



2023 CANADIAN OPEN WATER FESTIVAL- 10KM AUGUST 12-13, 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 (Age Group & Masters) 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 Swim Ontario

VENUE

Welland International Flatwater Centre

ORGANIZING COMMITTEE

Swimming Canada Events Manager	Rebecca Cheverton	rcheverton@swimming.ca
National Meet Director	Sylvie Potvin	Sylvie.Potvin@pfizer.com
National Meet Referee	Carole Thomas	cthomas@swimming.ca
Meet Entry Coordinator	Carole Thomas	cthomas@swimming.ca
LOC Lead	Christy Yaremczuk	christy@swimontario.com

KEY DATES

Meet Entry Deadline	Monday, July 31, 2023		
Pre-Event Pool Training	TBD- Please email rcheverton@swimming.ca if you require pre-meet training Thursday August 10 & Friday August 11		
Open Water Officials Clinic	Saturday, August 12, 2023 from 8:00-10:00am Sign up form: https://www.jotform.com/build/230265841660252		
Technical Meeting	Virtual- Thursday, August 10, 2023 at 5:00pm. Zoom link will be sent after the entry deadline.		
10km Start Times (Saturday)	Registration – 11:00am	Men’s Start – 1:00pm	Women’s Start – 1:10pm
Festival BBQ (Saturday)	BBQ onsite at the Flatwater Centre at 5:00pm. Dinner for purchase. Specific details and menu to follow.		
3km, 1.5km & 750m (Sunday)	Please see separate meet package regarding the mass participation events for more information regarding the 3km, 1.5km & 750m.		

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 21st World Aquatic Championships.

EVENT QUALIFICATION

Meet Standard- 10km ONLY

[2023 Swimming Canada Standards](#)

Swimmers who will compete in the 10km event must obtain one qualifying Canadian Swimming Championships Junior and Senior time standard, in either the 400m Freestyle, 800m Freestyle or 1500m Freestyle event, for their respective gender and age (girls 17 & under and boys 18 & under must obtain Junior standards).

Masters swimmers must obtain the Canadian Swimming Championships Junior standard for the 14 years-old age category for their respective gender to qualify. Times must be proven.

The age limit for all World Aquatic 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.

10km Age Category

Junior: 14-18 (Male & Female); Senior: 19+ (Male & Female); Masters Open (Male and Female)

*Age groups will swim all together for male and female races

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 **August 9, 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

10km entry must be submitted via the online entry system - <https://www.swimming.ca/en/events-results/liveupcoming-meets/>. Swimmers are permitted to participate in both the 10km event and 3km & 1.5km events. 3km & 1.5km events will have a separate entry form. Please see that meet package for info on the Sunday events.

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 & Assumption of Risk Form

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



Please note that swimmers must be accompanied by a coach for all pre-meet training sessions. If a coach will not be present, swimmers must sign the Assumption of Risk form and return to Rebecca (rcheverton@swimming.ca)

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 July 28- August 11, 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 July 28- August 11, 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 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	
	11:00am	12:30pm	11:30am	
	Pre-Race Briefing	Swimmer Gathering	Race Starts	Awards
10km Men	12:30pm	12:50pm	1:00pm	3:45pm
10km Women	All swimmers & coaches	1:00pm	1:10pm	

CONTIGENCY PLAN

In the event of unsafe weather or water conditions, the 10km race will be postponed to Sunday August 13, 2023, and will follow the same timeline as above. It will take place after the mass participation events (3km & 1.5km) that are being held in the morning.

RACE DETAILS

Timing: Timing will be electronic by Chip Timing. All swimmers will wear a timing chip on their wrist.

Race course & Venue layout TBC.

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.

Fingernails and toenails must be trimmed short.

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

Each swimmer must have a representative on the feeding pontoon/dock for races of 10km or longer. This individual must be registered with their club and Swimming Canada as a coach or support staff.



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 per gender in the following age categories:

Junior: 14-18

Senior: 19+

Masters Open

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

SITE INFORMATION

Hospitality–Officials

A hospitality room will be available for officials

Parking

Free parking is available onsite.



Spectators:

The courses' sloped banks make for great viewing setting, allowing for thousands of spectators in addition to the venues' 500 plus permanent seating.

Food on site:

Festival BBQ on Saturday, August 12 at 5:00pm.

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.