

Final October 20<sup>th</sup>, 2009



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**Event:** Swim Ontario, Swim Quebec (FNQ), and Atlantic Provinces Eastern Canadian Youth Tri Meet and Camp

**Tour Dates:** May 5 - 9, 2010

**Location:** University of Toronto (hosted by Swim ON)

**Camp Leader:** Dean Boles

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**SUBMISSION DETAILS**

**SUBMISSION GRIDS** – are available. Club coaches must list the event, the SC time and the Current FINA Short Course Points for their swimmer. **All Submissions must be received by noon on Sunday March 7<sup>th</sup>, 2010 in person, or via email to Bette El-Hawary ([swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca))**

All qualification times must be achieved at a sanctioned short course meet between October 1, 2009 & March 7<sup>th</sup>, 2010

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**Athlete Age Selection:**

Females: 4 Each at 1997, 1996, 1995 & 1994

Males: 4 Each at 1996, 1995, 1994, 1993

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Selection will be a two stage process:

1. In order to be considered for selection you must have qualified for the 2010 East Coast Championships.
2. Final selection will be based on the following:
  - Butterfly/Backstroke/Breaststroke Selection: Total FINA points of 50m & 200m for girls born in 1997; 100m & 200m for males/females born in 1993, 1994, 1995, 1996 in each respective stroke will be ranked; plus their top IM (200m or 400m).
  - The swimmer achieving the highest FINA total point score in each stroke (Fly, Back, Breast) including I.M. will be selected to the team.
  - Freestyle Selection: Total FINA points of 200m Freestyle, plus their next best Freestyle performance will be ranked.
  - The swimmer achieving the highest FINA total point score in the freestyle events will be selected to the team.