



**2019 RBC Canadian Junior Swimming Championships
July 24-29, 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 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).

For information and updates to this document please refer to the Swimming Canada web site 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 Host

Swimming Canada and Cascade Swim Club

Venue

Repsol Sport Centre
2225 Macleod Trail SE, Calgary, AB T2G 5B6

Open Water Venue

Lake Chaparral
225 Chaparral Drive SE, Calgary, AB. T2K 3K9

Pool

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

Organizing Committee

National Meet Director
Nicole Parent nicole@swimontario.com

National Meet Referee
Daryle Martin darylemartin@gmail.com



National Meet Referee – Open Water

Carole Thomas cthomas@swimming.ca

Meet Manager

Andrew Moore rajemoore@shaw.ca

Officials Coordinator

Ella Wilson ms.ellawilson@hotmail.com

Swimming Canada Events Manager

Amanda Zevnik azevnik@swimming.ca

Swimming Canada Meet Entry Coordinator

Trevor Cowan tcowan@swimming.ca

Registration

Club representatives and 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 22: 7:30am – 11:30am
3:30pm – 7:30pm

Tues July 23: 7:30am – 11:30am
3:30pm – 7:30pm

Wed July 24: 7:30am – 11:30am

Technical Meeting

Tuesday July 23 at 3:00pm

Entry Information

Meet Entry Deadline

July 9 @ 11:59pm Pacific Time.

Entry Fees

\$115.00 per Swimmer

\$15.00 per Relay Team

\$40.00 per Open Water Entry

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 23, 2019 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 24, 2019.

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.

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.

Meet Standards

[2019 Swimming Canada Standards](#)



Qualification Period

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

For single gender relay events, proof of entry times will be based on Long Course times achieved from September 1, 2018.

Bonus Swims

There are no bonus swims.

Time Trials

Swimming Canada may offer Time Trials at this competition. A final decision on format and/or availability will not be confirmed until after the meet entry deadline. There should be no planning based on the offering of Time Trials at this competition.

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. Teams must have a validated qualifying entry time since September 1, 2018. Relay 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 of the final meet entry deadline will be removed from the event.
- 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 result with swimmer's removal from the event.

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 in the preliminary session seeded fastest to slowest regardless of age group. 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 regardless of age group.

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 preliminary meet entry deadline.

Only the top 4 foreign swimmers may advance to finals, including alternates. A maximum of 2 foreign swimmers may be seeded in the A final. A maximum of 2 foreign swimmers may be seeded in the B final. All foreign swimmers will swim Exhibition during finals.

Pre-Event Training

Mon July 22: 8:00am – 12:00pm
4:00pm - 8:00pm

Tues July 23: 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 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](#).

The fee for foreign coach credentials is \$75 CAD per competition per coach. Fees can be paid on site at the meet registration.

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, 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: *TBC at Technical meeting*

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 to enter a single relay event.

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 9: 11:59pm Pacific Time. Late entries for Open Water will be accepted up until the start of the technical meeting, Tuesday July 23 at a fee of double the meet entry fee (\$80).

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

Open Water Technical Meeting:

- Meeting 1 – Tuesday July 23, during the main Technical Meeting
- Meeting 2 - Sunday July 28, 3:30pm at pool
- Technical Course Briefing July 29 – 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: 7:30am 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

Times not meeting the qualifying standard will not be scored

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

Awards

Medals for first, second and third placed 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 on Tuesday, July 23, 2019 at 3pm by email to 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

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 (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 (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: 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 Junior Swimming Championships

PRELIMINARIES WARM-UP 7:30 – 8:45 START 9:00			FINALS WARM-UP 16:00 – 17:15 START 17:30		
DAY 1 WEDNESDAY					
F		M	F		M
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
DAY 2 THURSDAY					
9	100 FREE	10	9	100 FREE	10
11	400 IM	12	11	400 IM	12
13	100 Back	14	13	100 Back	14
15	4 x 200 FR	16	15	4 x 200 FR	16
DAY 3 FRIDAY					
17	100 BREAST	18	23	1500 FREE (FH)	
19	200 FLY	20	17	100 BREAST	18
21	4 x 100 Mixed MR	21	19	200 FLY	20
23	1500 FREE (SH)		21	4 x 100 Mixed MR	21
DAY 4 SATURDAY					
25	200 FREE	26	25	200 FREE	26
27	200 BREAST	28	27	200 BREAST	28
29	4 x 100 FR	30		1500 FREE (FH)	24
	1500 FREE (SH)	24	29	4 x 100 FR	30
DAY 5 SUNDAY					
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
DAY 6 MONDAY					
Open Water – 1.5 & 3KM					
WARM-UP 7:00-7:50			START: 8:00		
FH = Fast Heat SH = Slower Heats FR = Free Relay MR = Medley Relay					