



**2019 Canadian Swimming Championships
August 8-11, 2019**

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 FINA and WPS registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference [Swimming Canada Rulebook](#) for eligibility rules (CGR 1.2.1 and CGR 1.3.1).

This meet is also open to Para-swimmers. Please refer to the Para-swimming information section contained in this meet package for more information. Competition Rules or procedures contained in this Meet Information package supersede those found within the World Para Swimming Technical Rules and Regulations.

For information and updates to this document please refer to the Swimming Canada website www.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, including but not limited, to the General Code of Conduct, the Equity, Diversity and Inclusion Policy, and the Harassment Policy.

For more information regarding the Swimming Canada Safe Sport Program please visit www.swimming.ca/safe-sport

Competition Hosts

Swimming Canada and Swim Manitoba

Venue

Pan Am Pool
25 Poseidon Bay, Winnipeg, MB R3M 3E4

Pool

8 lane 50m competition pool
8 lane 50m warm-up facility



Organizing Committee

National Meet Director

Paul Corkum corko@sympatico.ca

National Meet Referee

Joan Butler joanb@mun.ca

Para-swimming Technical Advisor

Glennis Mossey glennismossey@shaw.ca

Meet Manager

John Witwicki johnwitwicki126@gmail.com

Stephen Molloy molloysp@gmail.com

Officials Coordinator

Peter Garagan CSCseniorofficials@outlook.com

Swimming Canada Events Manager

Amanda Zevnik azevnik@swimming.ca

Swimming Canada Meet Entry Coordinator

Carole Thomas cthomas@swimming.ca

Registration

Club representatives and coaches are required to sign in their club at the registration desk to receive accreditation.

All coaches must register themselves in person.

The registration desk will be open:

Wednesday August 7: 7:30am–11:30am

3:30pm–7:30pm

Thursday August 8: 7:30am-10:30

Technical Meeting

Wednesday, August 7 at 3:00pm

Entry Information

Meet Entry Deadline

Tuesday July 23, 2019: 11:59pm Pacific Time.

Entry Fees

\$125.00 CAD per Swimmer

\$20.00 CAD per Relay Team



Entry Process

All entries must be submitted via the online entry system-

<https://www.swimming.ca/MeetList.aspx>

There is no limit on the number of individual event entries allowed.

Following the meet entry deadline, all participating clubs will receive an email invoice for fees owing. This invoice must be paid prior to August 7, 2019 in order for entries to be considered final. Please note: the team that enters the swimmer is responsible for paying that swimmers fees.

All Canadian Varsity swimmers must be registered in the Competitive Open or Competitive Open-Varsity category and must enter the meet with a club team only. The University registration category 'Varsity' expires on March 31st, therefore such entries will not be accepted.

Changes and corrections

Changes and corrections may be made up to the meet entry deadline without penalty.

Following the meet entry deadline, corrections and modifications to entries may be made up until the start of the Technical Meeting at a cost of **\$100 per change**. (The per change cost is per swimmer, per event, per change; not per email sent).

Late entries

Late entries for swimmers not entered by the meet entry deadline will be accepted up until the start of the Technical Meeting at a fee of double the meet entry fee.

Relay Only Swimmers

Clubs may enter one relay-only swimmer per gender in the competition regardless of age. Clubs entering more than one relay team in any relay event are not eligible to enter a relay only swimmer.

Relay only swimmers pay the same individual entry fee as individually qualified swimmers.

Relay only swimmers are eligible to compete in Time Trials (see Time Trials section below)

Meet Standards

[2019 Swimming Canada Standards](#)

Qualification Period

Times performed Long Course since September 1, 2017 are eligible for entry.

Bonus Swims

There are no bonus swims.

Time Trials

A maximum one-hour session will be held following the preliminary session each day (Entry process TBC at Technical Meeting).



Each swimmer (including para-swimmers) is permitted a maximum of one entry per day at no additional charge.

Events will follow the same schedule as the competition program.

No official split request will be accepted during Time Trials.

After entries close, any swimmer that no-shows for their time trial event will incur a \$50.00 penalty. Penalties must be paid before the swimmer competes in any events.

Swimming Canada reserves the right to cancel or adjust time trial based on session length.

Proof of Times

Individual Events: All entries will be proven via the on-line entry system. Any non-validated times in your 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.

Relay Events: All relay entry times must be proven utilizing swimmers entered in the meet by the final meet entry deadline. The online entry system is to be used to prove relay entry times. Given there are no entry standards for relays, any relay team NOT proven by the end final meet entry deadline will be entered NT.

It is the responsibility of the club to prove any entry times if requested. Unproven entry times will result with swimmer's removal from the event.

Psych Sheets

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

Seeding

1500 / 800 m free

These events will be swum as timed finals with the fastest heat competing in the finals session. All other heats swim "seeded" in the preliminary session swimming fastest to slowest alternating gender.

400 freestyle and 400 IM

Preliminary heats will be seeded slowest to fastest. The top 2 heats in each event will be swum circle seeded.

Meet Management reserve the right to create "Overflow Heats" of these events based on timelines and entry numbers. This decision will be announced at the Technical Meeting.

Foreign Swimmers

Foreign competitors (other than members of USA Swimming) must provide a letter from their National Federation confirming their registration status.



The letter must be submitted to Amanda Zevnik (azevnik@swimming.ca) prior to the meet entry deadline.

A maximum of 2 Foreign swimmers will be allowed to advance to the A Final or fastest heat of time final events, and a maximum of 2 Foreign swimmers may advance to the B Finals. Foreign swimmers will swim Exhibition during finals. A maximum of 1 Foreign alternate for B finals will be named where applicable and will only be moved into the Final with the scratch of another Foreign swimmer. The above note on Foreign swimmers does not apply to Para-swimmers, please see below under Para-swimming Information for the rules specific to Foreign para-swimmers.

Para-Swimming Information

Only events that are indicated as eligible events under the Entry Information section below will advance to finals. Swimmers must have a minimum of 2 Meet Qualifying Standards to enter the competition. Canadian para-swimmers must qualify with Long Course performances only. Foreign swimmers may enter using Short Course meters or Short Course Yards performances from the qualification period.

Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes.

All preliminary events will be seeded by time and gender (regardless of Sport Classification). Finalists will be determined utilizing the Hy-Tek World Paralympic point scoring system. A maximum of three (3) swimmers per sport class are eligible to advance to the A final. Finals will be seeded by time. There will only be an A final for all para-swimming events. A maximum of 2 Foreign swimmers will be able to advance to the A final.

Entry Information:

Swimmers who would like to request sport classification, please submit a request online at <https://www.swimming.ca/en/resources/para-swimming/para-swimming-classification/>.

The deadline for classification requests is July 23, 2019.

Classification will take place on *August 6, 2019* and all athletes are advised to arrive prior to this date.

All swimmers that are being classified must enter the following events: S stroke event 200 (1-5) or 400 (sport class 6-10) free and SB 50m (1-3) or 100m (sport class 4-10), swimmers for sport classification are not required to qualify for the required listed entry.

Eligible sport class events are:

Women

50 Free [S1-S6, S8, S10-S13]; 100 Free [S1-S5, S7, S9-S13]; 200 Free [S1-S5, S14]; 400 Free [S6-S13]; 50 Backstroke [S1-S5]; 100 Backstroke [S1-S2 and S6-S14]; 50 Breaststroke [SB1-SB3]; 100 Breaststroke [SB4-SB9 and SB11- SB14]; 50 Butterfly [S1-S7]; 100 Butterfly [S8-S14]; 150 IM [SM1-SM4]; 200 IM [SM5-SM14]



Men

50 Free [S1-S5, S7, S9-S13]; 100 Free [S1-S6, S8, S10, S12]; 200 Free [S1-S5, S14]; 400 Free [S6-S13]; 50 Backstroke [S1-S5]; 100 Backstroke [S1-S2 and S6-S14]; 50 Breaststroke [SB1-SB3]; 100 Breaststroke [SB4-SB9 and SB11- SB14]; 50 Butterfly [S1-S7]; 100 Butterfly [S8-S14]; 150 IM [SM1-SM4]; 200 IM [SM5-SM14]

Meet Qualifying Standards (MQS) and Event Entry Times (EET)

Swimmers must achieve a minimum of two (2) Meet Qualifying Standards (MQS), with the exceptions of SB9 swimmers who are required to make only (1) Meet Qualifying Standards (MQS) as listed on the 2018-2019. Additional entries may be made in non-Paralympic eligible events provided the swimmer has the Event Entry Time (EET). Para-swimmers may access the Time Trials following the morning session as per the Time Trial information listed above.

If an event is not offered for a specific Sport Class, an athlete may enter the same stroke and distance event of a higher sport class provided that the athlete has obtained the MQS or EET time for that event.

Pre-Event Training

Mon Aug 5: 4:00pm - 8:00pm

Tues Aug 6: 8:00am-12:00pm
4:00pm-8:00pm

Wed Aug 7: 8:00am-12:00pm
4:00pm-8:00pm

Accreditation Information

Accreditation

Club accreditations (inclusive of coaches, team manager and support staff) will be assigned based on club size:

1 - 5 swimmers	2 accreditations
6 - 10 swimmers	3 accreditations
11 - 15 swimmers	4 accreditations
16 - 20 swimmers	5 accreditations
21 - 30 swimmers	6 accreditations
31+ swimmers	7 accreditations

*** Teams with Para-swimmers in sport classes 1-5 or 11 may apply for additional support staff as required.*

Lost accreditation will be replaced at a cost of \$60.00 per accreditation.

Coach Accreditation

Coaches must be registered with the CSCTA and Swimming Canada as an “A1” or “B” member to receive accreditation. All coaches are responsible for checking in and collecting their own accreditation at the meet.



All coaches attending the meet must have their name and information submitted in the club's entry file.

Foreign coaches are asked to fill out the following [accreditation request form](#). All coaches (other than those members of USA Swimming) are asked to have their National Federation provide a letter to azevnik@swimming.ca confirming that they are a National Coach or officially tied to a club in that country. For more information, please see the following [document](#).

Support Staff Accreditation

Clubs requiring Support Staff (assistance for Para-swimmers sport class 1-5 or 11, massage therapist, physiologist, doctor, or team manager only) are required to apply using Support Staff Accreditation Request process available here:

[Domestic Support Staff](#)

[Foreign Support Staff](#)

Swimmers Accreditation

Swimmers will be provided an accreditation card for deck access. This card must be displayed at all times. Access to the pool will be through the locker rooms and past the main security checkpoint.

The Deck Accreditation Card remains the property of Swimming Canada and can be withdrawn at Swimming Canada's sole discretion. By using this Card, individuals agree to be filmed, televised, photographed, and otherwise recorded during the Competition for purposes relating to the promotion of Swimming Canada and the development of the sport of swimming.

Deck accreditations are NON-TRANSFERABLE.

Competition Information

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 FINA FR 2.3 and SW 4.1.

Preliminaries

Preliminary heats will be swum in 8 lanes, senior seeded.

Finals

Finals will be swum in 8 lanes for all events. There will be "A" finals for all individual events with "B" finals in individual events with 16 or more individual entries entered following the preliminary scratch deadline for the event. When the event is considered a Time Final or for Para-swimming event, there will only be an "A" final.

Finals sequence: *TBC at Technical Meeting*

Relays



All relays will be swum in prelims with the fastest 8 teams advancing to the final. Should there be 8 or less entries (as of the preliminary scratch deadline), teams will advance directly to finals.

Relay name changes must be submitted 30 minutes prior to the start of the session in which they are swum.

Backstroke Ledges

Backstroke ledges will be available for use. The swimmers shall be responsible for setting the device.

Competition Start Times

Heats: 7:30am warm-up/9:30 am start

Finals: 4:00pm warm-up/5:30 pm start

Swim-offs

All swim-offs (whether time or points ties) 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.

Meet Scoring

Individual events, places 1 – 16:

50-30-20-19-18-17-16-15

9-7-6-5-4-3-2-1

Relays events, places 1 – 8:

100-60-40-38-36-34-32-30

Times not meeting the qualifying standard will not be scored

Para events will not be scored.

Foreign swimmers are not eligible to score points toward team scores or high point awards.

Awards

Medals for first, second and third placed for Canadian swimmers.

If a swimmer is unable to attend their medal ceremony, their club is asked to send a fully uniformed substitute swimmer in their place.

Canadian Women's Team Championship banner

Canadian Men's Team Championship banner

Canadian Combined Team Championship banner

Canadian Female and Male Swim of the Meet (based on 2018 World Rankings)



Canadian Female and Male High Point Aggregate (5-2-1)*

*If necessary, ties will be broken by number of gold medals. If a tie still exists, then it will be broken by number of silver medals then bronze medals. If swimmers have accumulated the exact scores and numbers of each medal, two winners will be awarded.

Awards: Para-swimming

Medals for first, second and third placed swimmers.

Swim of the Day awards based on the top individual scoring swim (Paralympic events only) using LC Performance Points Charts will be awarded at the start of finals the following day.

One Female and one Male top Swim of the Meet Award will be awarded from results throughout the meet and will be based on World Records (Paralympic Events only) using LC Performance Points Charts. This will be presented at the conclusion of the meet.

Scratches

Emailed scratches will be accepted prior to the Technical Meeting by email to:
cthomas@swimming.ca

Following the start of the Technical Meeting, email scratches WILL NOT be accepted and meet scratch cards are required.

Prelims & Time Final events

Thursday Preliminaries and Time Finals events:

30 minutes following the Technical Meeting

Friday, Saturday, Sunday Preliminaries and Time Final events:

30 minutes following the start of Finals the previous evening.

Finals

30 minutes following the completion of the Preliminary events (excluding Time Final events).

Penalty

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

Doping Control

Doping Control Procedure

Athletes may be selected for sample collection at this event. The athlete will be notified of his/her selection for doping control by a CCES chaperone or CCES doping control officer and informed that a urine and/or blood sample will be collected. The athlete will also be informed of his/her rights and responsibilities. The athlete reads and signs the athlete selection order and then reports to the doping control station.

Upon notification of testing and if necessary, the athlete may notify the DCO if they are competing in another event in the same session. In such cases, the DCO may direct that testing be carried out later in the session, provided a Chaperone accompanies and/or observes



the Athlete at all times and until such time as the Athlete reports back to the Doping Control Station for testing.

Photo identification is required for doping control. All competitors must bring photo identification to competitions (i.e. driver's license, school identification, passport, etc.). Coaches are asked to remind their swimmers of this requirement.

Doping Control Information

Athletes are encouraged to take the following steps, to be responsible and accountable:

- Check the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments they are using are banned by the WADA Prohibited List.
- Review medical exemptions requirements (<http://www.cces.ca/medical>) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements, or take 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. Read more: www.cces.ca/supplements
- Review the steps of the doping control sample collection procedures: <http://cces.ca/sample-collection-procedures>.

For additional resources and general information about anti-doping, please contact the CCES:

- Email: info@cces.ca
- Call toll-free: 1-800-672-7775
- Online: <http://www.cces.ca/athletezone>

Site Information

Hospitality—Officials & Coaches

A hospitality room will be available for officials and coaches.

Parking

Parking is available at the facility.

Lockers

Lockers are available at the pool in the change rooms—bring your own locks.

Travel Information

Hotel Accommodations

Hotel lists for this competition can be found at:

<https://www.swimming.ca/en/resources/miscellaneous/hotels/>

Swimming Canada Rental Car Partner

National Rent a Car / Enterprise Rent a Car - for bookings visit

<https://www.swimming.ca/en/resources/miscellaneous/travel-tools/>

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 2019 Canadian Swimming Championships

PRELIMINARIES				FINALS	
WARM-UP 7:30 – 9:15			WARM-UP 4:00 – 5:15		
START 9:30			START 5:30		
DAY 1 THURSDAY					
F		M	F		M
1	200 BACK	2	13	800 FREE (FH)	
3	50 FREE PS	4		1500 FREE (FH)	14
5	50 FREE	6	1	200 BACK	2
7	200 BREAST	8	3	50 FREE PS	4
9	400 FREE PS	10	5	50 FREE	6
11	4 x 200 FR	12	7	200 BREAST	8
13	800 FREE (SH)		9	400 FREE PS	10
	1500 FREE (SH)	14	11	4 x 200 FR	12
DAY 2 FRIDAY					
15	200 FREE	16	15	200 FREE	16
17	200 FREE PS	18	17	200 FREE PS	18
19	50 FLY	20	19	50 FLY	20
21	50 FLY PS	22	21	50 FLY PS	22
23	100 BACK	24	23	100 BACK	24
25	100 BACK PS	26	25	100 BACK PS	26
27	400 IM	28	27	400 IM	28
29	50 BREAST	30	29	50 BREAST	30
31	50 BREAST PS	32	31	50 BREAST PS	32
33	4 x 100 Mixed MR	33	33	4 x 100 Mixed MR	33
DAY 3 SATURDAY					
35	200 IM	36	35	200 IM	36
37	200 IM PS	38	37	200 IM PS	38
39	150 IM PS	40	39	150 IM PS	40
41	50 BACK	42	41	50 BACK	42
43	50 BACK PS	44	43	50 BACK PS	44



45	100 FLY	46	45	100 FLY	46
47	100 FLY PS	48	47	100 FLY PS	48
49	400 FREE	50	49	400 FREE	50
51	4 x 100 FR	52	51	4 x 100 FR	52
DAY 4 SUNDAY					
53	100 FREE	54	53	100 FREE	54
55	100 FREE PS	56	55	100 FREE PS	56
57	200 FLY	58	57	200 FLY	58
59	100 BREAST	60	59	100 BREAST	60
61	100 BREAST PS	62	61	100 BREAST PS	62
63	4 x 100 MR	64	65	1500 FREE (FH)	
65	1500 FREE (SH)			800 FREE (FH)	66
	800m FREE (SH)	66	63	4 x 100 MR	64
FH = Fast Heat SH = Slower Heats FR = Free Relay MR = Medley Relay PS = Para-swimming					