



# CANADA WEST PLAYING REGULATIONS

## MEN'S & WOMEN'S SWIMMING

### 1. SPORT FORMAT

Canada West will follow the Canadian Interuniversity Sport (CIS) Playing Regulations. Meets will follow SNC rules as outlined in the SNC handbook. This document provides additional regulations that will also be followed or supersede a CIS Playing Regulation.

### 2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

2.1 The limit for an institution's team complement in any dual meet and the Canada West Championship shall be eighteen (18) men and eighteen (18) women. There is no limit to the number of contestants from one university that may enter an event at the Canada West Championship. The limit to the number of relay teams per institution shall be one relay team per event.

2.2 In order to be eligible to compete at the CIS championship, the athlete must compete at the Canada West Championship unless one of the following occurs:

1. The Canada West Eligibility Review Officer makes an appropriate ruling regarding the exemption for athletes who are out of the country in one of the following cases (1) at selected Swimming Canada team activities, or (2) on Swim Canada tour teams. Athletes in National Training Centres or National Academy activities are exempted only if they meet one of the mentioned exemptions above. Requests for exemptions, along with appropriate documentation, must be provided to the Canada West office at least one-week prior to the Canada West Swimming Championship. All approved exemptions must be circulated to all Canada West swimming schools".
2. The Canada West Eligibility Review Officer receives medical certificate documentation of illness submitted by the Athletic Director or designate within seven (7) days after the start of the Canada West Championship which contains the following information:
  - a) Diagnosis
  - b) Date of onset of the injury/illness which prevented the athlete from competing the Canada West Championship.
  - c) Recommended Treatment/Intervention
  - d) Prognosis, with approximate date of clearance for athletic competition.
  - e) Any other information relevant to the appeal.
  - f) Physician signature, Physician's clinic stamp or letterhead/prescription pad
3. A swimmer has met CIS Standard, but was excluded from the Canada West Championship because of the 18 swimmer limit outlined in 2.1.
4. A swimmer has met CIS standard, but was added to the eligibility certificate after the Canada West Championships.

2.3 As swimming's competitive season is split over two terms, if a student-athlete becomes ineligible to compete at the Canada West championship as result of failing to maintain a

full-time academic course load in the fall term, an exemption may be submitted to the Eligibility Review Officer by an institution on behalf of the student-athlete.

The exemption would request that the athlete be eligible for participation in the CIS Championships pending confirmation of the following information:

- a) Provision of the student-athlete's academic transcript indicating the withdrawal from full-time registration in the fall term
- b) Confirmation of full-time registration in the winter term
- c) Evidence that the student-athlete has achieved CIS standard as per the CIS Playing Regulation 3.3.

Requests for exemptions, along with appropriate documentation, must be submitted by the Athletic Director or designate to the Eligibility Review Officer by no later than the Friday preceding the CIS Championships to allow for decision prior to the Monday meet entry deadline the week of the CIS Championships. All approved exemptions must be circulated to all Canada West swimming schools.

### **3. LEAGUE / SEASON FORMAT** (Also refer to Policy 8 of the Canada West Operations Manual)

- 3.1 Time standards shall be circulated annually by the upcoming Canada West Championship host institution to all coaches and Athletic Directors by October 1st. The Canada West Championship meet standards will be 107.5% of the CIS Standards for the competitive year.
- 3.2 For all events and all sexes, standards are based on 25 metre course.
- 3.3 Dual Meets shall be scored as follows:  
Individual Events 5-3-1 and Relay Events 7-0, Or  
Individual Events 7-4-3-2-1 and Relay Events 9-4-2
- 3.4 Host institutions are to provide a scoreboard to display the running score throughout the meet.

### **4. PLAYOFF / CHAMPIONSHIP FORMAT** (Also refer to Policy 8 of the Canada West Operations Manual)

4.1 The Canada West Championship should be held on the third or fourth weekend in November. See Appendix A for the Order of Events.

#### **4.2 QUALIFICATION**

1. The host university shall upload the entry file and technical package to the Swim Canada Meet List website <https://www.swimming.ca/MeetList.aspx> by October 1 prior to the Conference Championship. The host university shall send email notification to each coach indicating the files are available.
2. To be eligible to compete in the Canada West Championship:
  1. a competitor must be academically eligible as per the circulation of the institution's eligibility certificate
  2. A competitor must have posted a qualifying time on or after October 1<sup>st</sup> of the year preceding the Canada West Championships (i.e. on or after October 1, 2013)

for the November 2014 Canada West Championships).

3. Times posted by a competitor on or after October 1<sup>st</sup> of the year preceding the Canada West Championships (i.e. on or after October 1, 2013 for the November 2014 Canada West Championships) may be used for seeding purposes.
4. If the performance times are questioned, they are to be verified at the conference championship technical meeting by published meet results. Coaches are to bring appropriate published results to the technical meeting.
5. To be eligible to compete in the Canada West Championship, a competitor must have attained at least one cut-off standard time in an individual event. If only three swimmers from an institution qualify for either the men's or women's section of the Canada West Championship, a fourth swimmer may be added to swim in relays only, even though the fourth athlete may not have achieved the cut-off standard time in an individual event. All athletes must qualify as an eligible representative of their institution.

#### 4.3 ENTRY REGULATIONS

1. The meet director must receive Canada West Championship entries by 12:00 noon Wednesday prior to the competition weekend. No telephone entries will be permitted.
2. Each competitor may pre-enter a maximum of six (6) individual scoring events. 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. Each competitor may only compete in a maximum of four individual scoring events.
3. Each swimmer may also enter one (1) event as exhibition. This exhibition swim must be indicated by the coach on the submitted entries by marking the swim as EXHIB in Hytek at the entry deadline.
4. Contestants once officially entered, must complete all heats, swim-offs, consolation finals and finals for which they qualify. This applies to individuals and relay teams except in the case of disqualification under the false start rule or contestants having duly scratched. Failure to compete for any reason shall disqualify any performances for the balance of that day. In the case of disqualification on this basis, the points scored by other teams shall not be altered.
5. Changes to the Canada West Championship entries are permitted after the entry deadline, and up to the Technical Meeting, providing a \$50.00 administration fee per change is paid to the Host Organizing Committee and the entry is declared at the Technical Coaches' Meeting. (i.e. person "A" out of the 50m Free into the 100m Free is one change). Exception: In the case of certified illness or injury, the alternate(s) are permitted to swim. The removed swimmer cannot swim again that day.
6. The scratch deadline for all events other than the 50 m finals shall be 30 minutes following the end of the session. Scratches for the first evenings' timed final events will be accepted up to the end of the technical meeting held prior to the start of the meet, and the scratch deadline for the 50 m finals shall be a minimum of 15 minutes to a maximum of 30 minutes following the end of Session 1.
7. All master entry sheets (psyche sheets) will be circulated to each institution at the technical meeting. If a swimmer's entry time is challenged, the championship meet manager shall confirm each swimmer's entry time against published results. The final confirmed entry times shall be circulated at the coaches' meeting.

8. Relay entry times shall only be proven relay times achieved during the qualifying season or a cumulative of four (4) standing starts. If four standing starts are used, the times submitted are to be established for swimmers in attendance at the current Canada West Championships and are to be documented with meet results at the technical meeting prior to the commencement of the meet.
9. Relay complement names are to be submitted 30 minutes prior to the first scheduled relay start time of the session. Changes may be made up to this point.
10. Heat sheets for time final events shall be posted thirty minutes after the scratch deadline.
11. In order to receive seeded positions for finals, the best competitive times of all entries during the current interuniversity season must be listed on the original entry form of all events (Relay splits are not acceptable for seeding purposes). Each university throughout the season must submit all meet results to the CIS Swimming Secretary, or appointee for ranking. Seeding times for the Canada West Championships shall be drawn only from the current year results. All other times shall not be entered.
12. For qualification purposes all short course yards and long course meters qualifying standards shall be arrived at by using the current Hytek meet manager default factor as of March 1<sup>st</sup> immediately following the previous CIS Championships. No conversions will be accepted for qualification.  
For seeding purposes all times will be converted by the meet management using the current Hytek meet manager default factor.  
All entries and proof of times must be provided to meet management in the course they were achieved in. Coaches shall not convert entry times.

#### 4.4 SCORING

1. Stroke 50's are scoring events and are given full event status.
2. The total number of scoring events competed by an individual, including relays, shall be a maximum of seven events; four individual scoring events and three relay swims.
3. Contestants shall qualify for finals on the basis of official times. The eight (8) fastest shall qualify for the championship final. The consolation final shall consist of those contestants or teams that qualified as the ninth (9) to sixteenth (16) fastest, inclusive, on the basis of the heats.
4. The 800m and the 1500m shall be held as timed finals fastest to slowest with all the women's heats followed by all the men's heats.
5. Scoring for Individual Events shall be:
  - \* 8 lanes shall be scored to sixteen (16) places - 20, 17, 16, 15, 14, 13, 12, 11, (Championship Final): 9, 7, 6, 5, 4, 3, 2, 1 (Consolation Final).
6. Scoring for Relay Events shall be:
  - \* 8 lanes shall be scored 40, 34, 32, 30, 28, 26, 24, 22 (Championship Final): 18, 14, 12, 10, 8, 6, 4, 2 (Consolation Final).

#### 4.5 RECORDS

1. Record performances shall be noted automatically as an integral part of the meet recording procedures. It shall be the duty of the Canada West office to publish a current list of records as an appendix to the playing regulations. The host institution will forward a hard copy of the meet records to the Canada West Office immediately following the Championships. See Appendix B for Canada West Records.
2. The performance for which a record is claimed must be made in a race that is a regular

part of the Canada West 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.

4.6 The Jury of Appeal shall be the Championship Management Committee, which will be composed of the following:

1. Host Convenor
2. Meet Advisory Referee/Referee
3. Host institution coach or designate

4.7 All protests must be accompanied by a \$50.00 protest fee, refundable only with a winning protest; otherwise the protest fee remains with the host. Protests are submitted to the Host Convenor.

## 5. UNIFORMS (Also refer to Policy 9 of Canada West Operations Manual)

## 6. RULES

See Section 1 above.

## 7. AWARDS (Also refer to Policy 15 of the Canada West Operations Manual)

Teams competing in the Canada West Championships will be competing for the following trophies: Men's Championship Trophy E.W. GRIFFITHS  
Women's Championship Trophy FELSTAD MEMORIAL

### 7.1 All-Stars Team

1. The gold medalists in the men and women's events (including relays) at the Canada West Championship will make up the 1st Team All-Stars. The silver medalists in the men's and women's events (including relays) at the Canada West Championships will make up the 2nd Team All-Stars. They are to be recognized as such at the Canada West Championship.
2. All 5th year athletes and graduating athletes are to be recognized at the start of the Saturday competition at the Canada West Championship.  
(Rationale: Swimming does not have many opportunities to publicly recognize the fifth year athletes. Many of the Canada West athletes will not attend CIS Championships.)

7.2 Select and recognize the male and female Swimmer of the Meet, using the criteria presently in place at the CIS Championship.

7.3 Select and recognize a male and female rookie of the meet using the criteria in place at the CIS Swimming Championship.

7.4 The Canada West Student-Athlete Community Services Award shall be awarded at the Canada West Swimming Championships during the coaches' association meeting. The host institution will forward the nomination form to the coaches at the same time as the championship bulletin.

- Each school shall nominate a male and female student-athlete for the award.

Nominations deadline will be the same as the meet entry deadline.

- Coaches shall submit their vote to the host at technical meeting.
- Head coach of the male and female shall be responsible for forwarding their nomination form to the CIS Swimming President by the CIS Championship Meet Entry deadline.
- Eligibility Criteria:
  - The student-athlete must be on the school roster.
  - The athlete does not need to be a CIS 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

7.5 Coaches will vote on a Canada West Male and Female Coach(es) of the Year. The host institution will circulate ballots to each head coaches who must return the completed ballot to the host prior to the relays on Sunday afternoon.

7.6 Canada West award winners must be formally recognized at the Canada West Championship. It is at the discretion of the host whether the recognition is made at the competition itself or through some other ceremony/banquet, etc. held in conjunction with the Championship.

## **8. SPORT ADMINISTRATION** (Also refer to Policy 9 of the Canada West Operations Manual)

8.1 The host institution shall be responsible for officials.

8.2 The host shall produce the following at the conclusion of the meet:

1. Up-dated record lists for insertion into the Playing Regulations.
2. The host will forward the Hytek meet manager file to next year's host including an up- dated file.
3. Report to Swim Coaches any need for amendments to the Canada West Playing Regulations that were identified at the Canada West Coaches Association Meeting.

8.3 A Spring Canada West coaches conference call will be held the last Tuesday of April at 11:00 AM Pacific Time to review playing regulations, review changes from CIS meeting and confirm that the Meet File has been forwarded to the Host team. The host will also review travel options for Sunday departure, and, where feasible, adjust the Sunday schedule to allow for a later morning start and afternoon final session. The host, in consultation with the Canada West Office, will coordinate the conference call.

8.4 Coaches' Meeting – Refer to Committees Policy in the Canada West Operations Manual.

## **9. MEDICAL SUPPORT SERVICES**

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team

responsibilities.

**10. PROTESTS**

Protests shall be managed in accordance with SNC regulations.

**11. FILM EXCHANGE (N/A)**

**12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION** Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

**13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT**

Refer to Section 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

**14. APPENDICES**

- A. Canada West Championship Meet Order of Events
- B. Canada West Swimming Meet Records

**15. COACHES' COMMITTEE CHAIR**

The Chair Canada West Swim Coaches' Committee will run from April 1 – March 31 and will be two years in length. Chair is responsible for the communication with Canada West office and leadership within the CW Swim Coaches Committee.

Vice-chair position will be the head coach of that institution hosting the championship in a given year and will be responsible for the operations of the Canada West Swim Championships. The term will be one year in length from April 1 – March 31 annually.

Under this model, effective April 30, 2014, the executive would be as follows:

V. Cerny (chair) Term will be April 30, 2014 – March 31, 2016

Steve Price (vice-chair) Term will be April 30, 2015 – March 31, 2016

## APPENDIX A

### CANADA WEST CHAMPIONSHIP MEET ORDER OF EVENTS

#### Friday

##### **Session 1**

3:00 – 3:50 pm Warm-ups

**4:00 – 4:30 pm Heats – Events 3-8**

**#3 Women's 50m Butterfly**

**#4 Men's 50m Butterfly**

**#5 Women's 50m Backstroke**

**#6 Men's 50m Backstroke**

**#7 Women's 50m Breaststroke**

**#8 Men's 50m Breaststroke**

##### **Session 2**

**5:00 – 7:30 pm Finals Events 1-10**

**#1 Women's 800m Freestyle**

**#2 Men's 1500m Freestyle**

**#3 Women's 50m Butterfly**

**#4 Men's 50m Butterfly**

**#5 Women's 50m Backstroke**

**#6 Men's 50m Backstroke**

**#7 Women's 50m Breaststroke**

**#8 Men's 50m Breaststroke**

**#9 Women's 4 x 200m Freestyle Relay**

**#10 Men's 4 x 200m Freestyle Relay**

#### Saturday

##### **Session 3**

8:30 – 9:50 am Warm-ups

10:00 – 12:00 noon Heats, Events 11-22

**#11 Women's 50m Freestyle**

**#12 Men's 50m Freestyle**

**#13 Women's 400m Individual Medley**

**#14 Men's 400m Individual Medley**

**#15 Women's 100m Butterfly**

**#16 Men's 100m Butterfly**

**#17 Women's 200m Backstroke**

**#18 Men's 200m Backstroke**

**#19 Women's 100m Breaststroke**

**#20 Men's 100m Breaststroke**

**#21 Women's 200m Freestyle**

**#22 Men's 200m Freestyle**

#### **Session 4**

3:30 – 4:50 pm Warm-ups

5:00 – 7:30 pm Finals, Events 11-24

#11 Women's 50m Freestyle

#12 Men's 50m Freestyle

#13 Women's 400m Individual Medley

#14 Men's 400m Individual Medley

#15 Women's 100m Butterfly

#16 Men's 100m Butterfly

#17 Women's 200m Backstroke

#18 Men's 200m Backstroke

#19 Women's 100m Breaststroke

#20 Men's 100m Breaststroke

#21 Women's 200m Freestyle

#22 Men's 200m Freestyle

#23 Women's 4 x 100m Freestyle Relay

#24 Men's 4 x 100m Freestyle Relay

#### Sunday\*

#### **Session 5**

7:30 – 8:50 am Warm-ups

9:00 – 11:00 am Heats, Events 25-36

#25 Women's 200m Butterfly

#26 Men's 200m Butterfly

#27 Women's 100m Freestyle

#28 Men's 100m Freestyle

#29 Women's 200m Individual Medley

#30 Men's 200m Individual Medley

#31 Women's 100m Backstroke

#32 Men's 100m Backstroke

#33 Women's 200m Breaststroke

#34 Men's 200m Breaststroke

#35 Women's 400m Freestyle

#36 Men's 400m Freestyle

#### **Session 6**

12:30 – 1:50 pm Warm-ups

2:00 – 4:00 pm Finals, Events 25-38

#25 Women's 200m Butterfly

#26 Men's 200m Butterfly

#27 Women's 100m Freestyle

#28 Men's 100m Freestyle

#29 Women's 200m Individual Medley

#30 Men's 200m Individual Medley

- #31 Women's 100m Backstroke
- #32 Men's 100m Backstroke
- #33 Women's 200m Breaststroke
- #34 Men's 200m Breaststroke
- #35 Women's 400m Freestyle
- #36 Men's 400m Freestyle
- #37 Women's 4 x 100m Medley Relay
- #38 Men's 4 x 100m Medley Relay

**\*Note:** As per Playing Regulation 8.3 the Sunday session times may be modified. The 2015 Canada West Championship Sunday Session times were approved as follows:

Session 5

7:30 – 8:50 am Warm-ups

9:00 – 11:00 am Heats, Events 25-36

Session 6

1:30 – 2:50 pm Warm-ups

3:00 – 5:00 pm Finals, Events 25-38

## APPENDIX B

# Canada West Swimming Meet Records

(through November, 2014)

1	Women 800 Free	08:26.98	01/25/2013	Savannah King, UBC
2	Men 1500 Free	15:04.48	01/25/2013	Alec Page, Victoria
3	Women 800 Free Relay	07:57.60	01/25/2013	UBC Thunderbirds Savannah King, Brittney Harley, Tera Van Beilen, Heather MacLean
4	Men 800 Free Relay (tie)	7:16.88	01/24/2014	UBC Thunderbirds Stefan Milosevic, Coleman Allen, Justin Chan, Jonathan Brown
			01/24/2014	Calgary Dinos David Woodman, Russell Wood, Bogdan Knezevic, Reid Scarrow
5	Women 50 Free	25.57	01/29/2011	Seanna Mitchell, Calgary
6	<b>Men 50 Free</b>	<b>22.22</b>	<b>11/23/2014</b>	<b>Alex Loginov, UBC</b>
6	<del>Men 50 Free</del>	<del>22.38</del>	<del>01/28/2012</del>	<del>Tommy Gossland - UBC</del>
7	Women 400 IM	04:39.22	01/26/2013	Tianna Rissling, Calgary
8	Men 400 IM	4:13.06	2002	Brian Johns - UBC
9	<b>Women 100 Fly</b>	<b>59.63</b>	<b>11/23/2014</b>	<b>Jacomie Strydom, UBC</b>
9	<del>Women 100 Fly</del>	<del>59.98</del>	<del>01/28/2012</del>	<del>Erin Miller - Alberta</del>
10	<b>Men 100 Fly</b>	<b>51.87</b>	<b>11/23/2014</b>	<b>Coleman Allen, UBC</b>
10	<del>Men 100 Fly</del>	<del>52.08</del>	<del>01/25/2014</del>	<del>Coleman Allen, UBC</del>
11	Women 200 Back	02:09.24	01/24/2009	Jessika Craig, Calgary
12	Men 200 Back	01:56.08	01/25/2014	Russell Wood, Calgary
13	Women 100 Breast	01:07.02	01/29/2011	Erica Morningstar, Calgary
14	Men 100 Breast	59.84	01/28/2012	Jason Block, Calgary
15	Women 200 Free	01:57.60	01/26/2013	Savannah King, UBC
16	Men 200 Free	1:46.59	01/19/2007	Brian Johns, UBC
17	Women 400 Free Relay	03:41.74	01/26/2013	Calgary Dinos Fiona Doyle, Erica Morningstar, Amanda Reason, Tianna Rissling
18	<b>Men 400 Free Relay</b>	<b>03:18.75</b>	<b>11/23/2014</b>	<b>UBC Thunderbirds</b> <b>Yuri Kisil, Luke Peddie, Stefan Milosevic, Coleman Allen</b>
18	<del>Men 400 Free Relay</del>	<del>03:19.84</del>	<del>1/26/2013</del>	<del>UBC Thunderbirds</del> <del>Kelly Aspinall, Luke Peddie, Sergey Holson, Coleman Allen</del>
19	<b>Women 200 Fly</b>	<b>02:11.23</b>	<b>11/23/2014</b>	<b>Jacomie Strydom, UBC</b>
19	<del>Women 200 Fly</del>	<del>02:11.53</del>	<del>01/29/2012</del>	<del>Erin Miller - Alberta</del>
20	<b>Men 200 Fly</b>	<b>01:55.61</b>	<b>11/23/2014</b>	<b>Coleman Allen, UBC</b>
20	<del>Men 200 Fly</del>	<del>01:57.59</del>	<del>01/26/2014</del>	<del>Coleman Allen, UBC</del>
21	Women 100 Free	54.51	01/24/2010	Erica Morningstar, Calgary
22	<b>Men 100 Free</b>	<b>48.73</b>	<b>11/23/2014</b>	<b>Yuri Kisil, UBC</b>
22	<del>Men 100 Free</del>	<del>49.28</del>	<del>01/29/2012</del>	<del>Tommy Gossland - UBC</del>
23	Women 200 IM	02:09.60	01/30/2011	Erica Morningstar, Calgary
24	Men 200 IM	1:59.07	01/27/2006	Brian Johns, UBC
25	Women 100 Back	59.87	01/24/2010	Erica Morningstar, Calgary
26	<b>Men 100 Back</b>	<b>52.94</b>	<b>11/23/2014</b>	<b>Coleman Allen, UBC</b>
26	<del>Men 100 Back</del>	<del>53.07</del>	<del>01/27/2013</del>	<del>Russell Wood, Calgary</del>
27	Women 200 Breast	02:22.40	01/29/2012	Marth McCabe, UBC
28	Men 200 Breast	02:11.2	01/25/2009	Scott Dickens, UBC
29	Women 400 Free	04:06.55	01/27/2013	Savannah King, UBC
30	<b>Men 400 Free</b>	<b>3:46.82</b>	<b>11/23/2014</b>	<b>Keegan Zanattam, UBC</b>
30	<del>Men 400 Free</del>	<del>3:49.97</del>	<del>2001</del>	<del>Mark Johnston - UBC</del>
31	<b>Women 400 Medley Relay</b>	<b>04:01.54</b>	<b>11/23/2014</b>	<b>UBC Thunderbirds</b> <b>Erin Stamp, Tera Van Beilen, Jacomie Strydom, Fionnuala Pierce</b>
31	<del>Women 400 Medley Relay</del>	<del>04:03.19</del>	<del>01/27/2013</del>	<del>UBC Thunderbirds</del> <del>Erin Stamp, Tera Van Beilen, Grainne Pierce, Heather MacLean</del>
32	Men 400 Medley Relay	03:37.06	01/27/2013	Calgary Dinos Russell Wood, Jason Block, Bogdan Knezevic, David Woodman
33	Women 50 Fly	27.31	01/27/2012	Erin Miller, AB
34	Men 50 Fly	23.91	01/24/2014	Coleman Allen, UBC
35	Women 50 Back	27.95	01/23/2009	Hanna Kubas, Calgary

36	Men 50 Back	24.64	01/25/2008	Callum Ng, UBC
37	Women 50 Breast	31.11	01/25/2013	Tianna Rissling, Calgary
38	Men 50 Breast	27.92	01/25/2013	Jason Block, Calgary
39	Women – Team Points	1,071	2013-14	UBC

**SWIMMING STUDENT-ATHLETE COMMUNITY AWARD NOMINATION FORM**

First Name:

Last Name:

Gender:

University:

Conference: Atlantic Universities Quebec Ontario Universities Canada West

Year of Swimming Eligibility:

ACADEMIC BACKGROUND

Program of Study:

Year of Study:

Cumulative GPA:

Previous Academic Awards:

COMPETITIVE BACKGROUND

Highest level of Competition Qualifying:

Highest placing:

RATIONALE AND SUPPORT FOR NOMINATION

SUPPORT OF NOMINATION

\_\_\_\_\_  
School Athletic Director

\_\_\_\_\_  
Head Coach



## **COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### **GENERAL WARM-UP:**

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

### **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

### **VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

### **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

### **PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**

*November 25, 2014*