



2023 SPEEDO WESTERN CANADIAN CHAMPIONSHIPS

TECHNICAL MEETING

3:00 pm. March 15, 2023

MNP Community and Sport Centre

INTRODUCTION



Organizing Committee

- Meet Manager: Kevin Wigginton
- Officials Coordinator: Kerstin Clark
- Swimming Canada Event Manager: Rebecca Cheverton
- Swimming Canada Meet Entries & Data Management: Rob Traynor

MEET CONDUCT



National Meet Director – Norma Lachance

National Meet Referee – Maggie Middleton

National Para Swimming Meet Referee – Sandra Rousseau

SAFE SPORT

SEE SOMETHING, SAY SOMETHING



Throughout the competition you will see postings and hear announcements about various Safe Sport initiatives and procedures including but not limited to:

- Event Photography and Videography Procedure
- Creating open and observable environment
- Accreditation and deck access

For more information please see: <http://www.swimming.ca/safe-sport>

START TIMES



Prelims (8 lanes):

Warm-up: 7:30 – 8:45 am *(Sprint / Pace lanes open at 8:00 am)*

Start Time: 9:00 am

Finals (8 lanes):

Warm-up: 4:30 – 5:45 pm *(Sprint / Pace lanes open at 5:00 pm)*

Start Time: 6:00 pm

Ongoing warm-up/cool down lanes available in the adjacent 25m training pool

TIMELINES (ESTIMATES ONLY)



DAY 1:

Prelims finish: 12:30 pm

Finals finish: 8:30 pm

DAY 2:

Prelims finish: 12:30 pm

Finals finish: 8:40 pm

DAY 3:

Prelims finish: 12:10 pm

Finals finish: 8:30 pm

DAY 4:

Prelims finish: 12:00 pm

Finals finish: 8:40 pm

Timelines are estimates only....

WARM-UPS



SWIMMING CANADA WARM-UP COMPETITION PROCEDURES dated August 3, 2020 are in effect.

Violations:

- Swimmers may be removed from their first event
- Second offense in same competition: removal from remainder of the competition

Equipment Permitted:

- kick boards, pull buoys, snorkels (in competition pool)

Equipment Not permitted:

- fins, paddles, stretch cords in competition pool
- No diving in competition pool except in Sprint Lanes during Sprint / Dive Starts in designated timeframes.

WARM UP LANE ASSIGNMENTS



Competition Pool

Paraswimming Lane: Dedicated Lane 1 in Competition Pool during warm ups

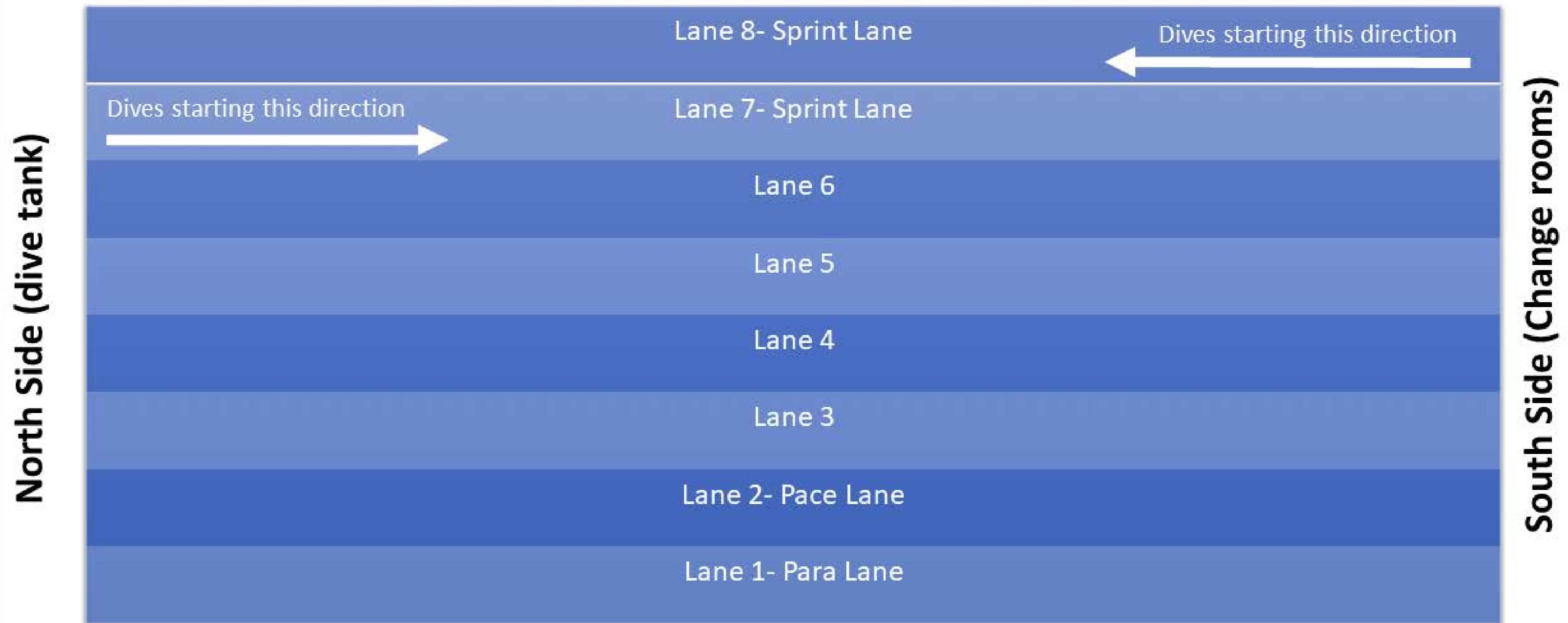
Pace lane: Lane 2 (starting 30 minutes after the start of WU)

Sprint lanes: Lanes 7 (North end) & 8 (South end) with backstroke ledges available in Sprint/Dive lanes

NOTE: Lane 6 may also be used as an additional Sprint/Dive lane upon approval by Meet Management.

Note: During the running of the competition, Warm Up/Cool Down lanes available in the 8 lane WU pool. **There will be a dedicated Para Lane – Lane 2**

WARM UP LANE ASSIGNMENTS



COMPETITION MANAGEMENT



- Starts for **100m and longer** events are from the Dive Tank (North) end **except** for Event 323/324 150IM which will start from the Change Room (South) end.
- **50M EVENTS WILL START FROM THE CHANGE ROOM (SOUTH) END OF THE POOL**
- The CCES will be conducting Doping Control during the meet. All 18&U athletes must be accompanied by a team representative.

Preliminary Sessions

- Dive over starts for **Prelims** except for backstroke events, the start and finish of Para events and 50m events.
- Preliminary heats will be swum senior seeded with top 3 heats circle seeded except for 400 m events where top 2 heats will be circle seeded.
- No circle seeding in Paralympic preliminary events.
- Swim-offs – run by the end of the preliminary session which the tie occurred.

COMPETITION MANAGEMENT



Finals Sessions

- Pool will be cleared for each event/heat in **Finals**.
- There will A and B finals in individual events, per age group (youth and senior)
- Finals sequence: A > B.
- Awards to be presented during swimming of the B finals. Please refer to timeline provided in heat sheets.

COMPETITION MANAGEMENT



Time Final Events

800 & 1500

- Fastest heat regardless of age swims during finals.
- Alternating gender 800/1500 from fastest to slowest for slower heats in prelims
- Lap Counters will be used
- There will be **NO positive check in** for distance events:
 - Thursday 800/1500: scratch deadline is 30 minutes after Technical meeting
 - Sunday 800/1500: scratch deadline is 30 minutes following the start of Saturday finals

COMPETITION MANAGEMENT



Time Final Events (con't)

Relays

- Top 8 relay teams will swim in finals **except** for Mixed Medley Relay where all teams will swim during Sunday finals.
- The remaining relay teams will swim in prelims slowest to fastest **without alternating gender.**

Official Splits

- Requests for official splits must be submitted to the Admin Desk on appropriate forms at least 30 minutes prior to the session.

RELAY PROCEDURE / SUBMISSION



- **Thursday Relay cards** will be available from the clerk and any changes will be accepted until 30 minutes after the Technical Meeting.
- **Friday, Saturday and Sunday Relay cards** will be available at the Admin desk and considered entered as submitted with entry file **unless** coaches make changes prior to the scratch deadline for Time Finals.
- **Relay names changes** will be accepted up to 30 minutes prior to the start of the session in which they are swum.

HEAT SHEETS & RESULTS



Prelims and Final Heat Sheets:

- Available daily from the Admin Desk.
- Posted on the web as soon as finalized prior to each session.

Results:

- Posted after each event on the pool deck and across from the main desk on the spectator level.
- Posted after each event on the Swimming Canada website.

PSYCH SHEETS & RESULTS LINKS



Live stream

WATCH LIVE

<https://app.staylive.io/rectec/westerns>

Meet Mobile App search for “2023 Speedo Western Canadian Championships”

LIVE RESULTS

Live Results

https://results.swimming.ca/2023_Speedo_Western_Championships/

SCRATCH PROCEDURE



- **Deadlines**
 - **Thursday Prelims & Time Final events:** 30 minutes after Tech meeting
 - **Fri–Sun Prelims & Time Final events:** 30 minutes following the start of previous evening’s finals
 - **Finals:** 30 minutes following Prelims events (excluding time final events)
 - Email scratches NOT accepted following start of Tech Meeting and a meet scratch (online form) are required.
<https://form.jotform.com/230334529211244>

PENALTIES



- \$50 for any no shows, late scratches, step-downs, or unexcused incomplete swims during prelims or finals.
- For Prelims: fine must be paid during or by the end of the session.
- For Finals: fine must be paid immediately. Swimmer shall not swim subsequent events (in any session) until the penalty has been paid.
- An invoice from Swimming Canada for late scratches, no shows, step-downs, or unexcused incomplete swims will be sent to **the entry contact**. If coaches prefer to have the invoice sent to a different contact, please update Becky. That invoice is due on receipt and can be paid via credit card on deck.

SMS SERVICE FOR COACHES



To subscribe text:

SWIMWES to 1 (833) 286 7395

En français, NATWES 1 (833) 286- 7395

Or use QR code:



FINALS – CALL ROOM/READY ROOM PROCEDURES



- Finals sequence: A > B
- A, B finalists and alternates are to report to the ready room 15 minutes before the scheduled start of their race.
- B finalists will be released from the ready room for their event and should be ready behind the blocks. They will be introduced during their race
- A finalists will be marched on once the B finalists finish the B final race. Music will play and there will be introductions while marching on.

FOREIGN ATHLETES



OLYMPIC and PARALYMPIC PROGRAM EVENTS

- A maximum of two (2) foreign swimmers and/or relays will be permitted to advance to an “A” Final OR seeded top 8 in a timed final event.
- A maximum of two (2) foreign swimmers will be permitted to advance to a “B” Final. A maximum of one (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.
- Foreign swimmers will swim Exhibition during finals.

PARALYMPIC PROGRAM



Finalists will be determined using the 2021 Canadian Paralympic Points System.

- Maximum 3 Para Swimmers per Sport Class advance to Finals.
- Seeding in Finals is by time for Para events
- Paralympic Program Warm-up:
 - Lane 1 in competition pool during warm period
 - Lane 2 in WU pool during the competition.
- Any approved Para tapping devices, backstroke start aids etc. need to be approved prior to the competition by the Technical Advisor. This may be done after the Technical Meeting. Any taping for para – explicitly, to be reviewed by TA prior to each session.

DQ'S AND PROTESTS



Disqualifications:

- Disqualifications will be announced and include event number, heat number and lane number.

Procedure for protests:

- Discuss DQ with the session Referee
- If not resolved, a written protest may be presented to the Referee. A written protest must be presented within 30 minutes after the conclusion of the event (protest forms will be available at the Admin Desk).
- If not resolved after discussion of the written protest, the matter may be assigned to a Jury of Appeal. There is no fee for the protest or jury.

JURY OF APPEAL



- **CGR 9.3.1.2** The Jury of Appeal shall be chaired by the National Meet Director at National Competitions. The chairperson shall have no vote. The voting members shall be odd in number preferably either three (3) or five (5), and should be the most experienced Swimming Canada/PS officials or officers available, *in addition to the requirement to include a coach, as determined by the CSCA after the entry deadline.* None of those participating on the Jury of Appeal can have been involved in the disputed decision or disqualification. In the event that there is no coach available, the jury will still convene, and the outcome shall be final.

JURY OF APPEAL



Coach Appointment Process

- CSCA provides 2-3 coaches in advance of each meet who are willing to sit on a jury of appeal if required. These coaches should show geographic diversity.
- Your coach selections for this meet are:
 - Dave MacDonald, UCSC
 - Judy Baker, WDSC
 - Jeremy Dumora, NN

MEET SCORING



- Individual events, places 1 – 16:
 - A final: 30-25-20-15-14-13-12-11 B final: 9-7-6-5-4-3-2-1
- Relays events, places 1 – 8:
 - A final: 100-60-40-34-32-30-28-26
- Foreign swimmers are not eligible to score points.

AWARDS



- Medals for 1st, 2nd, and 3rd place
- Team Championship Banner
- Male and Female High Point Aggregate by age group (Olympic Program).
- Male and Female High Point Aggregate (Paralympic Program)
- Medal for Foreign Swimmers placing in top 3.

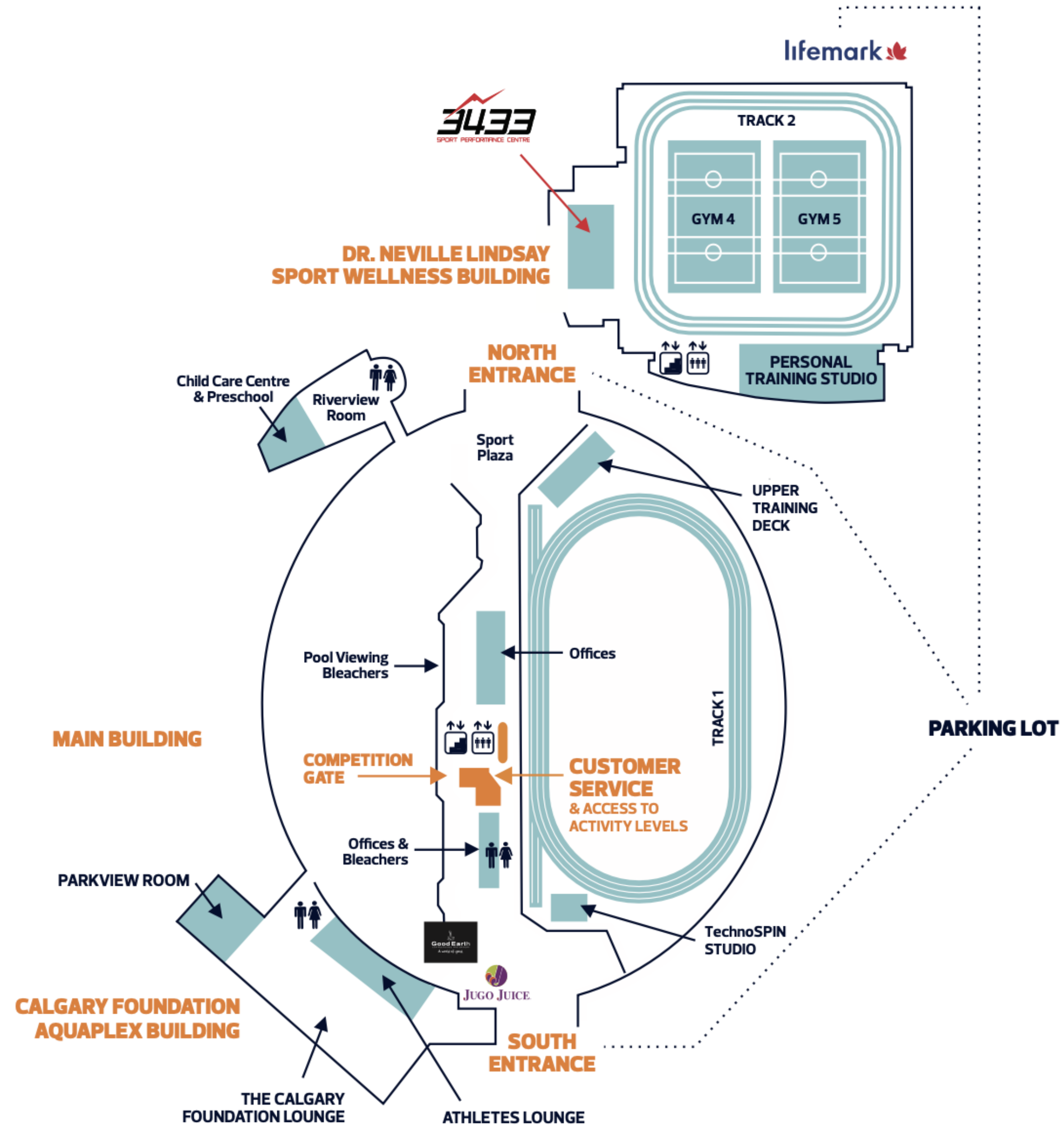
Note: If a swimmer is unable to attend their award ceremony, please send a fully uniformed substitute swimmer in their place. Foreign swimmers will receive their medal on the same podium as the Canadian medalists.

GENERAL FACILITY INFORMATION

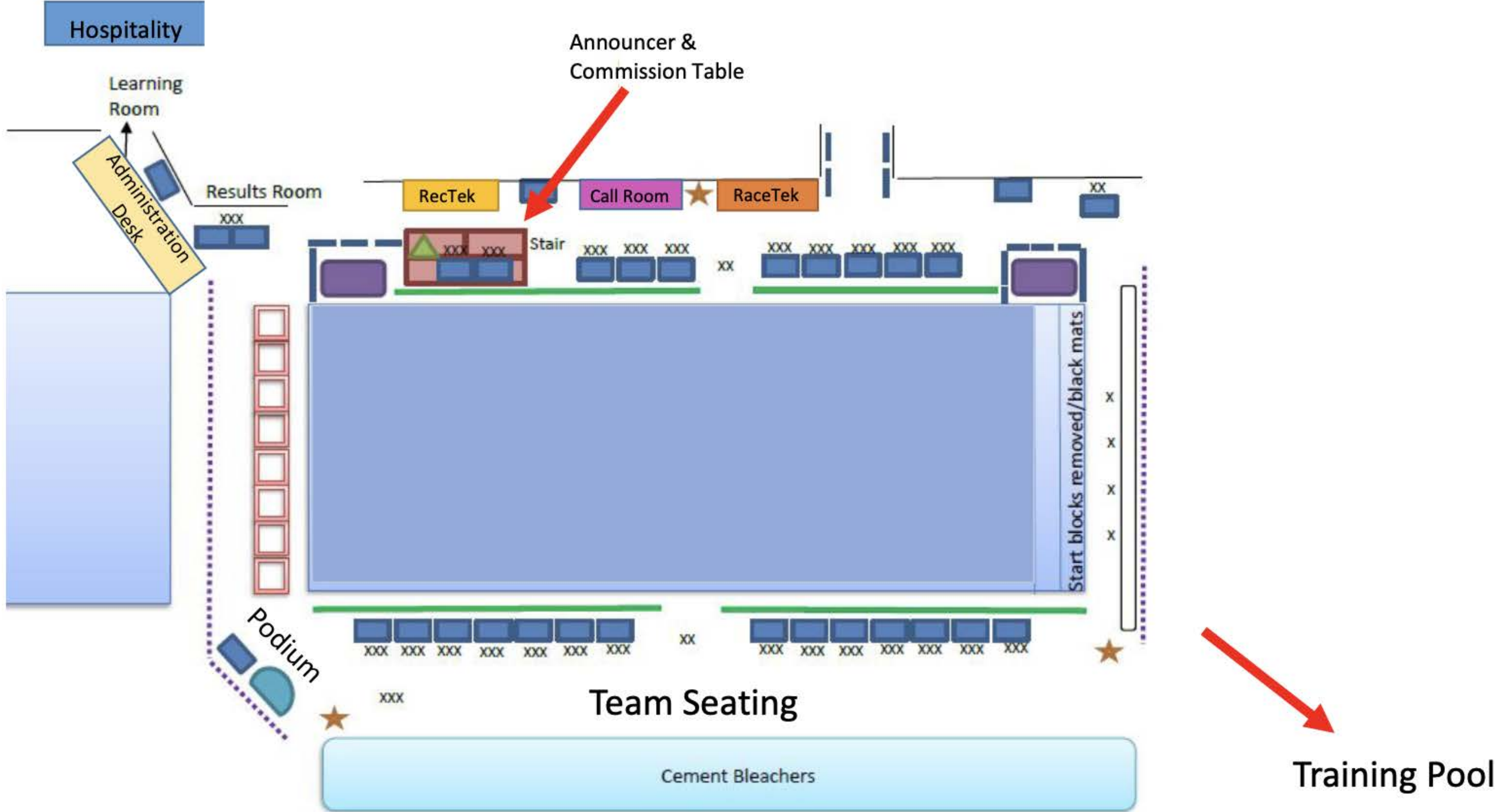


- **WIFI: Member Internet Password: freetrial**
- Please enter the facility through the North Entrance where the vendors are situated.
- Access to the pool deck for swimmers, coaches and accredited staff/officials is through the Competition gate (see map).
- Swimmers, coaches seating is available on-deck on the west side of pool deck.
- No use of hot tubs, cold tubs or steam room is permitted during this competition.
- Lockers are for members and customers only. Event participants must keep their belongings with them on the pool deck.
- Health and safety mandates that shirts and shoes be worn at all times on the main concourse and in all dryland activity areas.
- Athletes are not permitted to change their clothing in the activity areas (pool deck, gymnasiums, etc.).
- No glassware on pool deck.
- **The venue, organizing committee and Swimming Canada are not responsible for lost or stolen items.**

FACILITY LAYOUT



FACILITY LAYOUT



ACCREDITATION INFORMATION



- Accreditation will be required to gain access to the pool deck
- Access to the pool deck is through the Competition gate through the west turnstile between the spectator seating areas (see map). **Accreditation will be required for entry.**
- ALL athletes, coaching staff and support staff must have accreditation, individuals without accreditation will not be permitted pool access.
- Lost accreditation will be replaced at a cost of \$60.00 per accreditation at the clerk of course.



QUESTIONS AND CONCERNS

- Questions and concerns related to the facility or technical delivery of the competition -
National Meet Director: Norma Lachance mathdva@gmail.com
- Questions related to a disqualification: Session Referee
- Questions not related to the competition: email questions@swimming.ca



HAVE A GREAT MEET!



SWIMMING.CA | NATATION.CA