



2023 Speedo Canadian Masters Swimming Championships

TECHNICAL BULLETIN

May 26-28, 2023

Calgary, AB

INTRODUCTION



Organizing Committee

National Meet Director

Teresa Stauff

National Meet Referee

Iris Jackson

Meet Manager

Sue Hill

Swimming Canada Meet Entry Coordinator

Rob Traynor

Local Officials Coordinator

Sue Hill

Swimming Canada Events Manager

Rebecca Cheverton

SMS MESSAGING SERVICE



To subscribe text:

English: **SWIMCMSC** to 1-833-286-7395

French: **NATCMSC** to 1-833-286-7395

INTERNET ACCESS



Network: Member Internet

Password: **freetrial**

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.

“SEE something, SAY something”

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



COMPETITION FORMAT

MEET FORMAT



Time finals

Short course (25m)

Double-ended (8 lanes)

North end: Odd-numbered heats

South end: Even-numbered heats

Except for 1500s and 800s

Event

Location

1	W 1500m free
2	M 1500m free
51	W 800m free
52	M 800m free

North
South
South
North

Note: Fastest heat of events 1 and 51 may run at the end of the Men's event in that pool.

START TIMES



Competition pools:

Friday

Warm-up 8:00 – 8:50 am Start: 9:00 am

Saturday

Warm-up 8:00 – 8:50 am Start: 9:00 am

(Sprint / Pace lanes open at 8:30 am)

Sunday

Warm-up 7:30 – 8:20 am Start: 8:30 am (Sprint / Pace lanes open at 8:00 am)

Ongoing warm-up/cool down lanes available in the adjacent 20m dive tank.

There will be breaks during the sessions as noted in the timelines where warm-down will be possible in the Competition pools.

TIMELINES



DAY 1: North – Odd Heats, South – Even Heats

Session start: 9:00 am

Session finish: 4:30 pm

DAY 2: North – Odd Heats, South – Even Heats

Session start: 9:00 am

Session finish: 4:00 pm

DAY 3: North – Odd Heats, South – Even Heats

Session start: 8:30 am

Session finish: 3:15 pm

Breaks are incorporated into the sessions.

Session finish times are **ESTIMATES** only.



MEET CONDUCT

WARM-UP SAFETY PROCEDURES



SWIMMING CANADA COMPETITION WARM-UP PROCEDURES are in effect.

The full document can be viewed [here](#).

Violations:

- Swimmers witnessed entering the water in a dangerous fashion may be removed from their first event
- Second offense in same competition, may be removed from the remainder of the competition

Equipment Permitted:

- Kick boards, pull buoys, snorkels

Not Permitted:

- Fins, paddles, stretch cords in competition pool

No diving in competition pool except in Sprint Lanes during designated times.

WARM UP LANE ASSIGNMENTS



Competition Pools (North and South ends)

- Sprint lanes: Lanes 1 and 8 (30 minutes after the start of warm-up)
- Pace lane: Lane 2
- Backstroke ledges available during sprint lane periods

Note: During the running of the competition, Warm Up/Cool Down lanes will be available in the dive tank.

COMPETITION MANAGEMENT INFORMATION



Starts

Starts will be conducted from Starting Platforms (blocks) as per II.16.1.4 and II.4.1. MSW 3.2 will also apply : When using the forward start, the referee's whistle shall indicate that the swimmers may take their position with at least one foot at the front of the starting platform or pool deck or in the water with one hand having contact with the start wall.

For relays, swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

Seeding

All events will be run slowest to fastest, all age groups combined.

Scratches

We invite swimmers and coaches to present all scratches to the Administration desk prior to the start of the session.

POSITIVE CHECK-IN

800M AND 1500M FREESTYLE



All swimmers participating in the 1500m freestyle on Friday May 26, 2023 must check-in prior to 08:00am, Friday May 26, 2023 with the Clerk of Course at the Administration Desk or by email to meet entries coordinator. (RTraynor@swimming.ca).

All swimmers participating in the 800m freestyle on Sunday May 28, 2023 must check-in prior to 10:00am Sunday May 28, 2023 with the Clerk of Course at the Administration Desk or by email to meet entries coordinator (RTraynor@swimming.ca).

RECORDS AND OFFICIAL TIME REQUESTS



Records

- All swimmers attempting to set a record **MUST** inform the Clerk of Course at the Administration Desk prior to the start of the session in which their Canadian, World or Foreign record attempt will occur. Information forms will be available.

Official Split Requests

- All requests for official splits must be presented to the Clerk of Course at the Administration Desk prior to the start of the session in which the event will be swum. Official Split request forms will be available at the Administration Desk.

RELAYS



Relay name changes must be submitted to the Clerk of Course at the Administration Desk 30 minutes prior to the start of the session in which they are swum; please enter on the forms available at the Administration Desk. Relay name changes may not alter the age category in which the relay was entered. Name changes that result in a change to the age category entered will be scratched.

All members of a relay team must be from the same club and must be entered in at least one individual event.

A swimmer may swim only once in each relay event.

Mixed relays must be composed of 2 women and 2 men.

TAPING REQUESTS



CSW 10.9.2 At a Swimming Canada National competition, a committee shall be created to review and approve taping requests.

- Submit requests to National Meet Director: Teresa Staufft tlstaufft@shaw.ca

BACKSTROKE LEDGES



The IT will check the strapping is free of any twists or knots and that the wedge/ledge is sitting flat against the wall.

Once the athletes arrive behind the block the athlete may change the setting and ensure it is secured into position or may remove it from the water if they do not wish to use the device.

The IT may be asked for assistance.

A general warning will be given to the entire field if swimmers do not have at least one toe from each foot on touchpad.

HEAT SHEETS & RESULTS



Heat Sheets

- Copies available for clubs at the Administration Desk and posted on the wall.
- Posted on the web as soon as they are ready (swimming.ca, Live Results and Meet Mobile)

Results

- Available on Meet Mobile
- Posted after each event on the Swimming Canada website (live results)

LIVE RESULTS

Meet Mobile App search for “**Canadian Masters Swimming Championships 2023**”

Live Results: https://results.swimming.ca/2023_Speedo_Canadian_Masters/

MEET MOBILE



View heat sheets and results on Meet Mobile.
For more information, use the QR code below.

IOS	ANDROID
	

DQ'S AND PROTESTS



Disqualifications

- Disqualifications will be announced and include event number, heat number and lane number and will be posted with the coded reason in the results list.

Procedure for protests

- Discuss the DQ with the session Referee
- If not resolved, a written protest may be presented to the Referee within 30 minutes after the conclusion of the **event** (protest forms will be available at the Administration Desk).
- If not resolved after discussion of the written protest, the matter may be assigned to a Jury of Appeal.

OTHER INFO



Lap counters

- Available if needed. Swimmers must bring an assistant to operate the lap counters. They will be used at the turn end of the pool (bulkhead). These counters should not touch the water. Please indicate at positive check in that you intend to use a lap counter.

Pre-meet training times

- Thursday May 25, 2023 4:00 - 8:00pm



**OPERATIONS &
ADMINISTRATIVE
CONDUCT**

REGISTRATION



Registration

- Thursday May 25, 2023 - 3:30pm to 7:30pm
- Friday May 26, 2023 - Starting at 7:00am
- Saturday May 27, 2023 and Sunday May 28, 2023 registration will be on the pool deck near the Administration Desk during competition hours.

ACCREDITATION



Accreditation

- Accreditation will be required to gain access to the locker rooms and the pool deck.
- ALL athletes, coaching staff and support staff must have accreditation. Individual without accreditation will not be permitted pool access. Lost accreditation will be replaced at a cost of \$60.00 per accreditation.
- Children and family members not registered with the event are not permitted on deck.
- Please note all coaches and support staff must be registered with Swimming Canada.
- If you did not submit a coach or support staff with your entries and they will be attending, please email masters@swimming.ca.

GENERAL FACILITY INFORMATION



Facility Access

- Please enter the facility through the North Entrance.
- Access to the pool deck for swimmers, coaches and accredited staff/officials is through the Competition gate (see map).
- Swimmers and coach seating is available on-deck on the west side of pool deck.

Hospitality

- Fruit and granola bars will be available for swimmers and coaches on deck near dive tower. A canteen (\$) will also be available in the lobby.
- Lunch will be available for officials.

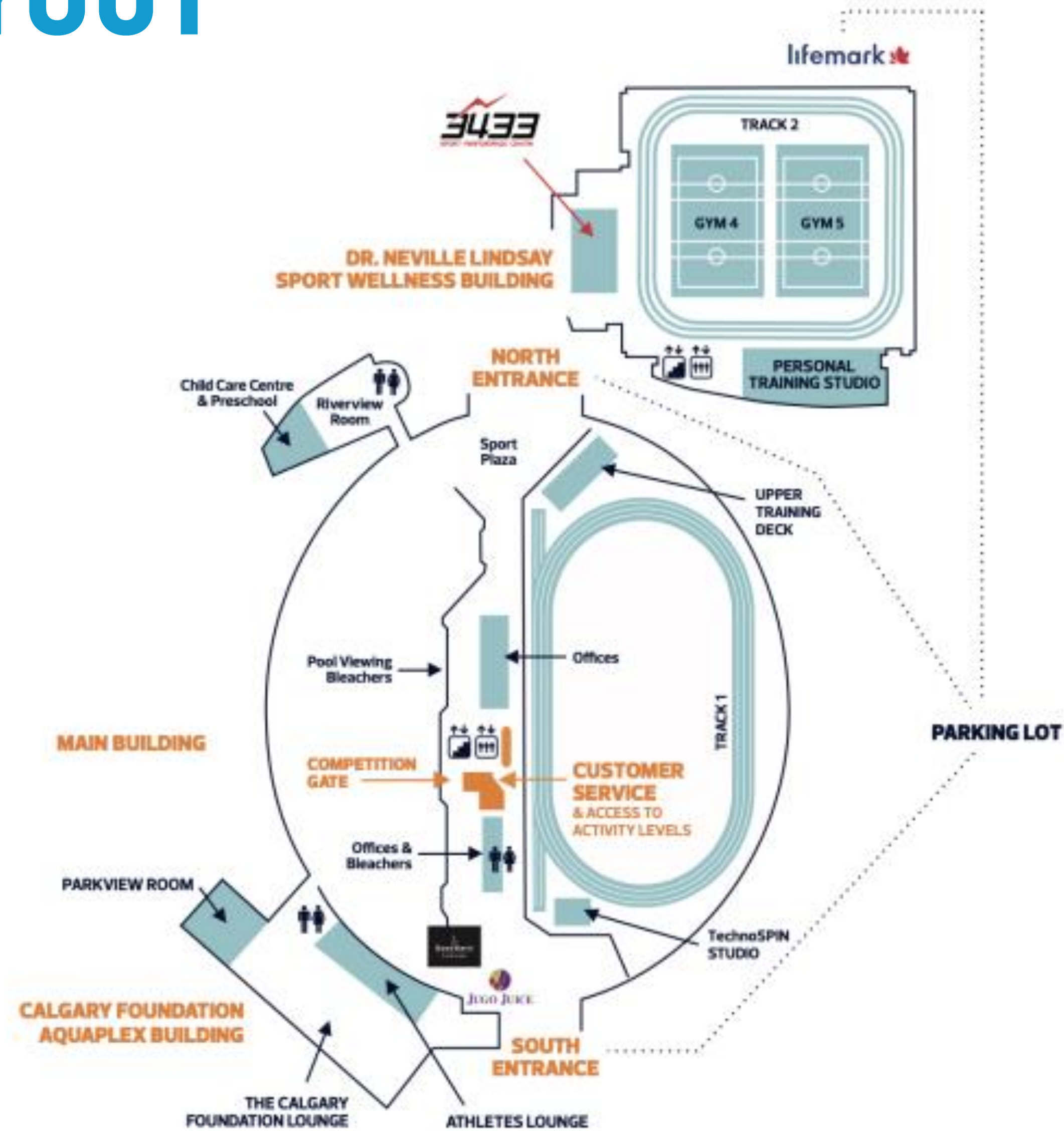
GENERAL FACILITY INFORMATION



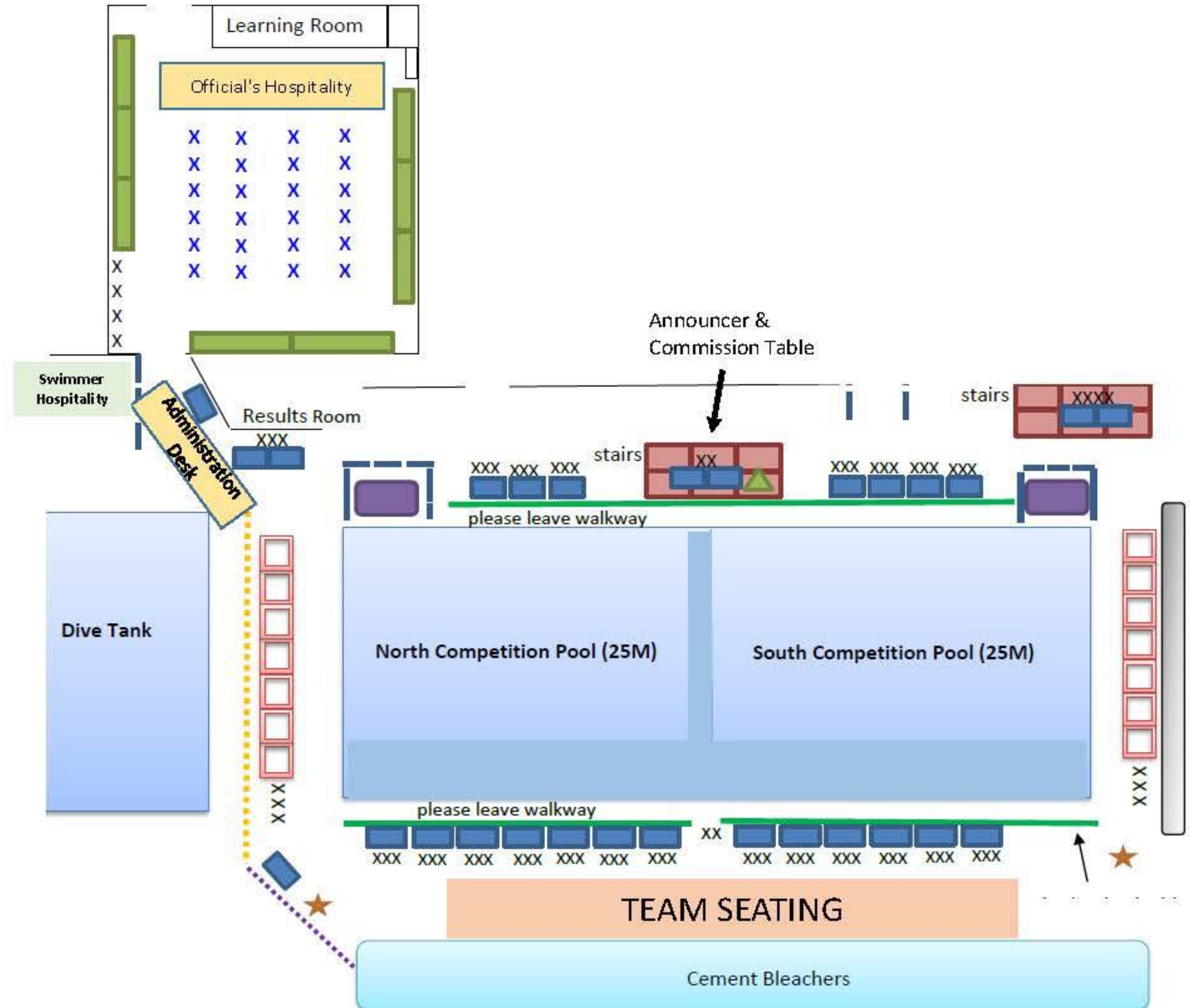
Facility Rules

- 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.

FACILITY LAYOUT



FACILITY LAYOUT



EVACUATION PROCEDURE



Lifeguards are responsible for the evacuation procedures, please follow their instructions.

- Two emergency exits are located:
 - mid-point of team seating area
 - south end of team seating area

MEET SCORING



Individual events, places 1 – 8:

- 9-7-6-5-4-3-2-1

Relays events, places 1 – 8:

- 18-14-12-10-8-6-4-2
- Foreign swimmers are not eligible to score points

AWARDS



Individual

- Medals for first, second and third place swimmers representing Canadian Swim Clubs.
- Ribbons for swimmers placing 4th to 8th.
- A commemorative medal will be awarded to swimmers representing Foreign Swim Clubs placing in the top 3.

Relays

- Ribbons for first, second and third place relays of Canadian swim clubs.
 - Ribbons for relays placing 4th to 8th.
 - A commemorative ribbon will be awarded to relays representing Foreign Swim Clubs placing in the top 3.

Individual and relay awards must be collected at the awards table in the foyer throughout the meet. Unclaimed awards will NOT be mailed. Relay awards will be given to one team member for distribution.

TEAM AWARDS



A banner will be awarded to the highest scoring Canadian swim club participating in the Canadian Masters Swimming Championships.

A banner will be awarded to the highest scoring Canadian swim club with 15 to 40 swimmers registered in the Canadian Masters Swimming Championships.

A banner will be awarded to the highest scoring Canadian swim club with 14 or fewer swimmers registered in the Canadian Masters Swimming Championships.

A banner will be awarded to the Canadian swim club with a minimum of 4 swimmers with the highest average number of points for individual events only per swimmer registered in the Canadian Masters Swimming Championships.

SWIMMING CANADA RECOGNITION AWARDS



Recognition awards will be distributed by Swimming Canada on the pool deck Saturday morning before the start of the session (at 9:00 am).

OTHER INFO



Parking

Free parking is available at the facility.

Spectators

Seating is available on the main concourse on the east side of the competition pool. Children and family members not registered with the event are not permitted on deck, they must remain in the spectator area.

QUESTIONS AND CONCERNS



Questions and concerns related to the facility or technical delivery of the competition:

- Teresa Stauff – tlstauff@shaw.ca
- Iris Jackson – iris.jackson@albertacoach.ca
- Sue Hill – librnata@gmail.com

Questions related to a disqualification: Session Referee

Questions not related to the competition: please email questions@swimming.ca



HAVE A GREAT MEET!



SWIMMING.CA | NATATION.CA