



## 2017 Canadian Junior Swimming Championships July 26-31, 2017

### 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 registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference Swimming Canada Rulebook (2013) for eligibility rules (CGR1.2.1 and CGR 1.3.1).

For information and updates to this document please refer to the Swimming Canada web site [www.swimming.ca](http://www.swimming.ca)

### Competition host

Swimming Canada and Mississauga Aquatic Club

### Venue

Toronto Pan Am Sports Centre  
875 Morningside Ave, Toronto, ON M1C 0C7

### OPEN WATER VENUE TBC

### Pool

10 lane 50 meter competition pool / 10-lane 50m warm-up facility

### Organizing Committee

National Meet Director  
Nicole Parent [nicole@swimontario.com](mailto:nicole@swimontario.com)

National Meet Referee  
Suzanne Paulins [rpaulins040@rogers.com](mailto:rpaulins040@rogers.com)

Meet Manager  
Jamie McCabe [james.mccabe@peelsb.com](mailto:james.mccabe@peelsb.com)  
Andrea Pittis  
[andrea.pittis@mississaugaswimming.com](mailto:andrea.pittis@mississaugaswimming.com)

Officials Coordinator  
TBC

Swimming Canada Events Manager  
Amanda Zevnik [azevnik@swimming.ca](mailto:azevnik@swimming.ca)

Swimming Canada Meet Entry Coordinator  
[entries@swimming.ca](mailto:entries@swimming.ca)

### Registration

Club representatives and/or coaches are required to register their club at the registration desk to receive accreditation.

All coaches must register themselves in person.

The registration desk will be open:  
Mon July 24: 7:30am – 11:30am  
3:30pm – 7:30pm  
Tues July 25: 7:30am – 11:30am  
3:30pm – 7:30pm

### Technical Meeting

Tuesday July 25 at 3:00pm

### Entry Information

#### Meet Entry Deadline

July 11: 11:59pm Pacific Time.

#### Entry Fees

\$115.00 per Swimmer  
\$15.00 per Relay Team  
\$35.00 per Open Water Swimmer

Clubs that stay at an official host hotel and appear on the official production report from that hotel will be refunded \$25 per swimmer after the competition.

#### Entry Process

All entries must be submitted via the Meet List on-line entries 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 within 48 hours (by credit card, e-transfer or draft couriered to Swimming Canada) in order for entries to be considered final. Please note: the team that enters the swimmer is responsible for paying that swimmers fees.



## Changes and corrections

Changes and corrections may be made up to the meet entry deadlines without penalty. Following the meet entry deadline, corrections & modifications to entries may be made up until the start of the technical meeting at a cost of **\$100 per change**.

## Late entries

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

## Age Groups

A competitor's age is their age as of the first day of the competition, July 26, 2017.

Girls: 13/14 & 15/16/17  
Boys: 14/15/16 & 17/18

## Open Water Events:

Female 5.0km: 14/15 & 16/17  
Male 5.0km: 14/15/16 & 17/18

## Relay Only Swimmers

Clubs may enter one relay-only swimmer per gender in the competition regardless of age.

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

## Meet Standards

[2017 Swimming Canada Standards](#)

## Qualification Period

Times performed Long course since September 1, 2015 are eligible for entry.

## Bonus Swims

There are no bonus swims.

## 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. Meet management may challenge any entry time before or during the competition.

Relay Events: No further proof of time is required for qualified relays.

It is the responsibility of the club to prove any entry times if requested. Unproven entry times will be declined.

Foreign clubs are required to provide Proof of Time at registration.

## Psych Sheets

Psych sheets will be posted on Swimming Canada's web site following the final 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 women / men.

### 400 freestyle and 400 IM

Top 2 heats will be swum circle seeded with the remaining heats seeded fastest to slowest.

## 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](mailto:azevnik@swimming.ca)) prior to the preliminary meet entry deadline.

A maximum of 2 foreign swimmers will be allowed to advance to the A Finals and 2 Foreign swimmers may advance to the B Finals.

## Pre-Event Training

Mon July 24: 8:00am – 12:00pm  
4:00pm - 8:00pm

Tues July 25: 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

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 member of USA swimming) are asked to have their National Federation provide a letter to [azevnik@swimming.ca](mailto: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 (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](#).

## Preliminaries

Preliminary heats will be swum in 10 lanes, senior seeded.

## Finals

Finals will be swum in 10 lanes for all events. There will be “A” and “B” finals in all events except time final events where the top 10 will swim during the finals session per age category.

Finals sequence: *B finals, A finals, B finals, medals, A final, B finals, medals*

## Relays

Only relay teams qualified in the Top 20 (from the spring 2017 performance window) that confirmed their entry may enter the Olympic relay events.

Mixed relay events are open to all clubs.

All relays are heats and finals.

## Open Water

The minimum qualifying standard for the open water events are the 800 or 1500 freestyle Junior National standard in the swimmers' gender and age group.

Entry Deadline: July 11: 11:59pm Pacific Time. For safety management, swimmers 14 years or older may only enter the 5 km event. Swimmers 13 years and younger are not permitted to enter the open water competition.

The following age groups will be used for scoring and awards:

- 5 km Female: 14-15 years, 16 – 17 years
- 5 km Male: 14 - 16 years, 17 – 18 years

**Reminder:** fingernails and toenails must be short and no jewelry of any kind nor watches may be worn.

The open water events will not score towards the Men’s, Women’s and Overall Team Championship banners for the pool events. There will be a separate Open Water Team Championship banner (combined men and women) awarded on Monday for the Open Water Event.



Open Water Waiver Form will be distributed to clubs and must be signed by the parents or legal guardian of the participant. Waivers should be submitted at the Technical Meeting or scanned versions can be submitted electronically in advance to [azevnik@swimming.ca](mailto:azevnik@swimming.ca)

Open Water Technical Meeting:

- Meeting 1 – Tuesday July 25, during the main Technical Meeting
- Meeting 2 - Sunday July 30 3:30pm at pool
- Technical Course Briefing July 31 – final timelines to be supplied at Meeting 2 based on the number of entries for the open water events.

Waiver form will be uploaded to the Swimming Canada website prior to the competition.

### **Backstroke Ledges**

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

### **Competition Start Times**

Heats: 7:00am warm-up / 9:00am start  
Finals: 4:00pm warm-up /5:30pm start

### **Swim-offs**

All swim-offs 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 – 20:  
50-30-20-19-18-17-16-15-14-13  
12-9-8-7-6-5-4-3-2-1

Relays events, places 1 – 10:  
50-30-20-19-18-17-16-15-14-13

### **Awards**

Medals for first, second and third place Canadian.

Commemorative Medal for Foreign Swimmers placing in the top three.

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 High Point Aggregate by age group (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.

### **Scratches**

Emailed scratches will be accepted prior to the Technical Meeting by email to [scratches@swimming.ca](mailto:scratches@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*

Wednesday Preliminaries and time finals events:  
30 minutes following the Technical Meeting  
Thursday, 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**

Swimmers are notified by a Doping Control Chaperone and are required to sign a notification form.

A Doping Control Chaperone will accompany the swimmer until released by the Doping Control Officer (DCO). 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. Coaches are asked to instruct athletes to bring photo identification to competitions (i.e. driver's license, school identification, passport, etc.)

## Doping Control Information

Athletes are encouraged to take the following steps:

- Check the Global DRO ([www.globaldro.com](http://www.globaldro.com)) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.
- Review medical exemptions requirements ([www.cces.ca/medical](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](http://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](mailto:info@cces.ca)
- Call toll-free: 1-800-672-7775
- Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

## Site Information

### Hospitality – Officials & Coaches

A hospitality room will be available for coaches and officials.

### Parking

Parking is available at the facility for a daily fee.

### 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/>

*Clubs are reminded to ensure the hotel places them in the Swimming Canada block so they are eligible for the entry fee refund.*

### 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  
2017 Canadian Junior Swimming  
Championships**

Day 1	
PRELIMS	FINALS
100 Butterfly 200 Backstroke Mixed 4 x 100 FR M 1500 Freestyle (SH)	M 1500 Freestyle (FH) 100 Butterfly 200 Backstroke Mixed 4 x 100 FR
Day 2	
PRELIMS	FINALS
100 Freestyle 400 IM 4 x 200 FR	100 Freestyle 400 IM 4 x 200 FR
Day 3	
PRELIMS	FINALS
100 Breaststroke 200 Butterfly Mixed 4 x 100 MR W 800 Freestyle (SH)	W 800 Freestyle (FH) 100 Breaststroke 200 Butterfly Mixed 4 x 100 MR
Day 4	
PRELIMS	FINALS
200 Freestyle 100 Backstroke 200 Breaststroke 4 x 100 FR	200 Freestyle 100 Backstroke 200 Breaststroke 4 x 100 FR
Day 5	
PRELIMS	FINALS
50 Freestyle 200 IM 400 Freestyle 4 x 100 MR	50 Freestyle 200 IM 400 Freestyle 4 x 100 MR
Day 6 Open Water – 5 KM	
<b>FH = Fast Heat    SH = Slow Heats    FR = Freestyle Relay    MR = Medley Relay</b>	