



**2018 RBC Canadian Junior Swimming Championships  
July 25-30, 2018**

**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](#) 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 Swim Manitoba

**Venue**

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

**Open Water Venue**

St. Malo Provincial Park  
De La Grotte Ave, Saint Malo, MB R0A 1T0

**Pool**

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

**Organizing Committee**

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

National Meet Referee



Daryle Martin [darylemartin@shaw.ca](mailto:darylemartin@shaw.ca)

National Meet Referee – Open Water

Cynthia Pincott [cyn.pincott@gmail.com](mailto:cyn.pincott@gmail.com)

Meet Managers

John Witwicki [john.witwicki@sanofi.com](mailto:john.witwicki@sanofi.com)

Stephen Molloy [molloysp@gmail.com](mailto:molloysp@gmail.com)

Officials Coordinator

Peter Garagan [SeniorOfficialsCJC@outlook.com](mailto:SeniorOfficialsCJC@outlook.com)

Mary-Lou Miller [maryloumiller@shaw.ca](mailto:maryloumiller@shaw.ca)

Swimming Canada Events Manager

Amanda Zevnik [azevnik@swimming.ca](mailto:azevnik@swimming.ca)

Swimming Canada Meet Entry Coordinator

Trevor Cowan [tcowan@swimming.ca](mailto:tcowan@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:

Tues July 24: 7:30am – 11:30am  
3:30pm – 7:30pm

Wed July 25: 7:30am – 11:30am

## **Technical Meeting**

Tuesday July 24 at 3:00pm

## **Entry Information**



**Meet Entry Deadline**

July 10 @ 11:59pm Pacific Time.

**Entry Fees**

\$115.00 per Swimmer

\$15.00 per Relay Team

\$40.00 per Open Water Swimmer

**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 prior to July 24, 2018 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***. (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 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 25, 2018.

Girls: 13-14 & 15-17

Boys: 14-15 & 16-18

Open Water Events:



- 1.5 km Female: 13-14
- 1.5 km Male: 14-15
- 3 km Female: 15-17
- 3 km Male: 16-18

Relays will be swum as:

- Female: 13-17
- Male: 14-18
- Mixed: 13-18

### **Relay Only Swimmers**

Relay only swimmers pay the same individual entry fee, penalties for changes and late entry fees as individually qualified swimmers.

Relay only swimmers must follow the gender specific age group for the competition, Female 13-17 and Male 14-18.

Relay only swimmers must be declared within the entries file. Please contact the Entries Coordinator if unable to declare in entries file submitted online to ensure relay-only swimmers are properly entered in the competition before the entry deadline.

Relay only swimmers are eligible to participate in the Time Trials.

### **Meet Standards**

[2018 Swimming Canada Standards](#)

### **Qualification Period**

Times performed Long Course since September 1, 2016 are eligible for entry for individual events.

For single gender relay events, relay 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. Time Trial entries are not to be included as part of entry file submitted for Canadian Junior Championships. (Entry process TBC at technical meeting).

Each swimmer 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 requests will be accepted during Time Trials

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

Swimming Canada reserves the right to cancel or adjust Time Trials event 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 by the final meet entry deadline. Relay times will be proven as follows:

- Single gender relays: qualifying standards apply and events are open to Canadian clubs only. Power Rankings will be used to prove team relay entry times as of September 1, 2017. Non proven relay times will be declined entry into the meet. Teams must have a swum a relay qualifying time since September 1, 2017.
- Mixed gender relays: no entry standards and events are open to any club. Relay entry times must be proven utilizing swimmers entered in the meet by the final meet entry deadline. The online system is to be used to prove relay entry times. 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 be declined.

### **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, per age group, competing in the finals session. All other heats swim "seeded" in the preliminary session swimming fastest to slowest. The 800m Free will alternate women / men.

### 400 freestyle and 400 IM

These events will be "seeded" slowest to fastest with the top 2 heats circle seeded.

## 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. 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 finals with the scratch of another foreign swimmer.

## Pre-Event Training

Mon July 23: 8:00am – 12:00pm  
4:00pm - 8:00pm

Tues July 24: 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:

<i>1 - 5 swimmers</i>	<i>2 accreditations</i>
<i>6 - 10 swimmers</i>	<i>3 accreditations</i>
<i>11 - 15 swimmers</i>	<i>4 accreditations</i>



<i>16 - 20 swimmers</i>	<i>5 accreditations</i>
<i>21 - 30 swimmers</i>	<i>6 accreditations</i>
<i>31+ swimmers</i>	<i>7 accreditations</i>

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 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 20 or more individual entries, following the preliminary scratch deadline for the event. Time final (distance events) will swim top 8 per age group category during the finals session. Relays will swim "A" final only.

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

### Relays

Mixed relay events are open to all clubs and countries. All other relays are only open to Canadian clubs who have met the qualification standard within the qualification period.

A maximum of two teams per club will be eligible.

All relays are heats and finals.

### Open Water

The minimum qualifying standard for the open water events is any Junior National standard in the swimmers' gender and age group.

Entry Deadline: July 10: 11:59pm Pacific Time.

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

- 1.5 km Female: 13-14





- 1.5 km Male: 14-15
- 3 km Female: 15-17
- 3 km Male: 16-18

**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 and Women's Championship banners for the pool events. The open water events will score toward the overall Team Championship banner (combined men and women) awarded on Monday following 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 24, during the main Technical Meeting
- Meeting 2 - Sunday July 29, 3:30pm at pool
- Technical Course Briefing July 30 – 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 – 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

\*foreign swimmers are not eligible to score points and will be flagged as exhibition in final events

### **Awards**

Medals for first, second and third place Canadian swimmers.

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. Foreign swimmer commemorative medal presentation will be after the medal ceremony for Canadians.

Canadian Women's Team Championship banner (pool only)

Canadian Men's Team Championship banner (pool only)

Canadian Combined Team Championship banner (pool and open water)

Canadian Female and Male High Point Aggregate by age group (5-2-1)\*

\*Pool events only. 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.

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

### **Scratches**

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

### 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**  
**2018 Canadian Junior Swimming Championships**

PRELIMINARIES WARM-UP 7:00 – 8:45 START 9:00			FINALS WARM-UP 16:00 – 17:15 START 17:30		
<b>DAY1 WEDNESDAY</b>					
<b>F</b>		<b>M</b>	<b>F</b>		<b>M</b>
1	100 FLY	2	7	800 FREE (FH)	8
3	200 BACK	4	1	100 FLY	2
5	4 x 100 Mixed FR	5	3	200 BACK	4
7	800 FREE (SH)	8	5	4 x 100 Mixed FR	5
<b>DAY 2 THURSDAY</b>					
9	100 FREE	10	9	100 FREE	10
11	400 IM	12	11	400 IM	12
13	4 x 200 FR	14	13	4 x 200 FR	14
<b>DAY 3 FRIDAY</b>					
15	100 BREAST	16	21	1500 FREE (FH)	
17	200 FLY	18	15	100 BREAST	16
19	4 x 100 Mixed MR	19	17	200 FLY	18
21	1500 FREE (SH)		19	4 x 100 Mixed MR	19
<b>DAY 4 SATURDAY</b>					
23	200 FREE	24	23	200 FREE	24
25	100 BACK	26	25	100 BACK	26
27	200 BREAST	28	27	200 BREAST	28
29	4 x 100 FR	30		1500 FREE (FH)	22
	1500 FREE (SH)	22	29	4 x 100 FR	30
<b>DAY 5 SUNDAY</b>					
31	50 FREE	32	31	50 FREE	32
33	200 IM	34	33	200 IM	34
35	400 FREE	36	35	400 FREE	36
37	4 x 100 MR	38	37	4 x 100 MR	38
<b>DAY 6 MONDAY</b>					
<b>Open Water – 1.5 &amp; 3KM</b>					

# SWIMMING CANADA NATATION

WARM-UP 7:45 - 8:50

START: 9:00

FH = Fast Heat   SH = Slower Heats   FR = Free Relay   MR = Medley Relay

