



Provincial Championships LC

March 2 - March 5, 2023, Edmonton, AB

Purpose

The Provincial Championships is a long course competition for Alberta's top swimmers to compete for individual and club awards. A heats and finals opportunity for para swimmers.

Qualifying **March 1, 2022 to** February 20, 2023
Entry Deadline * February 20, 2023
Scratch Deadlines Swim Alberta Scratch Rule (Appendix A)
* *Withdrawals will not be refunded after the entry deadline*

Facility

Kinsmen Sports Centre, 9100 Walterdale Hill, Edmonton
10 x 50-meter pool with warm-up and cool down space available

March 2	Distance:	Warm-up: 3:30 pm / Start: 4:30 pm
March 3-5	Preliminaries:	Warm-up: 8:00 am / Start: 9:00 am
March 3-5	Finals:	Warm-up: 3:30 pm / Start: 4:30 pm

Sanction

This meet is sanctioned by Swim Alberta.

Rules

The meet will be conducted under published World Aquatics and/or World Para Swimming rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

Hosts

Swim Alberta and the Edmonton Keyano Swim Club

Meet Managers	Shayne Beeler / Julie Mondoux	shayneb@onest.ca
Officials Chair	Carlene Cook	officials@eksc.com
Advisory Referee	Iris Jackson	jackson.irism@gmail.com
Swim Alberta	Kevin Dennis	kevin@swimalberta.ca

Safe Sport

Swim Alberta provides a fun, healthy, inclusive and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers and staff know they are safe, and are treated with respect and dignity. Swim Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

Swim Alberta further recommends that 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.

Eligibility

This meet is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club. Para swimmers must have a valid classification listed on the WPS Swimming website (<https://www.paralympic.org/swimming>) or the Swimming Canada website (www.swimming.ca).

Qualifying

Swimmers may qualify for the Provincial Championships by achieving two Provincial Championship time standards for their age category within the qualifying period or by winning an event at the Provincial Trials. A swimmer's age is determined as of the first day of the competition. Para Swimmers must achieve one of the Provincial Para Swimming time standards within the qualifying period. Para Swimmers with an exception code of 'J' may qualify by achieving one of the Junior Para Swimming Provincial Standards, all other Para Swimmers must achieve a Senior Para Swimming Provincial Standard. Time standards are available on www.swimalberta.ca.

New Qualifiers

Swim Alberta will email the upload entries link to all clubs attending Provincial Trials SC. Entries for new qualifiers must be received by end of day Monday February 27, 2023.

Entries

Swimmers may enter a maximum of seven (7) events. Swimmers may enter any 50m, 100m or 200m event. Swimmers who have a Championship standard the 400 freestyle, 800 freestyle, 1500 freestyle or 400 IM may enter any event 400m or longer. Swimmers who win an event at provincial trials in the 400 freestyle, 800 freestyle or 400 IM may enter any event 400m or longer.

Entries must be submitted online at www.swimming.ca. Deck entries will not be permitted.

Entry Fees payable to Swim Alberta

Entry Fees are \$15.00 per individual event and \$20.00 per relay event. Entry fees include Olympic Bonus and are refundable prior to the entry deadline. Entry fees must be paid prior to the start of the competition.

Entry Rules

Entries must be submitted using the athlete's best Long Course or Short Course time. Meet management will convert entry times. No-Time (NT) entries will not be accepted. Late entries of pre-qualified swimmers will be subject to a \$50.00 fine per swimmer payable to Swim Alberta prior to the start of the competition. Any club submitting entries for non-qualified athletes will be subject to a \$100.00 fine per non-qualified athlete payable to Swim Alberta.

Scratches

The Swim Alberta Scratch Rule will be in effect for this competition. Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. (See appendix A)

Format

Individual Events: Age Categories
Female: 12 & Under, 13-14, 15 & Over
Male: 13 & Under, 14-15, 16 & Over
Mixed Para; Para Male; Para Female

Relay Events: Age Categories
Female: 12 & Under*, 13-14, 15 & Over
Male: 13 & Under*, 14-15, 16 & Over
*4x50m Relays Only

Diving

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

Preliminaries

All preliminaries will swim regardless of entries and will be senior seeded fast to slow.

Finals

50m & 100m events: A & B finals, in that order, all Age Categories.
200m events: A final only for females 12 and under and males 13 and under; A & B Finals, in that order all other age categories.
400m events: A Final only, all age categories
Mixed Para Events will have an A final only.

Distance Events

The 400 freestyle and 400IM will be seeded fast to slow with the fastest two heats circle seeded. The 400 freestyle will be swum alternating gender.

The 800 freestyle and 1500 freestyle events will be senior seeded, time final and require positive check-in. Positive check-in deadlines are listed below. All heats will be swum fastest to slowest, alternating gender and may be swum mixed gender or seeded with two swimmers per lane at the discretion of Swim Alberta and the meet manager.

Positive Check-in Deadlines

1500 Free	March 2	3:30 PM
800 Free	March 5	9:00 AM

Relays

Relay events are time final. Relays will be swum by category. The 4x200 will be seeded fastest to slowest. All other relays will be seeded slowest to fastest at end of finals. Times for the fastest heat must either be validated online or will require proof of time.

Teams may enter one (1) or two (2) swimmers from a younger age group, these swimmers may swim in both their own age group relay as well as one or more older age group relays.

Teams may enter one (1) 'relay only' swimmer for the 'A' relay. 'Relay Only' entries must be done using Hy-Tek and Swim Alberta notified when entries are submitted. This is only permitted if the team has three (3) swimmers eligible for the relay who are entered in at least one individual event. Individual names must be submitted to the Clerk of Course by 4:30 pm for each afternoon session.

Para Swimming

Para Swimmers may enter any seven (7) events. Para specific events are listed on the chart below. All para heats and finals events will be swum as mixed gender with heats and finals, regardless of the number of swimmers entered. Qualification for finals and final ranking will be based on Swimming Canada's para points. Heats and finals events will contribute to the team medal tally.

50 Free	S1-14	Heats and Finals
100 Free	S1-14	Heats and Finals
200 Free	S1-S5, S14	Timed Finals
400 Free	S6-S13	
50 Back*	S1-S7	Heats and Finals
100 Back	S8-S14	
50 Breast*	SB1-SB3	Heats and Finals
100 Breast	SB4-SB14	
50 Fly*	S1-S7	Heats and Finals
100 Fly	S8-S14	
150 IM*	SM1-SM4	Heats and Finals
200 IM	SM5-SM14	

**Swimmers will race together, classifications racing the shorter distance will start from the start end.*

Time Final Para Events

The 200 freestyle and 400 freestyle will be a time final event based on results from the preliminary session and will be ranked based on Swimming Canada's para points. Para swimmers are eligible to swim finals should they qualify however only their preliminary performance will be ranked.

Para Awards

Medals for heats and finals events will be awarded during finals after the event has finished and scoring is confirmed, regardless of the numbers entered.

Time final Para medal winners will be recognized before Sunday finals. Time final para medals will be awarded as follows:

- 4 Participants = Gold, Silver, Bronze
- 3 Participants = Gold, Silver
- 2 Participants = Gold
- 1 Participant = No medal awarded

Awards

Individual Events

Medals will be awarded to the top three swimmers in each event. Relay Events

Medals will be awarded to the top three teams in each event.

Aggregate Awards

Awards will be presented to the swimmer who earns the highest individual point total, based on team scoring points, in the female 12 & under, female 13-14, male 13 & under and male 14-15 age categories.

High Point Awards

An award and \$200 gift certificate will be presented to the Top Male & Top Female of any age in an Olympic Event, with the highest World Aquatics point score in an individual Olympic eligible event. An award and \$200 gift certificate will be presented to the Top Para Swimmer of any gender based on Swimming Canada's para points in any para specific event. In the case of a tie the swimmers next highest World Aquatics or para point score will be used until the tie is broken.

Team Awards

Banners will be awarded to the top small, medium and large club based on points earned during the competition. Team size will be based on each club's percentage of provincial competitive registrations, rounded to the nearest tenth, as of the entry deadline. The small team will be under 1.5%, the medium team will be 1.5-3.9% and the large team will be 4% and over. Team Scoring will be 1st to 10th place as listed below.

Individual events = 13-11-9-7-6-5-4-3-2-1

Relay Events = 26-22-18-14-12-10-8-6-4-2

Proof of Time

Swim Alberta will prove times using Swimming Canada's time validate feature for the fastest heat of time final events swimming during finals. A slower time than the validated time will be accepted if submitted with entries. Swim Alberta may request proof of time for any entry. Clubs will have 48 hours to provide proof of time. If a Club is unable to prove an entry time the entry may be removed (events 400m or longer) or seeded last (events 200m or shorter).

Time Trials

Swim Alberta and meet management must both approve a time trial, which will only be held in exceptional circumstances.

Official Splits

Must be requested prior to the start of the session. Coaches may be required to supply timers for Official Split requests.

Psych Sheets

To be published Tuesday prior to the meet. Changes will not be permitted once the psych sheet is published.

Accreditation

Clubs will be provided one accreditation per swimmer registered in the competition. Clubs will receive one coach accreditation per 10 swimmers entered. Additional coach accreditations must be requested prior to the competition.

Media

Club photographers are not permitted

Modesty Wear

All swimmers are permitted to race with modesty wear at all competitions sanctioned by Swim Alberta. It is not required to declare the use of modesty wear to the Referee.

Modesty wear is considered additional body coverage using a fabric that is a permeable open mesh textile and would not reasonably be seen to be creating a technical advantage, meaning it does not aid buoyancy, strength, speed, or endurance.

Thursday March 2

Warm-up: 3:30 pm / Start: 4:30 pm
 1500 Free fastest heat (open) girls
 1500 Free fastest heat (open) boys
 4x200 Free Relay (13&O Girls / 14&O Boys)
 1500 Free (slower heats)

Friday March 3

Preliminaries

Warm-up: 8:00 am / Start: 9:00 am
 200 Freestyle
 50 Breaststroke
 200 Butterfly
 50 / 100 Backstroke Para
 100 Backstroke
 150 / 200 IM Para
 400 IM

Finals

Warm-up: 3:30 pm / Start: 4:30 pm
 200 Freestyle
 50 Breaststroke
 200 Butterfly
50 / 100 Backstroke Para
 100 Backstroke
150 / 200 IM Para
 400 IM
 4x50 Free Relay (12U Girls / 13U Boys)
 4x100 Free Relay (13&O Girls / 14&O Boys)

Saturday March 4

Preliminaries

Warm-up: 8:00 am / Start: 9:00 am
 50 / 100 Butterfly Para
 100 Butterfly
 200 Breaststroke
 50 Freestyle Para
 50 Freestyle
 200 IM
 50 Backstroke
 400 Freestyle

Finals

Warm-up: 3:30 pm / Start: 4:30 pm
50 / 100 Butterfly Para
 100 Butterfly
 200 Breaststroke
 50 Freestyle Para
 50 Freestyle
 200 IM
 50 Backstroke
 400 Freestyle
 4x50 Medley Relay (12U Girls / 13U Boys)

Sunday March 5

Preliminaries

Warm-up: 8:00 am / Start: 9:00 am
 100 Freestyle Para
 100 Freestyle
 200 Backstroke
 50 / 100 Breaststroke Para
 100 Breaststroke
 50 Butterfly
 800 Freestyle (slower heats)

Finals

Warm-up: 3:30 pm / Start: 4:30 pm
 100 Freestyle Para
 100 Freestyle
 200 Backstroke
50 / 100 Breaststroke Para
 100 Breaststroke
 50 Butterfly
 800 Freestyle fastest heat (open) girls
 800 Freestyle fastest heat (open) boys
 4x100 Medley Relay (13&O Girls / 14&O Boys)

Appendix A

Alberta provincial meets will use the Swim Alberta Scratch Rule.
<http://www.swimalberta.ca/officials/meet-manager-information>

SWIM ALBERTA SCRATCH RULE

Heats & Final Meets including Short Course & Long Course Provincials, Spring & Summer Championships

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course according to the information detailed below:

Scratch Deadline and Penalties for Preliminaries:

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the preliminary session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session. No re-seeding will occur, without the approval of the referee.
- There will be no penalty for scratching from preliminary events. No-shows, step-downs, and unexcused incomplete swims will have no penalty assessed.

Scratch Deadline for Time Final Events (including relays):

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session in which a Time Final Event is scheduled. No re-seeding will occur, without the approval of the referee.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining finals, including relays, scheduled for that session.

Scratch Deadline for Time Final Events utilizing Positive Check-in

- The deadline for Positive Check-in shall be clearly communicated in the meet package and communicated to coaches at the technical meeting.
- Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no penalty for swimmers who fail to check-in.
- Once checked-in a swimmer is not entitled to scratch from the event. No-shows, step-downs and unexcused incomplete swims will result in the swimmer being scratched from all remaining finals, including relays, scheduled for that session and any other session in which the event in question is swum.

Scratch Deadline and Penalties for Finals:

- Scratches are to be submitted to the clerk of course 30 minutes after conclusion of the preliminary session. The conclusion of the preliminary session will be the completion of the final race of the session or when the 800/1500 are the last events of the session, the scratch deadline shall be 30 minutes after the completion of the last race immediately preceding the start of the 800/1500.
- The Late Scratch Deadline shall be 30 minutes prior to the start of the finals session. However, there shall be no re-seeding to include scratches made after the initial scratch deadline.
- The Late Scratch Deadline only applies if the coach of the late scratch swimmer notifies the referee and the coach of the alternate. The alternate is under no obligation to swim. Should the alternate decline to swim the coach of the late scratch swimmer must contact the coach of the 2nd alternate.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.
- Although alternates are not required to swim, all swimmers not intending to swim finals should scratch by the scratch deadline. This will ensure that those swimmers, who would be intent on swimming in a final and qualify, would be provided the opportunity.

Deadlines for Relays

The deadline for relay name submissions shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin.

The deadline for name changes shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin. The deadline will be a minimum of 30 minutes prior to the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in.