



SWIMMING CANADA ATHLETE ASSISTANCE PROGRAM CRITERIA 2016-2017 NOMINATIONS

INTRODUCTION:

The purpose of this document is to present the criteria for the determination of the Swimming Canada / Sport Canada Athlete Assistance Program (AAP). The target audiences for this document are athletes and the coaches of such athletes who now access or wish to access the program.

In general, the AAP (carding) recognizes the commitment a swimmer makes to long-term training and competitive programs and seeks to relieve some of the pressures associated with participation in international sport. In particular, the AAP provides financial assistance to Canadian high-performance swimmers to assist them in seeking enhanced training opportunities intended to progress their performances. To this end, the assistance helps swimmers with their training and competition needs and is paid directly to the swimmer.

The AAP objective is to support Canadian athletes identified and nominated by Swimming Canada as performing at or having the greatest potential to achieve top 8 results at Olympic/Paralympic Games and World Championships. The coach remains a critical component of the team and in conjunction with Swimming Canada manages and directs the swimmers training plan. *The AAP is the only Sport Canada program to provide direct financial support for athletes.*

General Information and Definitions:

- Sport Canada has allocated a maximum of \$936,000 in living and training allowance to be allocated through the application 2016-2017 Swimming Canada Athlete Assistance Program Criteria.
- Where the term “World Ranked” or World Ranking” is used, these shall be the FINA World Rankings of performances completed as of September 6, 2016 and as published on the FINA web site (www.fina.org)
- Where the term C1 is used, this is defined as a first year Senior Card swimmer who, regardless of the number of years at a Development Card level, receives Senior Card status but is funded at Development Card level.
- The Sport Canada AAP funds swimmers in Olympic events at two levels:
 - I. Senior Cards:
 - 1. Senior International Card (\$1,500.00/month)
 - 2. Senior National Team Card (\$1,500.00/month)
 - 3. C1 card (\$900.00/month)
 - II. Developmental Cards: (\$900.00/month)
- The Carding cycle for 2016-2017 shall be November 1st, 2016 to October 31st, 2017.



- The Sport Canada AAP also offers swimmers who receive AAP funds the following additional financial benefits:
 - i. Tuition Support
 - ii. Special Needs Support that includes:
 - a. Excellence living and training allowance
 - b. Excellence child dependent allowance
 - c. Training and competition allowance for athletes with a disability
 - d. Relocation Assistance
 - e. Child care Assistance
 - f. Retirement Assistance

These are Sport Canada benefits and are subject to change by Sport Canada. More information regarding these additional financial benefits is in section 8 of the Sport Canada AAP Policy posted at the Sport Canada website.

Swimming Canada's authority for decisions:

All matters relating to the nomination of athletes for AAP are the sole authority of Swimming Canada. Swimming Canada makes decisions relating to the approval of AAP nomination on the basis of the approved Swimming Canada AAP Criteria and requirements. If an athlete does not meet (in the discretion and opinion of Swimming Canada) any of the criteria or requirements set out in the Swimming Canada AAP Criteria, Swimming Canada may decide in its sole discretion, to either recommend withdrawal of carding, or to not nominate an athlete for 2016 - 2017.

Eligible Swimmers:

Only those swimmers eligible to represent Canada at either the World Aquatic Championships or the Olympic Games shall be eligible for AAP support. Swimmers must be registered members of Swimming Canada.

Eligible Performances:

For the 2016-2017 carding cycle, carding shall be determined by Long Course performances for pool events and in the 10KM marathon race for open water at the following competitions only:

- i. Pool Events
 - Canadian Olympic & Para-swimming Trials (April 5-10, 2016)
 - Canadian Age Group Swimming Championships, Calgary (July 27-August 1, 2016)
 - Canadian Swimming Championships, Edmonton (August 4-7, 2016)
 - Rio 2016 Olympic Games, Rio, Brazil (August 5-21, 2016)
 - 2016 Junior Pan Pacific Swimming Championships, Maui, Hawaii (August 24-27, 2016)
- ii. Open Water Events
 - FINA Olympic Marathon Swim Qualifier 2016, Setubal, POR (June 11-12, 2016)
 - FINA 10KM Marathon World Cup, Balatonfured, HUN (June 18, 2016)
 - FINA 10KM Marathon World Cup, Lac St. Jean (July 28, 2016)



- Rio 2016 Olympic Games, Rio, Brazil (August 5-21, 2016)
- FINA World Junior Open Water Swimming Championships (date & location TBC)

The following applies for all card levels:

- i. Only performances in Olympic events are eligible for carding.
- ii. No individual “non-lead” performance on a relay is eligible for carding. Only “lead-off” legs on the appropriate relay in the 100m backstroke, 100m freestyle and 200m freestyle are eligible.

Prioritization of Carding Nominations:

The following seven points constitute the priority order for nominating swimmers who have met the carding criteria. Cards will be awarded in a “top down” fashion until the total allocation of cards is exhausted:

- PRIORITY 1: Senior International card nominations (SR1/SR2)
- PRIORITY 2: Swimmers carded the previous year at the Senior International card level (SR1/SR2) in Olympic events who are injured* AND who meet the Sport Canada policy on curtailment of training and competition for health-related reasons.
- PRIORITY 3: Senior National Team card nominations (including C1 cards) based on criteria outlined in this document.
- PRIORITY 4: Swimmers carded the previous year at the Senior National Team level (including C1 cards) and who are injured* and meet the Sport Canada policy on curtailment of training and competition for health related reasons. These cards will be prioritized based on the previous year’s ranking.
- PRIORITY 5: Swimmers carded the previous year at the development card level in an individual event and who were a member of a National Team in 2015 (defined below) or a medallist at the 2015 FINA World Junior Swimming Championships that are injured* and meet the Sport Canada policy on curtailment of training and competition for health related reasons.
 - National Teams for 2015: 2015 Pan American Games
 - 2015 FINA World Championships
- PRIORITY 6: Development card nominations based on criteria outlined in this document.
- PRIORITY 7: Swimmers carded the previous year at the development card level in an individual event that are injured* who do not meet the criteria defined in priority 5 and meet the Sport Canada policy on curtailment of training and competition for health related reasons.

* Please see the section III. Injury and Illness



I. SENIOR CARDS

SENIOR INTERNATIONAL CARD CRITERIA:

Eligibility for the 2016-2017 Senior International card shall be based on results from the Rio 2016 Olympic Games only and as per the following criteria. This is a two-year card.

- i. Individual Events (Pool and Open Water):
 - To be eligible for nomination as a Senior International Card, swimmers must finish within the top 8 places of an individual event and finish within the top ½ of the entered swimmer field. Only performances in Olympic events are eligible for carding
- ii. Relay Events (Pool):
 - For individual members of relay teams to be eligible for nomination as a Senior International Card, relay teams must be Canadian National Team relays AND must finish within the top 8 places of a relay event and finish within the top ½ of the entered teams field.
 - To be carded at the Senior International Level, members of a Canadian National Team relay shall have at least one individual performance in an Olympic event ranked within the world top 50 (absolute).
 - Athletes who participate in qualifying a relay event for the finals but do not compete in the finals of the event will be carded on the basis of the level of performance required to advance to that final (ie/ top 8) and will be carded at the Senior Card (SR1 or SR2) level.

Notes:

- i. Athletes who meet the Senior International criteria at the Rio 2016 Olympic Games are eligible to be nominated by Swimming Canada for two consecutive years, with the card for the first year referred to as SR1 and the card for the second year referred to as SR2. The second year of carding will be contingent on the athlete being re-nominated by Swimming Canada.
 - a. Athletes will be re-nominated if they are maintaining an approved training and competitive program recognized by Swimming Canada and Sport Canada and have maintained a performance level within a threshold of 1% of the time they performed to earn the SR1 card.
 - b. Once nominated, the athlete must sign the most recent version of the Athlete/NSO Agreement and complete an AAP Application Form for the year in question.
- ii. Swimmers carded for the first time may receive a Senior International Card nomination providing their performances fulfill the above criteria.

SENIOR NATIONAL TEAM CARD CRITERIA:

Eligibility for a 2016-2017 Senior National Team card shall be based on the following criteria. This is a one-year card.

- i. Individual Pool Events:
 - Swims that are in the top 50 absolute world ranking in an individual event as of September 6, 2016.



ii. Individual Open Water Events, swimmers must meet one of the following criteria:

- Swimmers must represent Canada at the Rio 2016 Olympic Games in the Marathon Swim.

OR

Swimmers must finish within the top ¼ of the swimmer field who complete the race within the time limit at the FINA Olympic Marathon Swim Qualifier 2016 in Setubal, POR (June 11-12, 2016) or the FINA 10KM Marathon World Cup event in Balatunfured, HUN (June 18, 2016). In the event that fewer than 16 swimmers complete the race within the time limit, then Swimmers must finish within the Top 3 in order to be eligible for a Senior National Team Card. In the event that fewer than 8 swimmers complete the race within the time limit, then Swimmers must finish 1st in order to be eligible for a Senior National Team Card.

OR

- Swimmers must finish as one of the top two (2) Canadians and within the top ¼ of the swimmer field who complete the race within the time limit at the FINA 10KM Marathon World Cup event in Lac St. Jean (July 28, 2016).

iii. Relay Events:

- Members of any Canadian National Team relay that is world ranked in the top 10 and who have an individual performance in the corresponding event (i.e. 100 Br if a member of the 4x100 MR as the breaststroker) that ranks within the top 100 absolute world ranking as of September 6, 2016.

OR

- Members of any Canadian National Team relay that is world ranked in the top 10 and whose relay performance in that relay when considered with a relay takeover factor of 0.6 seconds (relay split + 0.6 seconds) is faster than the 100th absolute world ranked time in that individual event as of September 6, 2016.
- Please note: Athletes who participate in qualifying a relay event but do not compete in the finals of the event will be carded on the basis of the level of performance required to advance to that final (ie/ Top 8).

Notes:

- i. Should a swimmer not demonstrate a performance improvement (Time and/or World Rank) from the previous season, the swimmer will undergo a review by the Swimming Canada High Performance Director. Evidence for the review will be based on relevant performance data and information gathered through the Swimming Canada Carded Athlete Monitoring Process.



C1 CARD CRITERIA:

- i. C1 carded athletes are funded at the Development Card level in the first year they meet the national criteria for a Senior Card even if they have previously been carded at the Development (D) level. If, however, the athlete has been previously carded at the SR1 or SR2 level, has been named to the national senior team or has competed in World Championships before meeting the national criteria for the Senior Card for the first time, the athlete will be funded at the Senior Card (SR) level rather than at the Development Card level.

II. DEVELOPMENTAL CARDS

The priority for awarding development cards shall be:

1. "On Track" Gold Track Swimmers (Pool)
2. "On Track" Podium Track Swimmers (Pool)
3. Open Water Development
4. Developing Senior Tracking Swimmers (Pool)
5. "On Track" Final Track Swimmers (Pool)

The availability of Development cards is subject to the total number of cards available under the Sport Canada criteria and the number of cards awarded in the Senior International and Senior National Team levels.

"On Track" Gold Track Swimmers (Pool)

All swimmers who achieve an age-appropriate "On Track" Gold Track Standard will have their performance ranked as a percentage of the "On Track" target time for that event. Swimmers will be nominated in rank order until the total number of available Development Cards has been used. A complete list of "On Track" Gold Track standards based on age and the "On Track" Target Times are available in Appendix 1.

"On Track" Podium Track Swimmers (Pool)

All swimmers who achieve an age-appropriate "On Track" Podium Track Standard will have their performance ranked as a percentage of the "On Track" target time for that event. Swimmers will be nominated in rank order until the total number of available Development Cards has been used. A complete list of "On Track" Podium Track standards based on age and the "On Track" Target Times are available in Appendix 1.

Open Water Development

Eligibility for a 2016-2017 Open Water Development card shall be based on the following criteria. Swimmers age as of December 31, 2016 must be at least four years younger than the average age of the top 8 finishers in the Open Water 10KM at targeted competitions as tracked by Swimming Canada (see Appendix 2) and swimmers must meet one of the following criteria:

- Finish within the top 8 places of the 10KM Marathon event at the FINA World Junior Open Water Championships.

OR



- Finish within the top ½ of the swimmer field who complete the race within the time limit at an eligible FINA 10KM Marathon World Cup event. In the event that fewer than 16 swimmers who complete the race within the time limit, then Swimmers must finish within the top 3 places in order to be eligible for a Open Water Development card. All eligible FINA 10KM Marathon World Cup events are listed in the “Eligible Performances” section on page 2 of this document. At the FINA 10km Marathon World Cup event at Lac St. Jean, only the highest ranked male and female swimmer, who meet the 2016-2017 Development Carding eligibility requirements for AAP funding will be nominated to Sport Canada for AAP Development Card funding.

Developing Senior Tracking Swimmers (Pool)

All swimmers who meet the requirements listed below will have their performance ranked as a percentage of the “On Track” target time for that event. Swimmers will be nominated in rank order until the total number of available Development Cards has been used. A complete list of the “On Track” Target Times is available in Appendix 1.

Developing Senior Tracking Swimmers Requirements:

- By December 31, 2016, the swimmer must have aged out of the “On Track” system for the event for which they will be ranked.
- The swimmers age as of December 31, 2016 must be equal to or younger than the average age of the finalist for the event for which they will be ranked at targeted competitions as tracked by Swimming Canada (see Appendix 2).
- By September 6, 2016, the swimmer must have demonstrated progression by having improved a total of 1% since September 6, 2014 for the event for which they will be ranked.
- By September 16, 2016, the swimmer must be within 1% of the “On Track” Target Time for the event for which they will be ranked. A complete list of the “On Track” Target Times + 1% is available in Appendix 3.
- Be in top 100 absolute world ranked swims for which they will be ranked on September 6, 2016.

“On Track” Final Track Swimmers (Pool)

All swimmers who achieve an age-appropriate “On Track” Final Track Standard will have their performance ranked as a percentage of the “On Track” target time for that event. Swimmers will be nominated in rank order until the total number of available Development Cards has been used. A complete list of “On Track” Final Track standards based on age and the “On Track” Target Times are available in Appendix 1.

Development Card Notes:

- Swimmers previously carded at the Senior (International or National Team) level for more than two years are not eligible for Development Cards. Swimming Canada may apply to Sport Canada for an exception to this clause if the swimmer, as of December 21, 2015, is four years or more, younger than the average age in the event (Appendix 2) for which they have met the AAP funding requirements.



- ii. Should a tie occur in a pool event, then the swimmers world ranking in that event will be used to break the tie. Should there be a tie in the world ranking in the carded event, then the swimmers next highest world rankings in another event will be used to break the tie. Should there be no other world ranked swim then the swimmers second highest rated swim using the FINA Performance Ratings Chart shall be used to break the tie.
- iii. Should a tie occur in an open water event, then the swimmers ranking at the FINA 10KM Marathon World Cup, Lac Saint-Jean, CAN (July 28, 2016) event will be used to break the tie.
- iv. Should a swimmer not demonstrate a performance improvement (Time and/or World Rank) from the previous season, the swimmer will undergo a review by the Swimming Canada High Performance Director. Evidence for the review will be based on relevant performance data and information gathered through the Swimming Canada Carded Athlete Monitoring Process.

III. INJURY AND ILLNESS

Swimming Canada will consider nominating athletes for an injury card in accordance with section 9.1.3 of the Sport Canada AAP policy. In order to be considered for nomination for an injury card for 2016-2017, an athlete must meet all of the following requirements:

- i. The athlete must have been carded during the 2015-2016 carding cycle.
- ii. It is the responsibility of the athlete to duly notify Swimming Canada in writing of his/her injury or illness status ***within 21 days*** of the date of diagnosis or of the date when the athlete had to interrupt his/her training. A licensed sport medicine or medical practitioner must make any such signed diagnosis.

If Swimming Canada nominates an athlete for injury carding, the athlete will be nominated for an injury card at the same level (i.e. Senior or Development) at which they were carded in 2015-16.

Swimmers receiving an injury card:

- i. Must report monthly to Swimming Canada's Senior Manager, High Performance Operations on their rehabilitation activity and progression. This must continue until such time as they are deemed fit to return to full training. Failure to report on a monthly basis may result, in the sole discretion of Swimming Canada, a recommendation to Sport Canada to withdraw carding. Injury reporting for a resident athlete at a Swimming Canada High Performance Centre or Intensive Training Program is to be completed through the respective HPC/ITP IST staff and documented in the HPC/ITP bi-monthly IST report.
- ii. Must follow the conditions outlined in the Sport Canada AAP policy regarding curtailment of training and competition for health-related reasons (section 9.1.1 and 9.1.2).

Swimmers may only be nominated for an injury card for two consecutive seasons.



IV. SWIMMERS TRAINING OUTSIDE OF CANADA

The following shall apply to swimmers who meet the carding criteria as noted above and who are training abroad:

- i. All swimmers training outside of Canada are required to support the National program as outlined in this document.
- ii. Swimming Canada will, at its sole discretion, determine if Canadians who achieve the carding criteria while living and training outside of the country will be nominated for AAP funding. The decision will be based on a number of factors which shall include, but not be limited to, the available daily training environment and the ability to support the National program as outlined in this document.
- iii. As per Sport Canada policy (2.5.2), Swimming Canada will nominate swimmers who are attending a foreign post-secondary educational institution and are receiving an athletic scholarship for AAP funding provided that they commit to support the National Team Program activities. These swimmers will be nominated by Swimming Canada for AAP support during the months they are **not attending** the foreign post-secondary institution. It is the responsibility of the individual athlete to notify Swimming Canada of the applicable time period for which they will not be attending the foreign post-secondary educational institution.

V. NCAA-BASED CARDED SWIMMERS

- i. Sport Canada policy states that athletes attending a foreign post-secondary educational institution and who are receiving an athletic scholarship are not eligible to receive AAP support in the months in which they are attending the foreign post-secondary educational institution.
- ii. It is the responsibility of the NCAA-based athlete who is nominated by Swimming Canada for AAP support to notify Swimming Canada of the time period that the athlete will not be attending the foreign post-secondary educational institution. Once notified, Swimming Canada will request that Sport Canada activate the athletes AAP support for that period. AAP support will only be activated if the athlete has submitted all of the required documentation to Swimming Canada by the prescribed deadline in the fall of 2016.
- iii. It is the responsibility of the NCAA-based athlete to notify their institutions compliance department to confirm that they are eligible to receive AAP support. It is also NCAA-based athlete responsibility to determine any procedures that they must follow in order to meet the requirements of the institutions compliance department.

VI. CARDING REQUIREMENTS

- i. All carded athletes must complete and submit all required documentation by the specified deadline in their carding notification letter. Failure to do so will result in Swimming Canada delaying or rescinding the athlete's nominations to Sport Canada for AAP funding. Funding will not be activated until such time that all required documentation is returned to Swimming Canada.



- ii. All carded swimmers shall be expected to attend to an appropriate standard of training suitable to progress their competitive standard.
- iii. All carded swimmers must register in the Canadian Athlete Monitoring Program. For details please contact the Swimming Canada IST Director.
- iv. All carded swimmers AND personal coaches of carded swimmers will be required to submit a training plan to Swimming Canada by November 1, 2016. All Swimming Canada High Performance Centres are to submit plans based on the HPC Operational Plan.
- v. All carded swimmers will be required to submit a weekly web-based monitoring report to Swimming Canada for the entire carding period.
- vi. All personal coaches of carded swimmers will be required to submit quarterly web-based monitoring reports to Swimming Canada for the entire carding period. All Swimming Canada High Performance Centres coaches are to submit reports based on the HPC Operational Plan.
- vii. All swimmers AND personal coaches of carded swimmers will be expected to submit testing data when requested by Swimming Canada.
- viii. All personal coaches of carded swimmers will be required to attend Carded Coaches Meetings as determined by the Swimming Canada High Performance Director.
- ix. Any determination of unsuitable training will be made in concert with the swimmers personal coach and the Swimming Canada High Performance Director.
- x. If for any reason other than injury and illness (see section IV) a swimmer is unable to sustain or otherwise maintain a suitable level of training, their carding status will be reviewed. Should the review provide a negative result, a recommendation for withdrawal of carding will be made to Sport Canada.

VII. REVIEW

- i. If deemed necessary by the Swimming Canada High Performance Director, a carded athlete may be required to attend an in person review meeting to discuss training or performance progression.

VIII. MANDATORY MEETS / NATIONAL PROGRAM:

Once carded, all swimmers must attend Swimming Canada competitions for which they are selected; Swimming Canada camps for which they are selected; and the following competitions:

Pool Events

- i. Canadian Swimming Trials, April 6 to 9, 2017
- ii. If not representing Canada at the 2017 FINA World Championships: Canadian Swimming Championships August 4-7, 2017 **AND/OR** Canadian Age Group Swimming Championships July 26-31, 2017

Open Water

- i. If not representing Canada at the FINA World Championships, swimmers carded for the 10KM Marathon event must attend one of the following competitions:



- a. FINA 10KM Marathon World Cup, Lac St-Jean, July 29, 2017 (Date TBC)
- b. FINA 10KM Marathon World Cup, Lac Mégantic, August 12, 2017 (Date TBC)



Appendix 1 - Swimming Canada On Track Times

FEMALE														
	Target Time		Age as of December 31, 2016											
			24	23	22	21	20	19	18	17	16	15	14&U	
50 FR	25.27	Gold			25.27	25.27	25.27	25.27	25.27	25.27	25.27	25.47	25.75	26.24
		Podium		25.27	25.31	25.35	25.40	25.45	25.50	25.50	25.50	25.74	26.03	26.52
		Final	25.27	25.41	25.54	25.68	25.81	25.95	26.08	26.22	26.54	26.92	27.56	
100 FR	54.57	Gold					54.57	54.76	54.95	55.15	55.67	56.29	57.36	
		Podium				54.57	54.88	55.19	55.51	55.83	56.36	56.98	58.06	
		Final			54.57	54.88	55.18	55.49	55.79	56.10	56.83	57.67	59.12	
200 FR	1:58.33	Gold								1:58.33	1:58.96	2:00.09	2:01.41	2:03.72
		Podium						1:58.33	1:58.92	1:59.50	2:00.89	2:02.51	2:05.29	
		Final				1:58.33	1:59.12	1:59.91	2:00.70	2:02.58	2:04.75	2:08.50		
400 FR	4:09.35	Gold								4:09.35	4:09.97	4:12.34	4:15.12	4:19.97
		Podium						4:09.35	4:10.96	4:12.58	4:14.98	4:17.78	4:22.68	
		Final				4:09.35	4:10.94	4:12.54	4:14.13	4:17.91	4:22.29	4:29.86		
800 FR	8:33.84	Gold									8:33.84	8:39.04	8:44.75	8:54.72
		Podium							8:33.84	8:36.21	8:41.87	8:48.37	8:59.63	
		Final					8:33.84	8:37.14	8:40.43	8:48.26	8:57.33	9:12.99		
100 BK	1:00.82	Gold								1:00.82	1:01.33	1:01.91	1:02.59	1:03.78
		Podium						1:00.82	1:01.17	1:01.52	1:02.34	1:03.30	1:04.95	
		Final				1:00.82	1:01.26	1:01.69	1:02.13	1:03.16	1:04.36	1:06.43		
200 BK	2:10.84	Gold									2:10.84	2:12.23	2:13.83	2:16.61
		Podium							2:10.84	2:11.52	2:13.14	2:15.02	2:18.26	
		Final					2:10.84	2:11.78	2:12.71	2:14.94	2:17.51	2:21.96		
100 BR	1:08.49	Gold								1:08.49	1:08.81	1:09.46	1:10.23	1:11.56
		Podium						1:08.49	1:08.97	1:09.44	1:10.10	1:10.87	1:12.22	
		Final				1:08.49	1:08.99	1:09.35	1:09.71	1:10.56	1:11.54	1:13.22		
200 BR	2:26.89	Gold								2:26.89	2:26.89	2:27.47	2:29.09	2:31.92
		Podium						2:26.89	2:27.43	2:27.46	2:28.86	2:30.50	2:33.36	
		Final				2:26.89	2:27.82	2:28.74	2:29.67	2:31.87	2:34.41	2:38.81		
100 FLY	58.70	Gold						58.70	59.05	59.40	59.96	1:00.62	1:01.78	
		Podium					58.70	59.11	59.52	59.93	1:00.50	1:01.16	1:02.33	
		Final			58.70	59.09	59.49	59.88	1:00.27	1:01.20	1:02.28	1:04.15		
200 FLY	2:08.95	Gold							2:08.95	2:10.06	2:11.30	2:12.74	2:15.26	
		Podium						2:08.95	2:09.62	2:10.29	2:11.87	2:13.71	2:16.88	
		Final				2:08.95	2:09.98	2:11.01	2:12.05	2:14.50	2:17.34	2:22.24		
200 IM	2:13.36	Gold								2:13.36	2:13.36	2:14.30	2:15.78	2:18.36
		Podium						2:13.36	2:14.04	2:14.72	2:16.33	2:18.20	2:21.42	
		Final				2:13.36	2:14.19	2:15.02	2:15.85	2:17.82	2:20.10	2:24.04		
400 IM	4:41.75	Gold									4:41.75	4:47.81	4:53.88	
		Podium								4:41.75	4:45.50	4:49.84	4:57.33	
		Final						4:41.75	4:44.03	4:49.43	4:55.70	5:06.51		



MALE											
	Target Time		Age as of December 31, 2016								
			24	23	22	21	20	19	18	17	16&U
50 FR	22.11	Gold			22.11	22.24	22.37	22.50	22.64	22.84	23.21
		Podium		22.11	22.26	22.41	22.56	22.71	22.92	23.13	23.50
		Final	22.11	22.33	22.55	22.77	22.99	23.21	23.43	23.76	24.35
100 FR	48.82	Gold				48.82	49.15	49.49	49.94	50.39	51.20
		Podium			48.82	49.15	49.48	49.81	50.23	50.68	51.49
		Final		48.82	49.35	49.88	50.41	50.94	51.47	52.26	53.66
200 FR	1:47.82	Gold						1:47.82	1:48.64	1:49.87	1:52.05
		Podium					1:47.82	1:48.65	1:49.48	1:50.73	1:52.94
		Final				1:47.82	1:48.88	1:49.94	1:51.00	1:52.59	1:55.41
400 FR	3:48.92	Gold						3:48.92	3:50.64	3:53.23	3:57.83
		Podium					3:48.92	3:50.66	3:52.41	3:55.03	3:59.68
		Final				3:48.92	3:51.05	3:53.18	3:55.31	3:58.50	4:04.18
1500 FR	15:11.83	Gold						15:11.83	15:18.46	15:26.73	15:41.55
		Podium					15:11.83	15:17.75	15:25.09	15:33.42	15:48.35
		Final				15:11.83	15:20.78	15:29.73	15:38.68	15:52.10	16:15.97
100 BK	54.40	Gold					54.40	54.65	54.90	55.39	56.28
		Podium				54.40	54.82	55.24	55.66	56.29	57.41
		Final			54.40	55.00	55.59	56.19	56.79	57.68	59.27
200 BK	1:58.48	Gold						1:58.48	1:58.55	1:59.62	2:01.53
		Podium					1:58.48	1:59.31	2:00.13	2:01.37	2:03.58
		Final				1:58.48	1:59.85	2:01.23	2:02.60	2:04.66	2:08.32
100 BR	1:00.79	Gold				1:00.79	1:01.16	1:01.53	1:01.90	1:02.46	1:03.46
		Podium			1:00.79	1:01.33	1:01.87	1:02.44	1:03.01	1:03.58	1:04.59
		Final		1:00.79	1:01.36	1:01.92	1:02.49	1:03.05	1:03.62	1:04.46	1:05.97
200 BR	2:11.74	Gold						2:11.74	2:12.73	2:13.92	2:16.07
		Podium					2:11.74	2:12.91	2:14.08	2:15.84	2:18.96
		Final				2:11.74	2:13.63	2:15.53	2:17.42	2:20.26	2:25.31
100 FLY	52.56	Gold				52.56	52.71	52.87	53.03	53.51	54.36
		Podium			52.56	52.82	53.09	53.36	53.63	54.11	54.98
		Final		52.56	53.03	53.50	53.97	54.44	54.91	55.62	56.87
200 FLY	1:56.86	Gold					1:56.86	1:57.66	1:58.46	1:59.53	2:01.44
		Podium				1:56.86	1:57.83	1:58.81	1:59.78	2:01.24	2:03.84
		Final			1:56.86	1:58.08	1:59.30	2:00.52	2:01.74	2:03.57	2:06.83
200 IM	1:59.99	Gold					1:59.99	2:00.82	2:01.66	2:02.75	2:04.72
		Podium				1:59.99	2:00.79	2:01.60	2:02.67	2:03.77	2:05.75
		Final			1:59.99	2:01.20	2:02.41	2:03.63	2:04.84	2:06.66	2:09.89
400 IM	4:16.46	Gold						4:16.46	4:17.37	4:19.69	4:23.84
		Podium					4:16.46	4:18.44	4:20.42	4:23.38	4:28.66
		Final				4:16.46	4:18.82	4:21.17	4:23.53	4:27.07	4:33.35



Appendix 2 – Average Age of the Finalists (Top 8 for Open Water) at Targeted Competitions (Olympic Games and World Championships)

Female	Event	Male
26	50 FR	26
24	100 FR	25
22	200 FR	23
22	400 FR	23
21	800 FR	-
-	1500 FR	23
22	100 BK	24
21	200 BK	23
22	100 BR	25
22	200 BR	23
23	100 FL	25
22	200 FL	24
22	200 IM	24
20	400 IM	23
25	Open Water 10 KM	27

Appendix 3 – Swimming Canada On Track Target Times + 1%

Female	Event	Male
25.52	50 FR	22.33
55.12	100 FR	49.31
1:59.51	200 FR	1:48.90
4:11.84	400 FR	3:51.21
8:38.98	800 FR	-
-	1500 FR	15:20.95
1:01.43	100 BK	54.94
2:12.15	200 BK	1:59.66
1:09.17	100 BR	1:01.40
2:28.36	200 BR	2:13.06
59.29	100 FL	53.09
2:10.24	200 FL	1:58.03
2:14.69	200 IM	2:01.19
4:44.57	400 IM	4:19.02