



**2018 Speedo Eastern Canadian Championships  
April 12-15, 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).

This meet is 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 web site [www.swimming.ca](http://www.swimming.ca)

**Competition Host**

Swimming Canada and Windsor Aquatic Club

**Venue**

Windsor International Aquatic and Training Centre  
401 Pitt St W, Windsor, ON N9A 0B2

**Pool**

10-lane 50 metre competition pool  
6-lane 25 metre warm-up pool

**Organizing Committee**

National Meet Director  
Paul Corkum

[corko@sympatico.ca](mailto:corko@sympatico.ca)

National Meet Referee  
Dave Shewfelt

[dave.fina09@gmail.com](mailto:dave.fina09@gmail.com)

Para-swimming Technical Advisor  
Jeff Holmes

[jeff\\_holmes@bell.net](mailto:jeff_holmes@bell.net)

**Meet Manager**

Jen Potma

[jen.potma@gmail.com](mailto:jen.potma@gmail.com)

**Officials Coordinator**



Chris Baker [2018volunteer@windsoraquatic.com](mailto:2018volunteer@windsoraquatic.com)

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:

Wed April 11: 7:30am – 11:30am  
3:30pm – 7:30pm

Thurs April 12: 7:30am – 11:30am

## Technical Meeting

Wed April 11 at 3:00pm

## Entry Information

### Meet Entry Deadline

March 29 @ 11:59pm Pacific Time.

### Entry Fees

\$100.00 per Swimmer  
\$15.00 per Relay Team

### Entry Process

All entries must be submitted via the Meet List on- line entries system -

<http://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 April 11, 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 deadline 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.

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 31, therefore, such entries will not be accepted.

## **Age Groups**

A competitor's age is their age as of the first day of the competition, April 12, 2018.

Female:

Youth: 13-15  
Senior: 16 & over

Male:

Youth: 14-16  
Senior: 17 & over

All relays will be swum as:

Female: 13 & over  
Male: 14 & over  
Mixed: 13 & over

Stroke 50 events will compete in a single age category. (Female 13&over; Male 14&over).

Para-swimming eligible events (100 free, 100 back, 100 breast, 100 fly and 200 IM) will have no age restrictions for entry as per the defined sport classes. All other Para-swimming integrated events will be swum according to the age groups for the meet/event. (Female 13-15, 16&over or 13&over for stroke 50s; and Male 14-16, 17&over or 14&over for stroke 50s)

## **Relay Only Swimmers**

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

## **Meet Standards**

[2018 Swimming Canada Standards](#)

[2018 Para-Swimming Eastern and Western Standards](#). Swimmers must have a minimum of two (2) standards to enter the competition.

## **Qualification Period**

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



### **Bonus Swims**

There are no bonus swims.

### **Proof of Times**

Individual Events (including para-swimming 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 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**

Events will swim "senior seeded" with the fastest heat, regardless of age, competing in the finals session. All other heats swim "senior seeded" in the preliminary session swimming fastest to slowest.

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

A maximum of 2 Foreign swimmers will be allowed to advance to the A Finals 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 finals with the scratch of another Foreign swimmer.

### **Para-Swimming Information**

Para-swimmers must have a Level 2, 3 or international sport classification by the entry deadline (March 29: 11:59pm Pacific Time).



No sport classification will be provided at the event, swimmers requiring sport class evaluation must submit a request, a minimum of 60 days in advance of the entry deadline, on the Swimming Canada website:

[Classification Request](#)

Para-swimmers will be able to enter any event for which there is a qualifying standard, but only 5 events will advance to an A final:

- 100 freestyle S1-S14 (Event 303/304),
- 100 backstroke S1-2, S6-S14 (Event 301/302),
- 100 breaststroke SB4-SB9, SB11-SB14 (Event 305/306),
- 100 butterfly S8-S14 (Event 307/308),
- 150 IM SM1-SM4 (Event 309/310) and
- 200 IM SM5 – SM14 (Event 311/312)

All other events will be swum integrated in the preliminary sessions, as outlined below under Para-Swimming Entry Information.

All preliminary events will be seeded by time and gender (regardless of Sport Classification). Finalists (10) will be determined utilizing point scores for the 100 freestyle, 100 backstroke, 100 breaststroke, 100 butterfly and 200 IM. A maximum of three (3) swimmers per sport class are eligible to advance to a final. Finals will be seeded by time. There will only be an A final (10 swimmers).

### **Para-Swimming Entry Information:**

Swimmers can only compete if they have obtained two (2) standards from the 2017-2018 Para-swimming Eastern & Western Canadian Championships Standards.

If a para-swimmer has equaled or bettered 2018 Eastern/Western Canadian Championship standard they may enter that event.

Eligible Events (to be swum with able-bodied swimmers in able-bodied events according to the age group for the event)

50 freestyle S1-14 (Event 37/38), 200 freestyle S1-5, S14 (Event 1/2), 400 freestyle S6-13 (Event 23/24), 50 backstroke S1-5 (Event 13/14), 50 breaststroke **SB1-3** (Event 27/28), 50 butterfly S1-7 (Event 17/18).

If an event is not offered in a swimmer's sport class, they may enter the same distance event in the next eligible sport class up, but they must meet the entry standard for the entered sport class.

For example: A male SB1, SB2 or SB3 swimmer is eligible to compete in the 50m breaststroke as a qualifying swim for the competition. As there is no 100m breaststroke in their sport class, they have the option of entering the SB4 100m breaststroke but they must equal the SB4 men's standard of 2:57.10 in order to enter.

Only long course qualifying standards can be used for entry.



## Pre-Event Training

Tues April 10: 8:00am – 12:00pm  
4:00pm- 8:00pm

Wed April 11: 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>

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

Requests should be made to [azevnik@swimming.ca](mailto:azevnik@swimming.ca) .

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 (assistance for Para-swimmers sport class 1-5 and 11, massage therapist, physiologist, doctor, or team manager only) are required to apply using the 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.

A double-ended chase format will be used if the number of swimmers/swims and session length time warrant and will be confirmed, if necessary, once all entries have been received.

### Finals

Finals will be swum in 10 lanes for all events. There will be "A" finals for all individual events with "B" finals in individual events with 24 or more individual entries, per age category (youth & senior), entered following the preliminary scratch deadline for the event.

For "Time Final" events the fastest heat (10 swimmers) regardless of age category will be swum during the finals session.

Finals sequence: TBC at Technical Meeting

### Relays

All relays will be swum as time final events.

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

Reminder, if a club would like to use this opportunity to qualify a relay for the 2018 Canadian Junior Championships, please ensure that swimmers on each team are within the following age categories: Female 13-17 and Male 14-18.

### Backstroke Ledges

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

### Competition Start Times

Prelims: 7:30am warm-up / 9:00am start

Finals: 4:30pm warm-up / 6:00pm 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:  
100-60-40-38-36-34-32-30-28-26

\*Foreign swimmers are not eligible to score points and will be flagged as exhibition in finals events.

\*\*Para-swimming events with finals will score points as part of the team scoring.

**Awards**

Medals for first, second and third place swimmers; Commemorative Medal for Foreign Swimmers placing in the top three.

Eastern Canadian Team Championship banner

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

Canadian Female and Male High Point Aggregate (5-2-1)\* - Paralympic Program.

*\*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 swimmer 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 [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*

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

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: <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

Paid 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 Speedo Eastern Canadian Championships

PRELIMINARIES WARM-UP 7:30 – 8:45 START 9:00			FINALS WARM-UP 4:30 – 5:45 START 6:00		
<b>DAY 1 THURSDAY</b>					
F		M	F		M
1	200m FREE	2	1	200m FREE	2
301	100m BACK PS	302	301	100m BACK PS	302
3	100m BACK	4	3	100m BACK	4
5	200m BREAST	6	5	200m BREAST	6
7	4 x 100m FR	8	9	800m FREE (FH)	
9	800m FREE (SH)			1500m FREE (FH)	10
	1500m FREE (SH)	10			
<b>DAY 2 FRIDAY</b>					
303	100m FREE PS	304	303	100m FREE PS	304
11	100m FREE	12	11	100m FREE	12
13	50m BACK	14	13	50m BACK	14
305	100m BREAST PS	306	305	100m BREAST PS	306
15	100m BREAST	16	15	100m BREAST	16
17	50m FLY	18	17	50m FLY	18
19	400m IM	20	19	400m IM	20
21	4 x 200m FR	22			
<b>DAY 3 SATURDAY</b>					
23	400m FREE	24	23	400m FREE	24
307	100m FLY PS	308	307	100m FLY PS	308
25	100m FLY	26	25	100m FLY	26
27	50m BREAST	28	27	50m BREAST	28
29	200m BACK	30	29	200m BACK	30
31	4 x 100m MR	32	33	4 x 100m Mixed MR	33
<b>DAY 4 SUNDAY</b>					
35	200m FLY	36	35	200m FLY	36
37	50m FREE	38	37	50m FREE	38
<b>309</b>	<b>150 IM PS</b>	<b>310</b>	<b>309</b>	<b>150 IM PS</b>	<b>310</b>
311	200m IM PS	312	311	200m IM PS	312
39	200m IM	40	39	200m IM	40
41	1500m FREE (SH)		41	1500m FREE (FH)	
	800m FREE (SH)	42		800m FREE (FH)	42
<b>FH = Fast Heat   SH = Slower Heats   FR = Free Relay   MR = Medley Relay</b>					

# SWIMMING CANADA NATATION



PS = Para-swimming