



## 2023 SPEEDO EASTERN CANADIAN CHAMPIONSHIPS MARCH 16-19, 2023

### 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 Para swimming events, 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](#).

### Competition Hosts

Swimming Canada & Windsor Aquatic Club

#### Venue

Windsor International Aquatic & Training Centre  
401 Pitt Street West Windsor, Ontario

#### Pool

10 lane 50m Competition Pool  
5 lane 25 Dive tank

### KEY DATES

<b>Meet Entry Deadline</b>	Tuesday, March 7, 2023	
<b>Classification</b>	March 14-15, 2023 – Appointment date & time will be advised prior to travel	
<b>Registration</b>	Tuesday, March 14, 2023	Wednesday, March 15, 2023
	7:30am – 11:30am 3:30pm – 7:30pm	7:30am – 11:30am 3:30pm – 7:30pm
	Registration will be available during warm up times when the meet begins	
	Club representatives are required to register their club at the registration desk to receive accreditation. <b>All coaches and support staff must register themselves in person.</b>	
<b>Pre-Event Training</b>	Tuesday, March 14, 2023	Wednesday, March 15, 2023
	8:00am – 12:00pm 4:00pm – 8:00pm	8:00am – 12:00pm 4:00pm – 8:00pm
<b>Technical Meeting</b>	Wednesday, March 15, 2023 at 3pm	
<b>Competition Times</b>	Heats: 7:30am warm-up / 9:00am start Finals: 4:30pm warm-up / 6:00pm start	

### ORGANIZING COMMITTEE

Events Manager  
National Meet Director  
National Meet Referee  
National Para Swimming Meet Referee  
Swimming Canada Meet Entry Coordinator  
National Meet Chief Classifier

Jocelyn Jay  
Trevor Cowan  
Dave Shewfelt  
Jeff Holmes  
Carole Thomas  
Mike Edey

[jjay@swimming.ca](mailto:jjay@swimming.ca)  
[tcowan@swimming.ca](mailto:tcowan@swimming.ca)  
[dave.fina09@gmail.com](mailto:dave.fina09@gmail.com)  
[jeff\\_holmes@bell.net](mailto:jeff_holmes@bell.net)  
[cthomas@swimming.ca](mailto:cthomas@swimming.ca)  
[medey@swimming.ca](mailto:medey@swimming.ca)



Meet Manager  
Officials Coordinator

TBC  
TBC

## 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 Code of Conduct and Professional Ethics, 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](http://www.swimming.ca/safe-sport)

Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to also discourage deck changing and help keep the sport safe for everyone involved.

## QUALIFYING STANDARDS

### 2023 Swimming Canada Standards

A competitor's age is their age as of the first day of the competition Thursday, March 16, 2023.

### **Qualification Period**

Times performed Long Course since September 1, 2021 are eligible for entry.

### **Age Groups**

Female:	Male:	Relays:	
Youth: 13-15		Youth: 14-16	Female: 13 & over
Senior: 16 & over		Senior: 17 & over	Male: 14 & over
			Mixed: 13 & over

Stroke 50 events (Backstroke, Breaststroke, Butterfly) will compete in a single age category in preliminaries and finals: Female 13 & over, Male 14 & over.

Paralympic Program eligible events (50 free, 50 back, 50 breast, 50 fly, 100 free, 100 back, 100 breast, 100 fly, 150 IM and 200 IM, 200 free and 400 free) will have no age restrictions for entry as per the defined sport classes.

### **Relay Only Swimmers**

Clubs may enter one relay only swimmer per gender in the competition regardless of age, girls must be at least 13 years old and boys at least 14 years old. Clubs entering more than one relay team in any relay event are not eligible to enter a relay only swimmer.

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



## ENTRY FEES & INFORMATION

**Entry Fees:** \$110.00 per Swimmer      \$20.00 per Relay Team

Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers and Foreign teams will receive an email invoice for all fees owing. This invoice must be paid prior to **March 13, 2023** in order for entries to be considered final. Please note: The team that enters the swimmer is responsible for paying that swimmer's fees.

### Entry Process

All entries must be submitted via the online entry system- <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. There is no limit on the number of individual event entries allowed.

All Canadian club and varsity coaches attending the event must be included in the club entry submission in order to receive accreditation. Foreign coaches, please see section on Coach Accreditation below to ensure you are registered.

Varsity swimmers must be registered in the Competitive Open, Competitive Open-Varsity or Varsity registration category and may represent their club team or their Varsity team.

All foreign clubs and teams (including Unattached Canadian swimmers) may go to the **entry page** and select either "Out of Country" or "UNCAN" as their Province. This will allow them to enter coaches, support staff and upload an entry file. An invoice for all entries, as well as foreign coaches and support staff will be emailed to the entry contact after the entry deadline.

### Bonus Swims

There are no bonus swims.

### Paralympic Program Meet Qualifying Standards (MQS) and Meet Entry Times (MET)

Para swimmers must have a Level 2, 3 or International sport classification by the entry deadline.

Swimmers must achieve one Paralympic Program Eastern/Western Meet Qualifying Standards (MQS). Additional entries may be made in eligible events provided the swimmer has the 2023 Paralympic Program Eastern/Western Meet Entry Time (MET).

Para swimmers will be able to enter any event for which they have equaled or bettered the 2023 Eastern/Western Canadian Championship qualifying standard (MQS) or meet entry time (MET), but only 12 events will advance to an A final:

- 200m freestyle S1-S5, S14 (Event 301/302)
- 100m backstroke S6-S14 (Event 303/304);
- 100m freestyle S1-S14 (Event 305/306);
- 50m backstroke S1-S5 (Event 307/308);
- 100m breaststroke SB4-SB9, SB11-SB14 (Event 309/310);
- 50m butterfly S1-S7 (Event 311/312);
- 400m freestyle S6-S13 (Event 313/314)
- 100m butterfly S8-S14 (Event 315/316);
- 50m breaststroke SB1-SB3(Event 317/318);
- 50m freestyle S1-S14 (Event 319/320);
- 200m IM SM5-SM14 (Event 321/322); and
- 150m IM SM1-SM4 (Event 323/324)



Once a swimmer has qualified with one or more MQS in their sport class, they may enter any event in the Paralympic Program event schedule if they have equaled or bettered the MQS or MET. If an event is not offered for a specific Sport Class, an athlete may enter the event in the higher sport class within the same impairment group (1-10, 11-13), provided that the athlete has attained the MET for the event in the alternate sport class.

Athletes with sport class NE SB9 NE are eligible to enter up to a maximum of 2 events in the S/SM10 sport class events provided they meet the S/SM10 MET in each event. These swims will be exhibition only and will be swum in the preliminary session.

For Paralympic Program events, only long course qualifying standards can be used for entry.

### **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 cost of double the meet entry fee (\$220.00).

Once late entries have been accepted, any changes or corrections will be assessed the \$100 per change or correction fee, as per below.

Athletes that achieve their first qualifying swim after the entry deadline may be added without penalty (only the base entry fee will be charged.)

Changes to para swimmer entries as a result of classification are not subject to Late Entries fees.

### **Changes and corrections**

Changes and corrections may be made up to the meet entry deadline without penalty.

Following the meet entry deadline, changes and corrections may be made up until the start of the technical meeting at a cost of **\$100 per change** or correction. (The per change cost is per swimmer, per event, per change; not per email sent).

New qualifying swims that are performed after the entry deadline (e.g. achieved between March 8-15) are exempt from the \$100 change fee and may be added without penalty.

### **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 Jocelyn Jay ([jjay@swimming.ca](mailto:jjay@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.

### **Proof of Times**

Individual Events (including Paralympic Program 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 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 meet entry deadline.

### **Scratches**

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

Following the start of the Technical Meeting, email scratches WILL NOT be accepted, and an **online scratch card form** is 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.

## **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. For Paralympic Program events, starts will be conducted as per WPS Appendix two, rule 1.2.3.1 and WPS 11.1.

### **Backstroke Ledges**

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

### **Official Splits**

Any coach wishing to request a time for an interval shorter than the total distance of the event shall advise the Clerk of Course prior to the commencement of the session in question, by submitting an Official Split Request form. This form can be found at the Clerk of Course table on deck.

### **Preliminaries**

Preliminary heats will be swum in 10 lanes, senior seeded.

### **Paralympic Program Event Seeding**

Preliminary events for each gender shall be seeded by time (regardless of Sport Classification). There is no circle seeding.

Paralympic Program equipment as per swimmers' codes of exception, i.e., starting devices and tapping devices must be approved and tagged at the conclusion of the Technical Meeting.



### **Olympic Program Event Seeding**

All entries must be submitted using proven long course (LCM) times. Conversion will not be accepted. Preliminary and Time Final events will be seeded using long course entries.

The 800m freestyle and 1500m freestyle will be swum “senior seeded” with the fastest heat, regardless of age, competing in the Finals session. All other heats will be swum “senior seeded” in the preliminary session swimming fastest to slowest alternating genders.

Preliminary heats for the 400m freestyle and 400m IM 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.

### **Finals**

Finals will be swum in 10 lanes for all events.

For Olympic Program events, there will be “A” finals for all individual events with “B” finals in individual events with 20 or more individual entries, per age category (youth & senior), entered following the preliminary scratch deadline for the event.

For ‘Time Final’ events, the fastest 10 swimmers, regardless of age category, will be swum during the finals session.

For Paralympic Program events, there will only be an “A” final only and finalists will be determined utilizing the Canadian Para Swimming Points System. A maximum of three (3) swimmers per sport class are eligible to advance to a final.

Finals will be seeded by time. If there is a tie by point score in a specific event for swimmers with the same sport class, the fastest preliminary time will advance to finals. If there is a tie by point score in a specific event for swimmers with different sport classes, there will be a swim-off. The swimmer with highest point score achieved in the swim-off will advance to finals.

Should empty lanes exist following the maximum of three (3) swimmers per sport class, additional swimmers will be added to fill the “A” final according to the points scores. The additional swimmers added will swim as exhibition in finals and not be eligible for awards.

Finals sequence: TBC at Technical Meeting

### **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.

### **Relays**

All relays will be swum as time final events with the fastest heat (10 teams) being swum during the finals session except for the mixed medley relay in which all heats will swim during finals on Sunday night.

Names submitted through the entry process will be considered final unless a change is requested. Relay name changes must be submitted 30 minutes prior to the start of the session in which they are swum.



## ACCREDITATION INFORMATION

Club accreditations (inclusive of coaches, team manager and support staff) will be assigned based on submitted coaches and support staff, into the Online Entry System, during the entry process.

The Deck Accreditation Card is non-transferable and remains the property of Swimming Canada and can be withdrawn at Swimming Canada's sole discretion. By using this Card, individuals agree to adhere to the Code of Conduct, 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.

Lost accreditation will be replaced at a cost of \$60.00 per accreditation.

### Swimmers Accreditation

Swimmers will be provided an accreditation card for deck access. This card must be always displayed. Access to the pool will be through the locker rooms and past the main security checkpoint.

### Coach Accreditation

Canadian coaches must be registered with the CSCA and Swimming Canada as an "A1" or "B" member. To receive accreditation, Swimming Canada will be enforcing coaching compliance related to the minimum NCCP certification requirements specific to your registration type/category.

As per 11.12 of Appendix A in the [Registration Manual](#), in the case of extraordinary circumstances, a coach that does not meet any of the requirements may appeal to Swimming Canada for temporary access to a Swimming Canada National Event. The exemption form is available [here](#).

All coaches are responsible for checking in and collecting their own accreditation at the competition.

All Canadian club & varsity coaches attending the meet **must** have their name and information submitted in the club's entry submission. If a varsity coach will **not** be submitting entries for their athletes but will be attending the meet, please contact [jjay@swimming.ca](mailto:jjay@swimming.ca) to be added to the accreditation list. As well, varsity coaches attending without submitting entries must fill out [this form](#) to identify the swimmers being they will be coaching at the competition.

### Support Staff Accreditation

Clubs requiring Support Staff (assistance for Para swimmers, massage therapist, physiologist, doctor, mental performance coach or team manager only) are required to add them into the Registration Tracking and Results System (RTR). The Club Registrar is responsible for adding Support Staff to the RTR for the purpose of being able to **be permitted on deck at Swimming Canada National Events only**. *Support Staff who are not registered in the RTR will not be permitted on deck at Swimming Canada National Events.*

### Foreign Coach & Support Staff Accreditation (\$100.00 CAD)

Any foreign coaches attending will be required to submit their coaching registration information during the submission of their team's entries. All coaches and support staff (other than those members of USA Swimming) are asked to have their National Federation to provide a letter to [jjay@swimming.ca](mailto:jjay@swimming.ca) confirming they are a coach or support staff, currently registered and in good standing, in that country. The fee for the foreign coach and support staff accreditation is \$100 CAD per competition, per coach and support staff. This will be included on the invoice with swimmer entries.

## PARA SWIMMING CLASSIFICATION

Domestic Level 3 Classification will be conducted at this event. All swimmers must achieve at least one MQS in their current sport class to attend the event. To be seen for Level 3 sport class evaluation they must have achieved



the MET for both of their Observation Assessment (OA) events. Swimmers will not be given an exemption to swim OA events for the purpose of classification except for change of sport class. The Chief Classifier will notify the Entry Coordinator of any event changes due to the change in sport class. Swimmers must swim both their designated “s” and “SB” events.

The OA events are 50m breaststroke (SB1-SB3), 100m breaststroke (SB4-SB9), 200m freestyle (S1-S5) and 400m freestyle (S6-S10).

Canadian swimmers who have never been assigned a Domestic Level 3 Classification or have an outstanding Level 3 Review date year of 2023 (or before) must request classification. **Swimmers requesting sport classification are required to submit a request online by the entry deadline of March 7, 2023.**

If a swimmer has not been previously classified Level 3 or if they are a Level 3 review status, they should enter with their Level 2 or current Level 3 sport class. Adjustments may be made as necessary following the classification appointment, and before the start of the competition.

Classification will take place on March 14 and 15, 2023. All athletes must plan their travel, so they are available for classification starting at 8am on March 14, 2023.

You will receive notice of your classification appointment day and time via email from the Domestic Classification Manager Mike Edey.

## AWARD & SCORING INFORMATION

Medals for first, second and third placed Canadian Swimmers in both Olympic and Paralympic Program events. Commemorative Medal for Foreign Swimmers placing in the top three.

- Eastern Canadian Team Championship banner
- Olympic Program - Canadian Female and Male High Point Aggregate by age group (5-2-1) \*
- Paralympic Program - Canadian Female and Canadian 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 swimmer have accumulated the exact scores and numbers of each medal, two winners will be awarded.

### Meet Scoring

Individual events, per age group and multiclass places 1 – 20: 50-30-20-19-18-17-16-15-14-13 and 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

PLEASE NOTE: Times not meeting the qualifying standard will not be scored, and foreign swimmers are not eligible to score points toward team scores or high point awards.

## DOPING CONTROL

Participants registered for this event must be aware that doping control may be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with the Canadian Anti-Doping Program.

To avoid a positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

- **Check your medications:** Use the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments you are using are banned by the WADA Prohibited List.





- **Review your medical exemption requirements:** If you require the use of a banned medication for a legitimate medical reason visit (<http://cces.ca/medical-exemptions>) to obtain information and instructions about how to apply for a medical exemption.
- **Learn about the doping risks associated with supplements:** Do not use supplements, or take significant 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. Find out more at <http://cces.ca/supplements>.
- **Review the sample collection procedures:** This short video will take you step-by-step through doping control (<http://cces.ca/sample-collection-procedures>).
- **Contact the CCES with any questions:**
  - 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 officials and coaches.

### Parking

Available municipal and public parking spaces nearby. City of Windsor parking lots are Pay-and-Display. Accessible parking spaces are located on the west side of the building and require a province-issued placard/license plate.

### Lockers

Lockers are available free of charge in all 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

AVIS 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

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
301	200m FREE PS	302	301	200m FREE PS	302
1	200m FREE	2	1	200m FREE	2
303	100m BACK PS	304	303	100m BACK PS	304
3	100m BACK	4	3	100m BACK	4
5	200m BREAST	6	5	200m BREAST	6
7	4 x 100m FR (SH)	8	9	800m FREE (FH)	
9	800m FREE (SH)			1500m FREE (FH)	10
	1500m FREE (SH)	10	7	4 x 100m FR (FH)	8
<b>DAY 2 (FRIDAY)</b>					
305	100m FREE PS	306	305	100m FREE PS	306
11	100m FREE	12	11	100m FREE	12
307	50m BACK PS	308	307	50m BACK PS	308
13	50m BACK	14	13	50m BACK	14
309	100m BREAST PS	310	309	100m BREAST PS	310
15	100m BREAST	16	15	100m BREAST	16
311	50m FLY PS	312	311	50m FLY PS	312
17	50m FLY	18	17	50m FLY	18
19	400m IM	20	19	400m IM	20
21	4 x 200m FR (SH)	22	21	4 x 200m FR (FH)	22
<b>DAY 3 (SATURDAY)</b>					
313	400m FREE PS	314	313	400m FREE PS	314
23	400m FREE	24	23	400m FREE	24
315	100m FLY PS	316	315	100m FLY PS	316
25	100m FLY	26	25	100m FLY	26
317	50m BREAST PS	318	317	50m BREAST PS	318
27	50m BREAST	28	27	50m BREAST	28
29	200m BACK	30	29	200m BACK	30
31	4 x 100m MR (SH)	32	31	4 x 100m MR (FH)	32
<b>DAY 4 (SUNDAY)</b>					
33	200m FLY	34	33	200m FLY	34
319	50m FREE PS	320	319	50m FREE PS	320
35	50m FREE	36	35	50m FREE	36
321	200m IM PS	322	321	200m IM PS	322
37	200m IM	38	37	200m IM	38
323	150m IM PS	324	323	150m IM PS	324
39	1500m FREE (SH)		39	1500m FREE (FH)	
	800m FREE (SH)	40		800m FREE (FH)	40
			41	4 x 100m MIXED MR	41
<b>FH = Fast Heat SH = Slower Heats PS = Para swimming</b>					