relay Events: All relay entry times must be proven by the meet entry deadline. Relay times will be proven as follows:

- Single Gender and Mixed Gender relays: No entry standards. Relay entry times must be proven utilizing swimmers entered in the meet by the meet entry deadline or an entry time submitted must have been posted as an official time within the qualification period. The online system will be used to prove relay entry times. Any relay team NOT proven by the meet entry deadline will be entered NT.
- Paralympic Program relays: No club or provincial entries are permitted. Paralympic Program relays will be made by High Performance Paralympic Program staff for the purpose of attempting to set world records.

ADMINISTRATIVE INFORMATION



Psych Sheets

Psych sheets will be posted on Swimming Canada's web site following the meet entry deadline.

Scratches

All scratches after the entry deadline must be submitted through the [online scratch form](#) for the event.

Scratch deadlines

Preliminaries & Timed-Final events

Day 1; Preliminaries and Timed-Final events: 30 minutes following the Technical Meeting

Day 2 to 4; Preliminaries and Timed-Final events: 60 minutes following the start of Finals the previous evening.

Finals

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

Penalty

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

PARA SWIMMING CLASSIFICATION

There will be Level 3 sport class evaluation conducted at this event. Level 3 Classification applications can only be submitted by a PSO. Coaches wishing their swimmer to undergo Level 3 evaluation should contact their PSO. Coaches wishing their Visually Impaired (S/SB/SM 11-13) or Intellectually Impaired (S/SB/SM 14) swimmers to complete their Technical Assessment must contact the National Classification Lead (Janet Dunn jdunn@swimming.ca) directly before the entry deadline.

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.

To present for sport class evaluation swimmers must be qualified to race both of their Observation Events by the entry deadline. There are no bonus events for the purpose of classification.

The OA events are 50m breaststroke (SB1-SB3), 100m breaststroke (SB4-SB9), 200m freestyle (S1-S5), 400m freestyle (S6-S10) or the 200m IM (SM4 – SM10) 150IM (SM1 to SM4).

Canadian swimmers who have never been assigned a Domestic Level 3 Classification or have an outstanding Level 3 Review date year of 2024 (or before) must apply for classification. Swimmers requesting sport classification are required to submit a request online by the entry deadline of July 22, 2025.

If a swimmer has not been previously classified Level 3 or if they have a Level 3 review status, they should enter with their current 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 August 4-5, 2025. You will receive notice of your classification appointment day and time via email from the Swimming Canada Classification Lead Janet Dunn. All athletes must plan their travel, so they are available for classification starting at 8am on August 4, 2025.

D/DEAF OR HARD OF HEARING ACCOMMODATIONS

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

- non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Facility or Swimming Canada-Provided Strobe Light: An external strobe light is available at this competition



Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.

Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

COMPETITION INFORMATION

Taping Review

For this event as per II.C15.3.2, a Taping Review Committee will be in place to review 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 Review Forms (available at the Admin Desk/available at this [link](#)) must be submitted to the National Meet Director one hour prior to prelims and one hour prior to finals.
- Coaches must ensure that taping is reviewed by the committee before the first session in which the athlete will swim with taping. If the athlete will wear identical taping for multiple sessions, it is not necessary to have the taping reviewed by the committee more than once.
- For internationally classified para swimmers, the Para Technical Advisor will be consulted and their recommendation will be followed to comply with World Para Swimming Rules and Regulations.
- The committee's decision will be final.
- Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.

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 11.1 and WPS Appendix two, rule 1.2.3.1.

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 Administration Desk 30 minutes prior to the commencement of the session in question, by submitting an Official Split Request form. This form is available at the Administration Desk on deck.

Preliminaries & Timed-Finals

Preliminary and timed-final heats will be swum in 8 lanes.

Paralympic Program Events Seeding

Preliminary events for each gender shall be seeded by entry time (regardless of Sport Classification), with non-conforming course times ranked after conforming course times. This means: SC > LC. There is no circle seeding.

Olympic Program Events Seeding

All Olympic program events will be seeded based on entry times, with non-conforming course times ranked after conforming course times, and qualifying benefits (bonus) last. This means: SC > LC > SC bonus > LC bonus.

Preliminary heats for all events less than 400m will be seeded slowest to fastest. The top 3 heats in each event will be swum circle seeded.



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.

The 800m freestyle and 1500m freestyle will be swum as timed finals. The fastest 8 swimmers in each event will swim during finals; the remaining heats will be swum during prelims, seeded fastest to slowest, alternating gender.

Olympic Program Finals

Finals will be swum in 8 lanes for all events.

For Olympic Program events, there will be “A” finals for all individual events and “B” finals in individual events with 12 splashes per event following the preliminary scratch deadline for the event. Finals sequence: A final followed by B final.

There are no limitations on foreign swimmers in finals. They are permitted to swim as they qualify.

Para swimmers who are entering Olympic Program Events (meaning they have achieved the Minimum Record Attempt Standards in those events and the event is not offered in the Paralympic program events) can advance to finals if their time qualifies them in the A or B final.

Paralympic Program Finals

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

There are no limitations on foreign swimmers in finals. They are permitted to swim as they qualify.

Paralympic Program 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, any additional swimmers will be added to fill the “A” final according to the point 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.

Relays

Olympic Program relays will be swum as timed finals in preliminaries with the fastest 8 teams swimming during finals, except for the 4x50 m relays that will be timed final only in their designated session. Should there be 8 or fewer entries for the 4x100 m relays (as of the preliminary scratch deadline), teams will advance directly to finals.

Paralympic Program relays will be national relays created for World Record attempts only. These relays will be organized by Swimming Canada High Performance Paralympic staff. Club or Provincial teams are not permitted to submit relays. Paralympic Program relays will be swum in finals.

For ALL relays, 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 the relay is swum.

ACCREDITATION INFORMATION



This section has been removed and is now covered under its own policy. It is the responsibility of all relevant parties to review the Swimming Canada National Events Accreditation Policy for detailed information. You can access the policy here: <https://www.swimming.ca/event-resources/>

Access to the pool deck is **only** for registered participants of the event holding an accreditation. All members on the pool deck must be registered with a club, PSO, or Swimming Canada. No children of any registrant are permitted on deck or in the pool during pre-meet training or 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 rcheverton@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 they will be coaching at the competition.

Any coaches who will have swimmers attending and reporting to an alternate coach are required to advise Swimming Canada using [this form](#).

AWARD & SCORING INFORMATION

There will be no medal ceremonies at this event. Instead of medals, the overall top 3 Canadian placed female and male swimmers (based on points at the conclusion of the meet) in both Olympic and Paralympic Program will be rewarded prize money at the end of the competition.

There will be a Team trophy awarded to the team with highest point score.

PLEASE NOTE: Foreign swimmers are not eligible to score points toward team scores or high point awards

Meet Scoring

Individual events, places 1 – 16: 30-25-20-15-14-13-12-11. Places 9-16: 9-7-6-5-4-3-2-1

*Para swimmers competing in Olympic Program events will score as an Olympic program swimmer for those events.

Relays events, per age group, places 1 – 8: 60-50-40-30-28-26-24-22

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
 - Online: www.cces.ca/athletezone
 - Call toll-free: 1-800-672-7775



SITE INFORMATION

Hospitality – Officials & Coaches - A hospitality room will be available for officials and coaches for snacks and refreshments. Meals are reserved for Officials only.

Parking

Paid parking is available on site.

Lockers

Lockers are available free of charge in all change rooms – bring your own locks.

TRAVEL INFORMATION

Hotel Accommodations – <https://www.swimming.ca/hotels/>

Swimming Canada Rental Car Partner - AVIS Rent a Car - for bookings visit <https://www.swimming.ca/travel-tools/>

Updates to this Document

For information and updates to this document please refer to the Swimming Canada web site www.swimming.ca.

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

PRELIMINARIES/PRÉLIMINAIRES			FINALS/FINALES		
WARM-UP/ÉCHAUFFEMENT 7:30-9:15			WARM-UP/ÉCHAUFFEMENT 16:00-17:15		
START/DÉBUT 9:30			START/DÉBUT 17:30		
DAY/JOUR 1 - THURSDAY/JEUDI					
W/F		M/H	W/F		M/H
301	200M FREE/LIBRE (PARA)	302	301	200M FREE/LIBRE (PARA)	302
1	200M FREE/LIBRE	2	1	200M FREE/LIBRE	2
3	100M BACK/DOS	4	3	100M BACK/DOS	4
303	100M BACK/DOS (PARA)	304	303	100M BACK/DOS (PARA)	304
5	200M FLY/PAP	6	5	200 FLY/PAP	6
7	100M IM/QNI	8	7	100 IM/QNI	8
305	50M FLY/PAP (PARA)	306	305	50M FLY/PAP (PARA)	306
9	4X100M MR/QN MIXED (SH/SL)		11	1500M FREE/LIBRE (FH/SR)	
11	1500M FREE/LIBRE (SH/SL)			800M FREE/LIBRE (FH/SR)	12
	800M FREE/LIBRE (SH/SL)	12	9	4X100M MR/QN MIXED (FH/SR)	
DAY/JOUR 2 - FRIDAY/VENDREDI					
307	100 FREE/LIBRE (PARA)	308	307	100 FREE/LIBRE (PARA)	308
13	100 FREE/LIBRE	14	13	100 FREE/LIBRE	14
309	100M BREAST/BRASSE (PARA)	310	309	100M BREAST/BRASSE (PARA)	310
15	50M BACK/DOS	16	15	50M BACK/DOS	16
17	100M BREAST/BRASSE	18	17	100M BREAST/BRASSE	18
311	50M BACK/DOS (PARA)	312	311	50M BACK/DOS (PARA)	312
19	50M FLY/PAP	20	19	50M FLY/PAP	20
21	400M IM/QNI	22	21	400M IM/QNI	22
313	75M IM/QNI (PARA)	314	313	75M IM/QNI (PARA)	314
23	4x50M MR/QN	24	25	4X50M FR/RL	26
DAY/JOUR 3 - SATURDAY/SAMEDI					
315	400M FREE/LIBRE (PARA)	316	315	400M FREE/LIBRE (PARA)	316
27	400M FREE/LIBRE	28	27	400M FREE/LIBRE	28
317	50M BREAST/BRASSE (PARA)	318	317	50M BREAST/BRASSE (PARA)	318
29	100M FLY/PAP	30	29	100M FLY/PAP	30
319	100M FLY/PAP (PARA)	320	319	100M FLY/PAP (PARA)	320
31	50M BREAST/BRASSE	32	31	50M BREAST/BRASSE	32
33	200 BACK/DOS	34	33	200 BACK/DOS	34
321	100 IM / QNI (PARA)	322	321	100 IM / QNI (PARA)	322
35	4X100M FR/RL (SH/SL)	36	35	4X100M FR/RL (FH/SR)	36
DAY/JOUR 4 - SUNDAY/DIMANCHE					
323	50M FREE/LIBRE (PARA)	324	323	50M FREE/LIBRE (PARA)	324
37	200 IM/QNI	38	37	200 IM/QNI	38
325	150M IM/QN (PARA)	326	325	150M IM/QN (PARA)	326
39	50M FREE/LIBRE	40	39	50M FREE/LIBRE	40
327	200M IM/QN (PARA)	328	327	200M IM/QN (PARA)	328
41	200 BREAST/BRASSE	42	41	200 BREAST/BRASSE	42
43	4X100M MR/QN (SH/SL)	44	45	800M FREE/LIBRE (FH/SR)	
45	800M FREE/LIBRE (SH/SL)			1500M FREE/LIBRE (SFH/SR)	46
	1500M FREE/LIBRE (SH/SL)	46	43	4X100M MR/QN (FH/SR)	44

APPENDIX A / ANNEXE A

Minimum International Record Attempt Standard / Norme minimale de tentative de record inernational																			
Gender	Course	Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14		
Men Hommes	LCM	50	Backstroke/Dos						00:41.15	00:50.30	00:45.30	00:41.96	00:32.92	00:49.93	00:43.63	00:31.72			
		100	Backstroke/Dos			03:04.07	02:44.15	01:25.21											
		200	Backstroke/Dos						03:07.23	03:27.01	03:06.65	02:46.49	02:38.65	04:03.85	03:33.09	02:39.74	02:43.26		
		50	Breaststroke/Brasse				00:49.81	01:08.81	00:56.01	00:49.52	00:49.86	00:35.90		00:46.65	00:48.17	00:45.97			
		100	Breaststroke/Brasse	10:51.72	10:18.30	02:22.41													
		200	Breaststroke/Brasse				06:05.07	05:36.06	04:33.53	04:27.22	04:03.49	03:13.11		04:24.22	03:55.27	03:44.53	02:47.20		
		50	Butterfly/Papillon								00:42.02	00:39.32	00:29.94	00:34.56	00:31.81	00:31.20			
		100	Butterfly/Papillon					02:06.57	01:48.95	01:42.53									
		200	Butterfly/Papillon								03:25.24	02:54.35	03:08.06	04:07.77	03:15.86	02:34.87	02:39.74		
		200	Freestyle/Libre						03:43.63	03:24.15	02:36.66	02:34.38	02:12.40	02:33.48	03:30.36	02:20.72			
		400	Freestyle/Libre														04:45.11		
		800	Freestyle/Libre							16:18.93	12:26.46	11:20.00	12:54.52	12:18.54	15:36.37	15:20.84	12:58.67	12:18.54	
		1500	Freestyle/Libre							31:09.13	22:24.21	22:30.69	21:48.42	23:30.14	29:47.88	29:18.22	24:46.78	23:30.14	
		100	Medley/Q.N.I.																
		200	Medley/Q.N.I.			08:49.72	05:55.14												
		400	Medley/Q.N.I.									06:38.25	07:05.70	05:46.26	08:20.99	08:23.99	06:48.97	05:38.51	
	SCM	50	Backstroke/Dos							00:41.15	00:50.30	00:44.39	00:41.12	00:32.26	00:50.93	00:42.76	00:31.08		
		100	Backstroke/Dos			03:07.75	02:47.43	01:25.21			03:07.23	03:27.01	03:02.92	02:43.16	02:35.48	04:08.73	03:28.83	02:36.55	02:40.00
		200	Backstroke/Dos							03:07.23	03:27.01	03:02.92	02:43.16	02:35.48	04:08.73	03:28.83	02:36.55	02:40.00	
		50	Breaststroke/Brasse				00:50.81	01:08.81	00:56.01	00:49.52	00:48.86	00:35.18		00:47.59	00:47.21	00:45.05			
		100	Breaststroke/Brasse	11:04.75	10:30.67	02:25.26													
		200	Breaststroke/Brasse				06:12.37	05:36.06	04:33.53	04:27.22	03:58.62	03:09.24		04:29.50	03:50.56	03:40.04	02:43.85		
		50	Butterfly/Papillon								00:41.18	00:38.53	00:29.34	00:35.25	00:31.18	00:30.58			
		100	Butterfly/Papillon					02:06.57	01:48.95	01:42.53									
		200	Butterfly/Papillon								03:21.14	02:50.87	03:04.30	04:12.73	03:11.94	02:31.78	02:36.55		
		200	Freestyle/Libre						03:43.63	03:24.15	02:33.52	02:31.29	02:09.75	02:36.55	03:26.15	02:17.91			
		400	Freestyle/Libre														04:39.40		
		800	Freestyle/Libre							16:18.93	12:26.46	11:06.40	12:39.03	12:03.77	15:55.10	15:02.42	12:43.10	12:03.77	
		1500	Freestyle/Libre							31:09.13	22:24.21	22:03.67	21:22.25	23:01.94	30:23.64	28:43.06	24:17.04	23:01.94	
		100	Medley/Q.N.I.	11:03.97	06:10.55	05:03.93	03:23.76												
		200	Medley/Q.N.I.			09:00.31	06:02.24												
		400	Medley/Q.N.I.									06:30.29	06:57.19	05:39.33	08:31.01	08:13.91	06:40.79	05:31.74	
Women Femmes	LCM	50	Backstroke/Dos						00:59.92	00:56.96	00:52.23	00:48.22	00:37.27	00:56.34	00:51.85	00:39.80			
		100	Backstroke/Dos			03:52.87	02:11.27	02:39.21											
		200	Backstroke/Dos						04:09.98	04:38.18	04:15.13	02:47.48	03:45.67	04:35.19	04:13.19	02:55.20	03:13.95		
		50	Breaststroke/Brasse				01:31.38	01:15.39	00:55.75	00:47.55	00:58.49	00:53.55		01:03.94	00:57.88	00:41.35			
		100	Breaststroke/Brasse	08:30.06	04:57.52	03:33.18													
		200	Breaststroke/Brasse				07:26.29	06:08.21	05:39.01	04:03.32	04:45.67	04:21.55		05:12.31	04:42.66	03:11.90	03:20.89		
		50	Butterfly/Papillon								00:40.02	00:45.97	00:36.14	00:54.62	00:50.60	00:46.24			
		100	Butterfly/Papillon				02:56.39	02:12.43	01:33.06										
		200	Butterfly/Papillon								04:06.85	03:08.71	02:59.45	04:26.74	04:07.15	03:10.78	03:29.45		
		200	Freestyle/Libre						03:55.16	02:51.82	02:44.49	02:44.64	02:27.13	03:56.21	04:16.53	02:30.83			
		400	Freestyle/Libre														05:39.65		
		800	Freestyle/Libre						16:17.03	13:38.32	15:12.38	12:14.76	13:40.73	17:14.00	18:42.95	11:23.52	13:40.73		
		1500	Freestyle/Libre						32:45.51	31:55.11	29:02.07	22:29.14	26:07.09	32:54.29	35:44.11	26:58.89	26:07.09		
		100	Medley/Q.N.I.																
		200	Medley/Q.N.I.			08:30.55	06:58.49												
		400	Medley/Q.N.I.									09:00.83	06:30.04	07:40.83	09:21.52	09:14.89	06:17.72	06:58.40	
	SCM	50	Backstroke/Dos							00:59.92	00:56.96	00:51.19	00:47.26	00:36.52	00:57.47	00:50.81	00:39.01		
		100	Backstroke/Dos			03:57.53	02:13.89	02:39.21											
		200	Backstroke/Dos						04:09.98	04:38.18	04:10.03	02:44.13	03:41.16	04:40.69	04:08.13	02:51.70	03:10.07		
		50	Breaststroke/Brasse				01:33.21	01:15.39	00:55.75	00:47.55	00:57.32	00:52.48		01:05.22	00:56.72	00:40.53			
		100	Breaststroke/Brasse	08:40.26	05:03.47	03:37.44													
		200	Breaststroke/Brasse				07:35.22	06:08.21	05:39.01	04:03.32	04:39.96	04:16.32		05:18.56	04:37.01	03:08.06	03:16.87		
		50	Butterfly/Papillon								00:39.21	00:45.05	00:35.42	00:55.71	00:49.59	00:45.32			
		100	Butterfly/Papillon					02:56.39	02:12.43	01:33.06									
		200	Butterfly/Papillon								04:01.91	03:04.93	02:55.86	04:32.07	04:02.21	03:06.97	03:25.26		
		200	Freestyle/Libre						03:55.16	02:51.82	02:41.20	02:41.34	02:24.19	04:00.93	04:11.40	02:27.81			
		400	Freestyle/Libre														05:32.86		
		800	Freestyle/Libre						16:17.03	13:38.32	14:54.13	12:00.06	13:24.32	17:34.68	18:20.49	11:09.85	13:24.32		
		1500	Freestyle/Libre						32:45.51	31:55.11	28:27.23	22:02.16	25:35.75	33:33.78	35:01.23	26:26.51	25:35.75		
		100	Medley/Q.N.I.		07:48.67	04:52.93	04:00.11												
		200	Medley/Q.N.I.			08:40.76	07:06.86												
		400	Medley/Q.N.I.									08:50.01	06:22.24	07:31.61	09:32.75	09:03.79	06:10.16	06:50.03	