



2023 CANADIAN OPEN WATER TRIALS APRIL 15-16, 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. For information and updates to this document please refer to the Swimming Canada [web site](#).

This meet is open to qualified Swimming Canada registered swimmers and World Aquatics (formerly 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).

COMPETITION HOST

Swimming Canada and Cayman Islands Aquatic Sports Association

VENUE

Governors Beach Grand Cayman, Cayman Islands

ORGANIZING COMMITTEE

Swimming Canada Events Manager	Rebecca Cheverton	rcheverton@swimming.ca
Swimming Canada Events Manager	Jocelyn Jay	jjay@swimming.ca
National Meet Referee	Carole Thomas	cthomas@swimming.ca
Meet Entry Coordinator	Carole Thomas	cthomas@swimming.ca

KEY DATES

Meet Entry Deadline	Tuesday April 4, 2023		
Pre-Event Training Lions Pool (6 lanes, 25m)	Wednesday, April 12, 2023 8:00am – 2:45pm	Thursday, April 13, 2023 8:00am – 2:45pm	Friday, April 14, 2023 8:00am – 2:45pm
	Lions Pool - Olympic Way, George Town, Grand Cayman – Next to the Truman Bodden Stadium		
Pre-Event Training Race Course	Wednesday, April 12, 2023 8:00am – 5:00pm	Thursday, April 13, 2023 8:00am – 5:00pm	Friday, April 14, 2023 5:30am – 11:30am
	Race course to be set up for Friday morning. Specific information to follow.		
Technical Meeting	Friday, April 14, 5:15 pm in room 1038 at the 2nd Floor Government Administrative Building, 133 Elgin Avenue, George Town, Grand Cayman, Cayman Islands Attendance by a team representative is mandatory, no swimmers at technical meeting.		
10km Start Times (Saturday)	Registration – 5:45am	Men’s Start – 7:20am	Women’s Start – 7:25am
5km Start Times (Sunday)	Registration – 5:45am	Men’s Start – 7:20am	Women’s Start – 7:30am

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

NATIONAL TEAM SELECTION

The 10km event will serve as the nomination Trials for the 20th FINA World Championships.

EVENT QUALIFICATION

Meet Standard

[2023 Swimming Canada Standards](#)

Swimmers must obtain one qualifying Trials Senior time standard, in either the 400m Freestyle, 800m Freestyle or 1500m Freestyle event, for their respective gender. The age limit for all FINA Open Water Swimming events must be at least 14 years of age. The age for all competitors will be considered as of 31st December of the year of the competition.

Qualification Period

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

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 Rebecca Cheverton (rcheverton@swimming.ca) prior to the meet entry deadline.

Events and Age Category

Open Women's 10 Km

Open Men's 10 Km

Open Women's 5 Km

Open Men's 5 Km

ENTRY FEES & INFORMATION

Entry Fees: \$125.00 CAD per swimmer

Late Entries: \$250.00 CAD per swimmer

Changes/Corrections: \$100.00 CAD each

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 **April 12, 2023** in order for entries to be considered final, and therefore, no fees will be accepted on site. Please note: The team that enters the swimmer is responsible for paying that swimmer's fees. Invoices and payment instructions will be forwarded to the clubs after the meet entry deadline.

Entry Process

All entries must be submitted via the online entry system - <https://registration.swimming.ca/UserEntries.aspx?meetid=6VMm7mxZDKGQ2ODC1qrO3g%3d%3d>. Swimmers are permitted to participate in either or both the 5km and 10km events, unless the event must work within the contingency planning.

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.

All foreign clubs and teams (including Unattached Canadian swimmers), please see the following document on entering swimmers and registering coaches for this competition. Proof of times must be emailed for all results NOT appearing on swimrankings.net or usaswimming.org SWIMS database.

Waivers

Consent forms will be available and can be found at: [WAIVER FORM](#)



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 meet entry deadline (e.g. achieved between April 5-14, 2023) are exempt from the \$100 change fee and may be added without penalty.

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

Athletes that achieve their first qualifying swim after the meet entry deadline (e.g. achieved between April 5-14, 2023) may be added without penalty (only the base entry fee will be charged).

Scratches

Email scratches will be accepted to the meet entry coordinator up until 6:30pm local Cayman Islands time the night prior to the event.

Penalty

All fines must be paid in accordance with Swimming Canada rule SNC 3.4.

COMPETITION INFORMATION

SATURDAY	Registration/Medical Check	Check In Deadline	Warm up Starts	
	5:45am	6:45am	5:30am	
	Pre-Race Briefing	Swimmer Gathering	Race Starts	Awards
10km Men	6:45am	7:00am	7:20am	10:45am
10km Women	All swimmers & coaches	7:05am	7:25am	
SUNDAY	Registration/Medical Check	Check In Deadline	Warm up Starts	
	5:45am	6:45am	5:45am	
	Pre-Race Briefing	Swimmer Gathering	Race Starts	Awards
5km Men	6:45am	7:00am	7:20am	9:45am
5km Women	*All swimmers & coaches	7:10am	7:30am	

Post Event Meetings

10km – Time TBC - Compulsory meeting for swimmers and coaches nominated to the 20th FINA World Championships.

CONTINGENCY PLAN

In the event of unsafe weather or water conditions, the 10km race will be postponed to Sunday April 16, 2023, and will follow the same timeline. In this event, the 5km race will be swum concurrently with the 10km.

SUNDAY	Registration/Medical Check	Check In Deadline	Warm up Starts	
5km & 10km	5:45am	6:45am	5:30am	
	Pre-Race Briefing	Swimmer Gathering	Race Starts	Awards
10km Men	*All swimmers & coaches	7:00am	7:20am	10:45am
10km Women		7:05am	7:25am	
5km Men		7:00am	7:20am	
5km Women		7:05am	7:25am	



RACE DETAILS

Manual timing will be used.

Start and Finish at **Governor's Beach**. Race course is a 1.25 km rectangle, swum clockwise.
10 Km (8 Laps) and 5 Km (4laps)

RACE RULES

World Aquatics Open Water Swimming Rules can be found [here](#).

Swimming Canada Open Water Rules 2023-2025 can be found [here](#).

Wetsuits are not allowed unless the water temperature is less than 18°C. *Historically the average water temperature for this location has been 27°C.*

Fingernails and toenails must be trimmed short.

No jewelry (earrings, rings, necklaces, etc., including watches) is permitted.

ACCREDITATIONS

Coach Accreditation

Coaches must be registered with the CSCA and Swimming Canada as an "A1" or "B" member to receive an accreditation. All coaches are responsible for checking in and collecting their own accreditation at the competition.

All Canadian club and varsity coaches attending the meet **must** have their name and information submitted in the club's entry file. If a varsity coach will not be submitting entries for their athletes but will be attending the meet, please contact Rebecca Cheverton (rcheverton@swimming.ca).

Any foreign coaches attending will be required to submit their coaching registration information during the submission of their team's entries. All coaches (other than those members of USA Swimming) are asked to have their National Federation to provide a letter to Rebecca Cheverton (rcheverton@swimming.ca) confirming they are a National Coach or officially tied to a club in that country. The fee for the foreign coach credentials is \$100 CAD per competition, per coach. This will be included on the invoice with swimmer entries. For more information on the entry submission process, please see the following document.

AWARDS AND RESULTS INFORMATION

Awards - Medals for Top 3 Canadian finishers per gender

Race Results - Results will be posted on the Swimming Canada Website.

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
 - Call toll-free: 1-800-672-7775



- Online: www.cces.ca/athletezone

TRAVEL INFORMATION

Hotels – <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.