



Parc  
Jean-Drapeau



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# 2022 SPEEDO CANADIAN JUNIOR & SENIOR SWIMMING CHAMPIONSHIPS

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## OPEN WATER

## TECHNICAL MEETING

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July 31, 2022

Montreal, Qc

# INTRODUCTION



## Organizing Committee

Swimming Canada Events Managers:

Rebecca Cheverton / Jocelyn Jay

National Meet Directors:

Lyne Laprade / Danny Purcell

Open Water Meet Referee:

Carole Thomas

Swimming Canada Meet Entry Coordinator:

Carole Thomas

Local Meet Manager:

Sylvie Potvin

Local Major Officials Coordinators:

Luc Bisailon / André Despatie

Local Minor Officials Coordinator:

Annie Gauthier

# CONSENT FORMS



All consent forms are required by the end of this meeting.

# SCRATCH PROCEDURE



- Scratch deadline: 30 minutes after conclusion of this meeting.
- Late scratches & no-shows will be penalized with a fine of \$50.

# WHAT TO BRING



- Bathing cap, goggles, Vaseline, zinc cream, water bottle, etc.
- Drinks and snacks
- Blanket
- Warm clothes
- Water repellant Sunscreen (to be applied only after body marking)

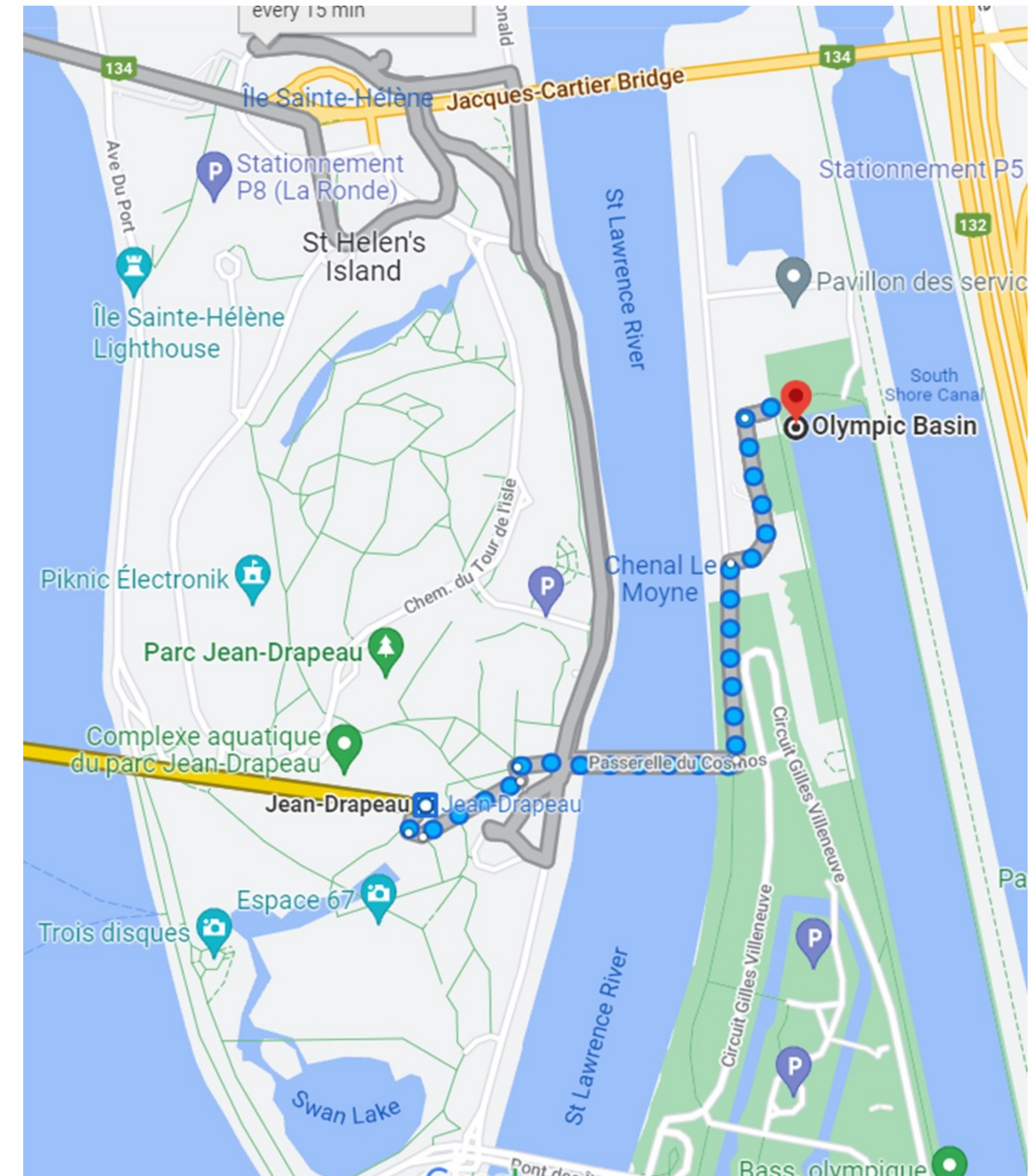
Note: Athletes are responsible for their belongings.



# HOW TO GET TO THE SITE



- From: Olympic Park Sports Centre  
4141, ave Pierre-De-Coubertin, Montreal, QC, H1V 3N7  
  
By car : Take Sherbrooke Street west to Papineau street south.  
Take Jacques-Cartier Bridge and exit at Ile St-Helene.  
Follow instructions to Ile Notre-Dame.  
Take the Passerelle du Cosmos and turn left to the basin  
Parking cost: **\$25**
- By Metro: Exit at Jean-Drapeau station.  
Look for Passerelle du Cosmos and turn left to the  
basin (10 min. walk)
- To : Olympic Basin – Parc Jean-Drapeau  
140 Chemin du Chenal le Moyne, Montréal, QC, H3C 6J6



# SAFETY



- Warm-up area: Swimmers are allowed in the race area
- Emergency Rescue Team and First Aid:
  - 12 Lifeguards
  - 2 Medical areas, 2 Emergency boats, 2 Referee boats
- Water temperature: 25° C
- Water quality: tested - July 25th, Results: Excellent



# COURSE (OLYMPIC BASIN)



Course: 750m loop

4 turn buoys

Start: Dive from dock and go straight to turn buoy #2

Direction: Clockwise

Finish: Swim inside the corridor  
You must touch the Finish panel







# MEET CONDUCT

# EVENT TIMELINE



Début Begins	Fin Ends	Épreuve Event		Genre Gender	Type épreuve Event type	Catégorie	Estim. (min)	Nb Participants
6:30	8:00	Enregistrement nageurs / Swimmers Registration Water Temperature?					90	
7:00	7:55	Échauffement sur le parcours / Warmup on the course					55	
8:00	8:15	Réunion obligatoire d'avant courses / Mandatory Race Briefing					15	
8:25	8:29	Rassemblement / Gathering 1500m M					4	
8:30		1500m	OW	Masculin	EL	14-15	30	21
8:30	8:32	Rassemblement / Gathering 1500m F					2	
8:32		1500m	OW	Féminin	EL	13-14	30	9
8:50	8:59	Rassemblement / Gathering 3000m M					4	
9:00		3000m	OW	Masculin	EL	16+	45	40
9:50	9:59	Rassemblement / Gathering 3000m F					5	
10:00		3000m	OW	Féminin	EL	15+	45	33
10:45		Remises / Awards 1500m Masculin 14-15					5	
10:50		Remises / Awards 1500m Féminin 13-14					5	
10:55		Remises / Awards 3000m Masculin 16-18, 19+					5	
11:00		Remises / Awards 3000m Féminin 15-17, 18+					5	
11:05		Présentations des bannières d'équipes / Team Championships Banners presentations					10	
11:15		Fin / End						

# SWIMMERS' CHECK-IN



- A bathing cap will be provided by the organizing committee and must be worn at the start (maximum 2 bathing caps).
- Swimmers should not be greased or have applied sunscreen before marked upon their arrival.
- Reminder: fingernails and toenails must be trimmed; no jewelry of any kind (including piercing); watches may not be worn (OWS 3.48)
- Swimsuits will be checked by the clerk of course.



# WETSUITS



- **NO WETSUITS ALLOWED as water temperature  $> 20.0^{\circ} \text{C}$**
- FINA approved wetsuit is optional when the water temperature is between  $18.0^{\circ} \text{C}$  to  $19.9^{\circ} \text{C}$ .
- FINA approved wetsuit is mandatory when the weather is between  $16.0^{\circ} \text{C}$  and  $17.9^{\circ} \text{C}$ .

# START PROCESS



- Warning 15 min, 10 min, 5 min, 1 min
- Gathering and announcement of the swimmers : 5 minutes prior to start
- Start will be dive from the dock
- Referee will blow her/his whistle to warn the swimmers
- Referee will point the yellow flag towards the Starter
- Starter will say “Take your marks”, will raise her/his flag and when she/he will lower it with the sound of the horn, the start will be given.

# COURSE PROCEDURES



- The Referees will follow the swimmers.
- The boats will stay around the group of swimmers.
- The boats will never be closer than 3m from swimmers.
- There will be no stopping except for heavy fog, heavy rain or hail, thunder and lightning and in this case only, swimmers will be escorted by the rescue team.



# COURSE PROCEDURES (CONT'D)



- A swimmer who wishes to abandon must raise their hand; a lifeguard or official will assist the swimmer back to the medical area.
- Any swimmer who leaves the course on their own must report immediately to a lifeguard and to the clerk of course after that.
- There will be turn judges at each turn.
- First Aid service will be on hand.
- Time Limit: will not apply for this meet.

# EMERGENCY ABANDONMENT



- Lifeguards on the water will whistle (3 long whistles). They will then direct everyone out of the water and, if possible, towards a safe place.
- The race will be re-started as soon as possible.
- COWS 6.17.5 If, for any reason, a competition is abandoned after 50% of the allotted course has been completed by the leading swimmers, positions shall be awarded either by position, at the time of swimmers being taken from the water, or by their position at a manned turning point passed prior to the abandonment.

# RULES



- No swimmers shall be allowed to obstruct another participant.
- Standing on the bottom during the race will not disqualify a swimmer. However, they may not walk or jump in the race direction. Swimmers shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by another person.
- Turning buoys must be passed with the right shoulder.



# DISQUALIFICATION PROCEDURE



- OWS 6.3.1 – If in the opinion of the Chief Referee or Referees, any swimmer or a swimmer's approved representative, or escort safety craft, takes advantage by committing any violation of the rules, or by making intentional contact with any swimmer, the following proceeding shall apply:
  - 1<sup>st</sup> Infringement: A yellow flag and a card bearing the swimmer's number shall be raised to indicate and to inform the swimmer that he is in violation of the rules.
  - 2<sup>nd</sup> Infringement: A red flag and a card bearing the swimmer's number shall be raised by the Referee (OWS 3.6) to indicate and to inform the swimmer that he is for the second time in violation of the rules. The swimmer shall be disqualified. He must leave the water immediately and be placed in an escort craft and take no further part in the race.
- OWS 6.3.2 – If in the opinion of a Referee, an action of a swimmer or an escort safety craft, or a swimmer's approved representative is deemed to be "unsporting", the referee shall disqualify the swimmer concerned immediately.



# FINISH



- The swimmer must enter the finish corridor
- The swimmer must touch the Finish wall to finish the race. Any swimmer who does not touch the vertical wall will be disqualified.
- After the race, the swimmer must exit the water and report to a course official who will conduct a primary evaluation of the swimmer.

# RESULTS AND AWARDS



- 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, 18 &Over | 3 km Male: 16-18, 19 & Over
- Scoring: 1 – 20: 50-30-20-19-18-17-16-15-14-13 - 12-9-8-7-6-5-4-3-2-1
- Medals for top three Canadians in each age category.
- Team banners will be presented at the end of the session.



# DOPING CONTROL



- The CCES will be conducting Doping Control during the meet
- All swimmers selected for Doping Control are required to have photo ID. Coaches are asked to instruct swimmers to bring photo ID to the competition.
- The CCES will also be conducting awareness and education activities during the competition
- Swimmers are strongly encouraged to present with an advocate.

# SMS MESSAGING SERVICE



- To subscribe text SWIMJSC at 1-833-286-7395

# QUESTIONS AND CONCERNS



- Questions and concerns related to the facility or technical delivery of the competition - National Meet Director: Lyne Laprade & Danny Purcell
- Questions related to a disqualification: Session Referee
- Questions not related to the competition: email [questions@swimming.ca](mailto:questions@swimming.ca)

# HAVE A GREAT MEET!





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