



**2018 RBC Canadian Swimming Championships
April 5-8, 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 and WPS 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 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

National Team Selection

This competition will serve as the selection trials for the 2018 Junior Pan Pacific Championships and the 2018 Youth Olympic Games.

Competition Hosts

Swimming Canada and Neptune Natation

Venue

Olympic Park Sports Centre
4141, ave Pierre-De Coubertin, Montreal, QC, H1V 3N7

Pool

10 lane 50m competition pool/6 lane 50m warm-up facility

Organizing Committee

National Meet Director
Lyne Laprade lynelaprade@gmail.com

National Meet Referee
Rob Fillion rfillion@me.com

National Meet Referee Para-swimming
Jocelyne McLean jocelyne.mclean@videotron.qc.ca

Meet Manager
Sylvie Potvin sylviepotvin2@yahoo.ca

Officials Coordinator



Luc Bisailon lucbisailon@gmail.com

Swimming Canada Events Manager
Amanda Zevnik azevnik@swimming.ca

Swimming Canada Meet Entry Coordinator
Carol Thomas cthomas@swimming.ca

Registration

Club representatives and/or 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:

Wed Apr 4: 7:30am–11:30am
3:30pm–7:30pm

Thurs Apr 5: 7:30am-10:30

Technical Meeting

Wednesday, April 4 at 3:00pm

Entry Information

Meet Entry Deadline

Monday March 26: 11:59pm Pacific Time.

Entry Fees

\$125.00 per Swimmer
\$20.00 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 April 4, 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 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.



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.

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

[2018 Swimming Canada Standards](#)

A competitor's age is determined by their year of birth i.e. age as of December 31st, 2018.

Qualification Period

Times performed Long Course since September 1, 2016 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 be removed.



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 time 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 400IM

Only the top 2 heats will be circle seeded in the preliminaries.

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.

No 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 B 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.

All preliminary events will be seeded by time and gender (regardless of Sport Classification). Finalists will be determined utilizing point scores. 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 March 22, 2018.

Classification will take place on *April 3, 2018* 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:

50 Free [S1-S13]; 100 Free [S1-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].

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

Swimmers must achieve a minimum of two (2) Meet Qualifying Standards (MQS) as listed on the 2017-2018 Para-swimming Standards. Additional entries may be made in non-Paralympic eligible events provide 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.

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

Pre-Event Training

Mon Apr 2: 8:00am–12:00pm
 4:00pm - 8:00pm

Tues Apr 3: 8:00am–12:00pm
 4:00pm-8:00pm

Wed Apr 4: 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 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 member 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](#).

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 except when the event is considered a Time Final or for Para-swimming finals, where there will only be an “A” final.

Finals sequence: *TBC at Technical Meeting*

Relays

All relays will be swum in prelims with the fastest 10 teams advancing to the final. Should there be 10 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 – 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

*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 place 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 2017 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 place 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

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 (<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 (<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 coaches and officials.

Parking

Parking is available at the facility. Nearby streets are normally reserved for permit holders, please read parking signs carefully when parking on the streets.

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 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					