

21

**SWIMMING**



## CHAPTER 21 - SWIMMING

### 1. TEAM COMPOSITION

- 1.1. Regional teams shall be comprised of twenty (20) swimmers (10 men and 10 women) who have met the qualifying times listed in [para 6](#).

### 2. RULES

- 2.1. The competition shall be conducted in accordance with FINA Masters rules, supplemented by [Swimming Canada](#) and [Master Swimming Ontario](#) rules and in accordance with the [CAF Sport Championships Operations Manual](#).

### 3. SUSPENSIONS

- 3.1. The minimum suspensions listed below will be applied when the following infractions occur during a Championship:
- as per [FINA Masters](#), [Swimming Canada](#) and [Master Swimming Ontario](#) rules;
  - as per the official competition (meet) package; and
  - the following CAF Swimming National rules:

<b>Rule</b>	<b>Description</b>	<b>Minimum of</b>
<b>CAFSO 1</b>	Failure to wear the CAFSO issued swim cap during CAF swim event(s)	DQ from the CAF event(s) that were swum without the CAFSO issued swim cap worn
<b>CAFSO 2</b>	Swimmer intentionally fouls another swimmer or is abusive to an official or staff.	Indefinite, pending review and swimmer may be removed from the premise

- 3.2. Reference [Chapter 5 – Suspensions](#), for infractions that may be applied to any sport.

### 4. CHAMPIONSHIP FORMAT

- 4.1. The CAF National Swimming Championship shall normally consist of the events listed in [para 5](#).
- 4.2. CAF members must meet the following standards listed in [para 6](#) (Qualifying Times):
- Two (2) or more "[A](#)" [standard times](#); or
  - One (1) "[A](#)" [standard time](#) and two (2) or more "[B](#)" [standard times](#).
- 4.3. Swimmers must compete in a minimum of four (4) individual events and in a minimum of one (1) relay and shall give priority to the events listed in [para 5](#) (Events). Swimmers are encouraged to enter as many events as possible as long as the entries do not exceed the swim meet registration limit. Swimmers with two (2) or more "A" standard times must swim in two (2) of the events in which they qualified for and an additional two (2) events. Swimmers with one (1) "A" standard time and two (2) or more "B" standard times must swim in their one (1) "A" standard event, two (2) "B" standard events in which they qualified for and an additional one (1) event.

- 4.4. A swimmer may be excused from an event(s) only on the decision of the Athletic Trainer and/or CAF National Sports Coordinator. Any swimmer missing an event that they were not excused for will be ineligible for any CAF awards at the Final Banquet. There will be no deck entries or switching of events unless it has been determined by the Coach or Chief Official that there was an error during the entry procedure, an error on the side of the host team, or a change of the meet program/scheduling.

## 5. EVENTS

- 5.1. The CAF National Swimming Championship shall normally consist of seven (7) individual events. Competition distances may vary depending on the selected host venue and swim meet format. The seven (7) events are:
  - a. Fly – 100m;
  - b. Freestyle - 100m, 200m, and 400m;
  - c. Backstroke - 100m;
  - d. Breaststroke - 100m; and
  - e. Individual Medley (IM) - 200m

## 6. QUALIFYING TIMES

- 6.1. The qualifying times listed below are the minimum time standards that a CAF swimmer must have achieved during a sanctioned swim meet within fourteen (14) months prior to the start of the CAF National Championship. Under extenuating circumstances (such as deployments) a member may not have the opportunity to compete in a swim meet within the fourteen (14) month time requirement. In these cases, a written request can be made through the member's RSMgr at least six (6) weeks prior to competition.
- 6.2. A supervised swim time trial may be conducted either during a sanctioned swim event or under the supervision of B/W/U PSP Staff as part of a Development Camp. When a time trial is supervised by PSP Staff, the Chief Official must be notified and a Swimming Canada official with the minimum qualification of "Inspector of Stroke and Turns" must be in attendance.
- 6.3. Proof of times must be submitted to your local PSP Base Sports Coordinator NLT the due date stated in the CAF National Championship Joining Instructions. RSMgr must ensure that the times being used as qualifying times are "official times."
  - a. For times obtained at a sanctioned Swimming Canada meet, times will be provided by the host team.
  - b. For times obtained at a PSP supervised event, these times must be signed off by the official in attendance.
  - c. Times submitted for events other than qualifying times as required per [para 4.1](#) may be estimated times.

Men's "A" Standards Short Course Metres								
Categories	Age							
	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
100m Free	1:06.4	1:08.0	1:09.4	1:11.3	1:15.3	1:19.2	1:22.5	1:28.0
200m Free	2:27.0	2:30.0	2:32.0	2:37.0	2:42.0	2:52.0	3:07.0	3:18.0
400m Free	5:15.0	5:22.0	5:28.0	5:36.0	5:51.0	6:05.0	6:27.0	6:52.0
100m Back	1:15.8	1:19.0	1:23.5	1:25.5	1:30.5	1:34.5	1:41.0	1:51.0
100m Breast	1:23.5	1:26.1	1:29.8	1:32.5	1:36.0	1:40.0	1:47.0	1:53.0
100m Fly	1:11.0	1:12.8	1:15.5	1:19.5	1:23.0	1:27.0	1:37.5	1:47.5
200m IM	2:44.0	2:49.0	2:54.0	3:03.0	3:13.0	3:18.0	3:28.0	3:46.0

Women's "A" Standards Short Course Metres								
Categories	Age							
	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
100m Free	1:15.0	1:19.0	1:21.0	1:24.0	1:31.0	1:38.0	1:42.0	1:49.0
200m Free	2:43.0	2:49.0	2:58.0	3:07.0	3:23.0	3:39.0	3:49.0	4:03.0
400m Free	5:47.0	5:59.0	6:14.0	6:33.0	7:05.0	7:38.0	8:03.0	8:35.0
100m Back	1:27.5	1:31.5	1:37.0	1:42.5	1:49.0	1:55.0	2:04.0	2:13.0
100m Breast	1:39.0	1:41.0	1:44.0	1:51.0	1:56.0	2:02.0	2:10.0	2:19.0
100m Fly	1:24.5	1:28.0	1:32.5	1:38.5	1:47.5	2:00.0	2:09.0	2:23.0
200m IM	3:08.0	3:13.0	3:25.0	3:33.0	3:44.0	4:00.0	4:13.0	4:30.0

Men's "A" Standards Long Course Metres								
Categories	Age							
	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
100m Free	01:07.7	01:09.4	01:10.8	01:12.7	01:16.8	01:20.8	01:24.1	01:29.8
200m Free	02:29.9	02:33.0	02:35.0	02:40.1	02:45.2	02:55.4	03:10.7	03:22.0
400m Free	05:21.3	05:28.4	05:34.6	05:42.7	05:58.0	06:12.3	06:34.7	07:00.2
100m Back	01:17.3	01:20.6	01:25.2	01:27.2	01:32.3	01:36.4	01:43.0	01:53.2
100m Breast	01:25.2	01:27.8	01:31.6	01:34.4	01:37.9	01:42.0	01:49.1	01:55.3
100m Fly	01:14.3	01:14.3	01:17.0	01:21.1	01:24.7	01:28.7	01:39.5	01:49.6
200m IM	02:47.3	02:52.4	02:57.5	03:06.7	03:16.9	03:22.0	03:32.2	03:50.5

Women's "A" Standards Long Course Metres								
Categories	Age							
	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
100m Free	01:16.5	01:20.6	01:22.6	01:25.7	01:32.8	01:40.0	01:44.0	01:51.2
200m Free	02:46.3	02:52.4	03:01.6	03:10.7	03:27.1	03:43.4	03:53.6	04:07.9
400m Free	05:53.9	06:06.2	06:21.5	06:40.9	07:13.5	07:47.2	08:12.7	08:45.3
100m Back	01:29.2	01:33.3	01:38.9	01:44.6	01:51.2	01:57.3	02:06.5	02:15.7
100m Breast	01:41.0	01:43.0	01:46.1	01:53.2	01:58.3	02:04.4	02:12.6	02:21.8
100m Fly	01:26.2	01:29.8	01:34.4	01:40.5	01:49.6	02:02.4	02:11.58	02:25.9
200m IM	03:11.8	03:16.9	03:29.1	03:37.3	03:48.5	04:04.8	04:18.1	04:35.4

Men's "B" Standards Short Course Metres								
Categories	Age							
	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
50m Free	0:30.7	0:31.6	0:32.7	0:34.1	0:35.8	0:36.5	0:38.1	0:40.2
100m Free	1:09.7	1:11.4	1:12.9	1:14.9	1:19.1	1:23.2	1:26.6	1:32.4
200m Free	2:34.4	2:37.5	2:39.6	2:44.9	2:50.1	3:00.6	3:16.4	3:27.9
400m Free	5:30.8	5:38.1	5:44.4	5:52.8	6:08.6	6:23.3	6:46.4	7:12.6
800m Free	11:41.4	11:48.8	12:00.3	12:09.8	12:41.3	13:28.5	14:21.0	15:29.3
1500m Free	22:30.0	22:40.0	23:50.0	24:00.0	24:30.0	26:20.0	28:10.0	30:20.0
50m Back	0:36.9	0:37.8	0:39.5	0:41.3	0:42.7	0:44.6	0:46.8	0:50.2
100m Back	1:19.6	1:23.0	1:27.7	1:29.8	1:35.0	1:39.2	1:46.1	1:56.6
200m Back	2:53.3	2:57.5	3:03.8	3:12.2	3:24.8	3:36.3	3:47.9	4:09.9
50m Breast	0:39.7	0:40.7	0:41.8	0:42.8	0:45.2	0:47.6	0:49.7	0:52.0
100m Breast	1:27.7	1:30.4	1:34.3	1:37.1	1:40.8	1:45.0	1:52.4	1:58.7
200m Breast	3:14.3	3:18.5	3:22.7	3:32.1	3:39.5	3:48.9	4:04.7	4:17.3
50m Fly	0:33.6	0:34.2	0:35.2	0:37.1	0:38.3	0:39.9	0:41.5	0:45.5
100m Fly	1:14.6	1:16.4	1:19.3	1:23.5	1:27.2	1:31.4	1:42.4	1:52.9
200m Fly	3:00.6	3:03.8	3:08.0	3:17.4	3:25.8	3:42.6	4:04.7	4:20.4
100m IM	1:18.1	1:23.6	1:29.1	1:34.6	1:40.1	1:45.6	1:51.1	1:56.6
200m IM	2:52.2	2:57.5	3:02.7	3:12.2	3:22.7	3:27.9	3:38.4	3:57.3
400m IM	6:28.5	6:34.8	6:40.1	6:52.7	7:10.5	7:36.8	8:06.2	8:48.2

Women's "B" Standards Short Course Metres								
Categories	Age							
	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
50m Free	0:35.7	0:36.8	0:37.8	0:39.9	0:42.0	0:44.7	0:47.8	0:50.4
100m Free	1:19.3	1:23.0	1:25.1	1:28.2	1:35.6	1:42.9	1:47.1	1:54.5
200m Free	2:51.2	2:57.5	3:06.9	3:16.4	3:33.2	3:50.0	4:00.5	4:15.2
400m Free	6:04.4	6:17.0	6:32.7	6:52.7	7:26.3	8:00.9	8:27.2	9:00.8
800m Free	13:02.3	13:18.0	13:44.3	14:31.5	15:45.0	16:48.0	17:40.5	18:54.0
1500m Free	25:50.0	26:10.0	26:35.0	28:20.0	30:35.0	32:40.0	34:30.0	36:45.0
50m Back	0:42.0	0:43.9	0:46.2	0:48.8	0:51.8	0:54.6	0:57.5	1:00.9
100m Back	1:31.9	1:36.1	1:41.9	1:47.6	1:54.5	2:00.8	2:10.2	2:19.7
200m Back	3:20.6	3:22.7	3:36.3	3:51.0	4:02.6	4:20.4	4:36.2	4:49.8
50m Breast	0:46.7	0:48.3	0:50.4	0:52.5	0:54.6	0:58.3	1:00.9	1:05.1
100m Breast	1:44.0	1:46.1	1:49.2	1:56.6	2:01.8	2:08.1	2:16.5	2:26.0
200m Breast	3:43.7	3:47.9	3:56.3	4:07.8	4:18.3	4:30.9	4:46.7	5:04.5
50m Fly	0:39.4	0:40.4	0:42.5	0:45.2	0:47.8	0:49.9	0:54.1	0:59.9
100m Fly	1:28.7	1:32.4	1:37.1	1:43.4	1:52.9	2:06.0	2:15.5	2:30.2
200m Fly	3:22.7	3:32.1	3:43.7	3:55.2	4:17.3	4:47.7	5:03.5	5:36.0
100m IM	1:29.1	1:34.6	1:40.1	1:45.6	1:51.1	1:56.6	2:02.1	2:08.6
200m IM	3:17.4	3:22.7	3:35.3	3:43.7	3:55.2	4:12.0	4:25.7	4:43.5
400m IM	6:57.9	7:08.4	7:29.4	7:47.3	8:18.8	9:11.3	9:51.2	10:12.2

Men's "B" Standards Long Course Metres								
Categories	Age							
	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
50m Free	00:31.3	00:32.2	00:33.4	00:34.8	00:36.5	00:37.2	00:38.9	00:41.0
100m Free	01:11.1	01:12.8	01:14.4	01:16.4	01:20.7	01:24.9	01:28.3	01:34.2
200m Free	02:37.5	02:40.6	02:42.8	02:48.2	02:53.5	03:04.2	03:20.3	03:32.1
400m Free	05:37.4	05:44.9	05:51.3	05:59.9	06:16.0	06:31.0	06:54.5	07:21.3
800m Free	11:55.4	12:03.0	12:14.7	12:24.4	12:56.5	13:44.7	14:38.2	15:47.9
1500m Free	22:57.0	23:07.2	24:18.6	24:28.8	24:59.4	26:51.6	28:43.8	30:56.4
50m Back	00:37.6	00:38.6	00:40.3	00:42.1	00:43.6	00:45.5	00:47.7	00:51.2
100m Back	01:21.2	01:24.7	01:29.5	01:31.6	01:36.9	01:41.2	01:48.2	01:58.9
200m Back	02:56.8	03:01.1	03:07.5	03:16.0	03:28.9	03:40.6	03:52.5	04:14.9
50m Breast	00:40.5	00:41.5	00:42.6	00:43.7	00:46.1	00:48.6	00:50.7	00:53.0
100m Breast	01:29.5	01:32.2	01:36.2	01:39.0	01:42.8	01:47.1	01:54.6	02:01.1
200m Breast	03:18.2	03:22.5	03:26.8	03:36.3	03:43.9	03:53.5	04:09.6	04:22.4
50m Fly	00:34.3	00:34.9	00:35.9	00:37.8	00:39.1	00:40.7	00:42.3	00:46.4
100m Fly	01:16.1	01:17.9	01:20.9	01:25.2	01:28.9	01:33.2	01:44.4	01:55.2
200m Fly	03:04.2	03:07.5	03:11.8	03:21.3	03:29.9	03:47.1	04:09.6	04:25.6
100m IM	01:19.7	01:25.3	01:30.9	01:36.5	01:42.1	01:47.7	01:53.3	01:58.9
200m IM	02:55.6	03:01.1	03:06.4	03:16.0	03:26.8	03:32.1	03:42.8	04:02.0
400m IM	06:36.3	06:42.7	06:48.1	07:01.0	07:19.1	07:45.9	08:15.9	08:58.8

Women's "B" Standards Long Course Metres								
Categories	Age							
	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
50m Free	00:36.4	00:37.5	00:38.6	00:40.7	00:42.8	00:45.6	00:48.8	00:51.4
100m Free	01:20.9	01:24.7	01:26.8	01:30.0	01:37.5	01:45.0	01:49.2	01:56.8
200m Free	02:54.6	03:01.1	03:10.6	03:20.3	03:37.5	03:54.6	04:05.3	04:20.3
400m Free	06:11.7	06:24.5	06:40.6	07:01.0	07:35.2	08:10.5	08:37.3	09:11.6
800m Free	13:17.9	13:34.0	14:00.8	14:48.9	16:03.9	17:08.2	18:01.7	19:16.7
1500m Free	26:21.0	26:41.4	27:06.9	28:54.0	31:11.7	33:19.2	35:11.4	37:29.1
50m Back	00:42.8	00:44.8	00:47.1	00:49.8	00:52.8	00:55.7	00:58.7	01:02.1
100m Back	01:33.7	01:38.0	01:43.9	01:49.8	01:56.8	02:03.2	02:12.8	02:22.5
200m Back	03:24.6	03:26.8	03:40.6	03:55.6	04:07.5	04:25.6	04:41.7	04:55.6
50m Breast	00:47.6	00:49.3	00:51.4	00:53.6	00:55.7	00:59.5	01:02.1	01:06.4
100m Breast	01:46.1	01:48.2	01:51.4	01:58.9	02:04.2	02:10.7	02:19.2	02:28.9
200m Breast	03:48.2	03:52.5	04:01.0	04:12.8	04:23.5	04:36.3	04:52.4	05:10.6
50m Fly	00:40.2	00:41.2	00:43.4	00:46.1	00:48.8	00:50.9	00:55.2	01:01.1
100m Fly	01:30.5	01:34.2	01:39.0	01:45.5	01:55.2	02:08.5	02:18.2	02:33.2
200m Fly	03:26.8	03:36.3	03:48.2	03:59.9	04:22.4	04:53.5	05:09.6	05:42.7
100m IM	01:30.9	01:36.5	01:42.1	01:47.7	01:53.3	01:58.9	02:04.5	02:11.2
200m IM	03:21.3	03:26.8	03:39.6	03:48.2	03:59.9	04:17.0	04:31.0	04:49.2
400m IM	07:06.3	07:17.0	07:38.4	07:56.6	08:28.8	09:22.3	10:03.0	10:24.4

## 7. EQUIPMENT

7.1. All athletes must wear the following equipment / uniforms listed in the table below:

MANDATORY	RECOMMENDED
<b>Swimmers</b>	
<ul style="list-style-type: none"> <li>▪ Swim caps provided by the National Sports Office; and</li> <li>▪ Swimwear IAW Canadian Masters Rules (CMGR 5)                             <ul style="list-style-type: none"> <li>• <b>CMGR 5.1</b> - In swimming competitions the swimmer must wear only one swimsuit in one or two pieces. Any type of tape on the body or divergence from the swimsuit description outlined in CMGR 5.2 and CMGR 5.3 is not allowed unless required for medical reasons. This must be brought to the attention of and be approved by the session referee prior to the swim. No zippers or other fastening systems are allowed</li> <li>• <b>CMGR 5.2</b> – Swimwear for pool competition for men shall not extend above the navel or below the knee, and for women shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials. See also CMSW 10.11</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Goggles</li> </ul>

## 8. INJURY PREVENTION

8.1. It is important that injury prevention strategies are reviewed by all athletes, coaches, officials, athletic trainers, and organizers. Please refer to [Chapter 6](#) for further injury prevention.

## 9. AWARDS

- 9.1. The first (1<sup>st</sup>) place finishers, male and female, in each of the seven (7) race events will be presented with a gold medal. All awards are based on official time. Gold medals will be awarded within each race category for each race distance (male & female).
- 9.2. To be eligible for a medal, an athlete must meet the “A” standard Qualifying Time of that event, as per [para 6](#) (Qualifying Times).
- 9.3. The age categories for men and women are broken down as follows in all events for the purpose of the CAF awards presentation:
  - a. Open (18-29 years);
  - b. Masters (30- 39 years); and
  - c. Senior (40+).
- 9.4. Ages for the above categories apply as of December 31<sup>st</sup> of the year of competition.
- 9.5. Any monetary award won by an athlete competing under the CAF National Swimming Championship is to be handed over to CFMWS in accordance with the [QR&Os: Volume III - Chapter 208 Fines, Forfeitures and Deductions](#) (208.45 – Deductions for Recovery of Additional Payment Received in Performance of Duties).

9.6. See awards breakdown in the table below:

Awards / Recognition	Quantity	Nationals	Regionals
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Gold Medals	42	✓	n/a
Officials	1-2	✓	n/a
Trainers	2-3	✓	n/a
VIP's / Patrons	1	✓	n/a