

**APPROVED**

*By Swim Ontario at 12:46 pm, Jan 21, 2023*

# OUA SWIMMING CHAMPIONSHIPS 2023



Thursday February 9, 2023 - Saturday February 11, 2023



## OUA SWIMMING CHAMPIONSHIPS

Feb 9-11, 2023

### General Information

- Location:** Western Student Recreation Centre  
(North-east corner of Philip Aziz Avenue (Sarnia Road) and Western Road)  
Western University, London, Ontario, N6G 2Y9
- Date:** February 9-11, 2023
- Sessions:** Pre-Meet Practice: Wednesday: 1:00-5:00 p.m. full pool; 5:00-8:00 p.m. deep end only.  
1: Thursday a.m. – Prelims; Warm-up 8:00 – 9:50 a.m.; Start 10:00 a.m.  
2: Thursday p.m. – Finals; Warm-up 4:00 – 5:45 p.m.; Start 6:00 p.m.  
3: Friday a.m. – Prelims; Warm-up 8:00 – 9:50 a.m.; Start 10:00 a.m.  
4: Friday p.m. – Finals; Warm-up 4:00 – 5:45 p.m.; Start 6:00 p.m.  
5: Saturday a.m. – Prelims; Warm-up 8:00 – 9:50 a.m.; Start 10:00 a.m.  
6: Saturday distance (slower heats) – Warm-up 1:00 – 2:30 p.m.; Start 2:45 p.m.  
7: Saturday p.m. – Finals; Warm-up 3:00 – 4:00 (shallow end only); 4:00 – 4:45 p.m. (entire pool); Start 5:00 p.m.
- Meet Package:** The only meet package which will be considered as valid will be the most current version found on <http://www.swimming.ca>.
- Facility:** Eight lane, 50 meter indoor tank, with “Keifer” type lane markers
- Facility Information And Regulations:** Limited DAY-USE ONLY lockers will be available at this facility, on first-come-first-serve basis. Air circulation is provided through ventilation along the west and south walls around the pool deck. In order to preserve air quality, please be diligent about keeping personal items, swim bags and equipment away from these locations. This will be monitored and any items blocking the venting will be removed.  
Deck changes are not permitted.  
Swimmers are restricted from accessing the east side (officials office side) of the pool while the competition is in session.  
Massage tables are only permitted in squash courts located outside of the pool deck accessed by exiting the pool area at the shallow end and turning right.  
Footwear and shirts are mandatory outside the competition area.  
No glass containers are permitted on the pool deck.  
Any breach in facility regulations discovered by facility staff may result in expulsion from the facility for the duration of the meet.
- Timing:** Electronic timing will be used (along with manual backup)  
Swiss Timing Quantum Aquatics Timing System
- Meet Managers:** Paul and Sheri Cappa: [ssews@isp.ca](mailto:ssews@isp.ca); cellular phone: 519-719-4428.
- Competition Coordinator:** Suzanne Paulins: [Suzanne.paulins@gmail.com](mailto:Suzanne.paulins@gmail.com), Level V

- Championship Rules:** Sanctioned by Swim Ontario.  
Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).  
All current Swimming Canada rules will be followed.  
All swimmers participating shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.  
Jury of Appeal: Jury shall be appointed at the pre-meet Coaches meeting and shall have the authority to act in any situation not specifically covered by the rules and regulations. The jury shall consist of: League Convenor (or delegate in case of conflict of interest), meet referee (Competition Coordinator), conference swim technical representative, two coaches. When conflict of interest circumstances prevent the nominated coaches from fulfilling their duties, alternate members for the jury will be selected by choosing from head coaches at the meet in reverse alphabetical (Z to A) order by the coaches' last name. 2023 Jury of appeal coaches: Toronto and Waterloo (alternate: Western.)
- Eligibility:** As per OUA general regulations the team complement will be 18 per gender plus 1 PARA per gender.  
Each institution shall declare an official team list at the beginning of the pre-meet Coaches' Meeting. No substitutes shall be allowed after this time. Note: an institution may enter more than the allowable roster of 18 but the declared list is limited to 18 per gender plus 1 PARA per gender. Under the USports Eligibility Rules, ineligible athletes may not compete for their school in the OUA Championship.  
In order for an institution (team) to participate in the OUA Conference swim championship meet, that institution must have participated in: 1) the Division Championship to which it had been assigned, and 2) four meets that include other OUA schools.  
In order for an individual swimmer to participate in the OUA Conference Championship meet, the swimmer must have participated in at least 1 OUA scheduled competition between September 15 and the date of the OUA Championship.

**Entries:**

The entry deadline shall be 12:00 noon on February 2, 2023.

-Failure to adhere to the entry deadline will result in a late entry fine of \$100.00 payable to the Host Organizing Committee.

-Changes to entries are permitted after the entry deadline, and up to 5:45 p.m. on the evening prior to the first day of competition, providing a \$25.00 administrative fee per change is paid to the Host Organizing Committee and the entry is declared at the Technical Coaches Meeting.

-Entries must be submitted through the SNC online entries system at <http://www.swimming.ca>.

-Teams must forward the details of where the team is staying, including phone number, to Host Organizing Committee at the time of submitting their entries.

-The entry file must include the swimmers year of eligibility, indicated as 1, 2, 3, 4, 5 (not freshman, sophomore, etc.).

-The number of events an individual may swim at the OUA Championships will be a maximum of six events of which four are individual events.

-Swimmers are permitted to pre-enter six individual events.

-Each institution is permitted an unlimited number of entries in any individual event.

-Each institution may enter a maximum of one team in each Relay event.

-Names of Relay swimmers will be entered with meet management prior to the start of the session where the relay is being swum. Changes to relay names and order may be made by coaches until the beginning of that event by notification to meet management and referee.

-Swimming entry times are to be Short Course meter times and in the respective distance (i.e. 50's for 50's, 1500's for 1500's). Hy-tek converted times from LCM or SCY are permitted as entry times. Conversion is to be completed by submitting school.

-All seed times in all events are to be best times achieved in the past 18 months. Note that relay times may only be calculated using swimmers in the current OUA Championships.

-Failure by a swimmer to swim in an individual event, or swim a leg of relay (in which officially entered) in the finals session, constitutes a late scratch, and shall result in the offending swimmer being automatically scratched from all remaining events, including relays, scheduled for that day. This applies to step-downs, no shows, and unexcused incomplete swims. Note that there is no penalty for a swimmer's failure to swim an individual event in the preliminaries; however, it shall still count as an event towards the total event limit for that athlete.

-Scratches for finals must be submitted within 30 minutes of the conclusion of the last preliminary event in the morning session. A swimmer may be officially withdrawn after the scratch deadline without penalty by the referee, if certified to be ill or injured by the meet physician. The athlete may be reinstated in the meet under the same conditions.

-Challenges of any entered times in timed final events must be done at the Technical meeting: proof of time may be made with either meet results or online rankings. A Jury of Appeal shall mediate a solution, if required. Note that entry times for non-timed final events cannot be challenged.

**Scoring:**

Individuals points 20,17,16,15,14,13,12,11 for places 1-8 and 9,7,6,5,4,3,2,1 for places 9-16. Relay points will be scored double.

**Format:**

All individual events will have A and B finals except for the distance freestyle events. For both Women and Men, the fastest 8 entries for the 800 and 1500 free will compete during the finals session. All others will be swum during preliminaries, swum slowest to fastest. All relay events will be swum as timed finals during the finals sessions.

**Seeding:**

All events will be seeded slowest to fastest using submitted SCM times.

**Time Splits:**

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.



**Coaches:** There will be a Coaches Technical meeting on Wednesday, February 8, 2023 in Room 2215 with the following agenda:

5:45 p.m. Coaches Declare Compliment, change entries and announce any challenge.

6:00 p.m. Coaches Meeting to include:

- Announcing the Jury of Appeal (Toronto and Waterloo,) Western will be alternate
- Submit awards
- Technical Announcements (Competition Coordinator)
- Host Announcements (opening Ceremonies, banners, award presentations, etc.)
- Determine dates for Championship meet for following year

**Meet Results:** Official Results will be posted within 48 hours of completion of the meet to <http://www.swimming.ca>. The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet. Meet Mobile will be available.

**Awards:** The following awards will be at the OUA Championships:

- The J.S. Dougall Trophy shall be awarded to the Men's team champion (first presented by J.S. Dougall, Montreal in 1910.) The Women's championship trophy shall be awarded to the Women's team champion.
- OUA banners will be awarded to the institutions winning the team championships.
- OUA Gold, Silver, and Bronze medals will be awarded respectively to first, second, and third place winners in each event.
- OUA Gold medals shall be awarded to all members of the championship teams.
- The top two finishers in each individual event and the first place finishers in each of the Relay events shall receive OUA All Star Certificates. This will be announced and published at the end of the Championship meet.
- The OUA coaches will select a Men's and Women's Coach of the Year to be presented with plaques at the Championship.
- The OUA coaches will select an outstanding Male and Female swimmer of the meet with an appropriate award to be presented at the Championship (to be supplied by the host institution). The Swimmer of the Meet will be awarded to the swimmer who achieves the most individual gold medals at the OUA Championship. In event where two or more swimmers achieve equal number of gold medals, the swimmer with the highest scoring swim based on FINA point tables will be chosen as the swimmer of the meet.
- The OUA coaches will select OUA Male and Female Swimmer of the Year. The Male and Female Swimmer of the Year will receive an OUA plaque. The OUA Swimmer of the Year will be announced the Tuesday following the OUA Championships based on FINA points on the season in OUA events only.
- The Award of Distinction is awarded to graduating male(s) and female(s) OUA swimmers for their outstanding career(s) in the OUA and CIS. The criteria for the award will be: any swimmer who has medaled in Individual events at the OUA Championship in 3 or more years and scored points at the USports Championships. The award (purchased by the recipient's school) is to be given in the athletes' graduating year.
- Any athlete in their final year who by medalizing at the current championship would meet the Award of Distinction criteria is eligible for nomination and upon achieving the criteria will be recognized as per the other nominees.
- Other nominations for the Award of Distinction may be made and awarded.

**Safety & Liability:**

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Swimming Canada and Swim Ontario believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination.

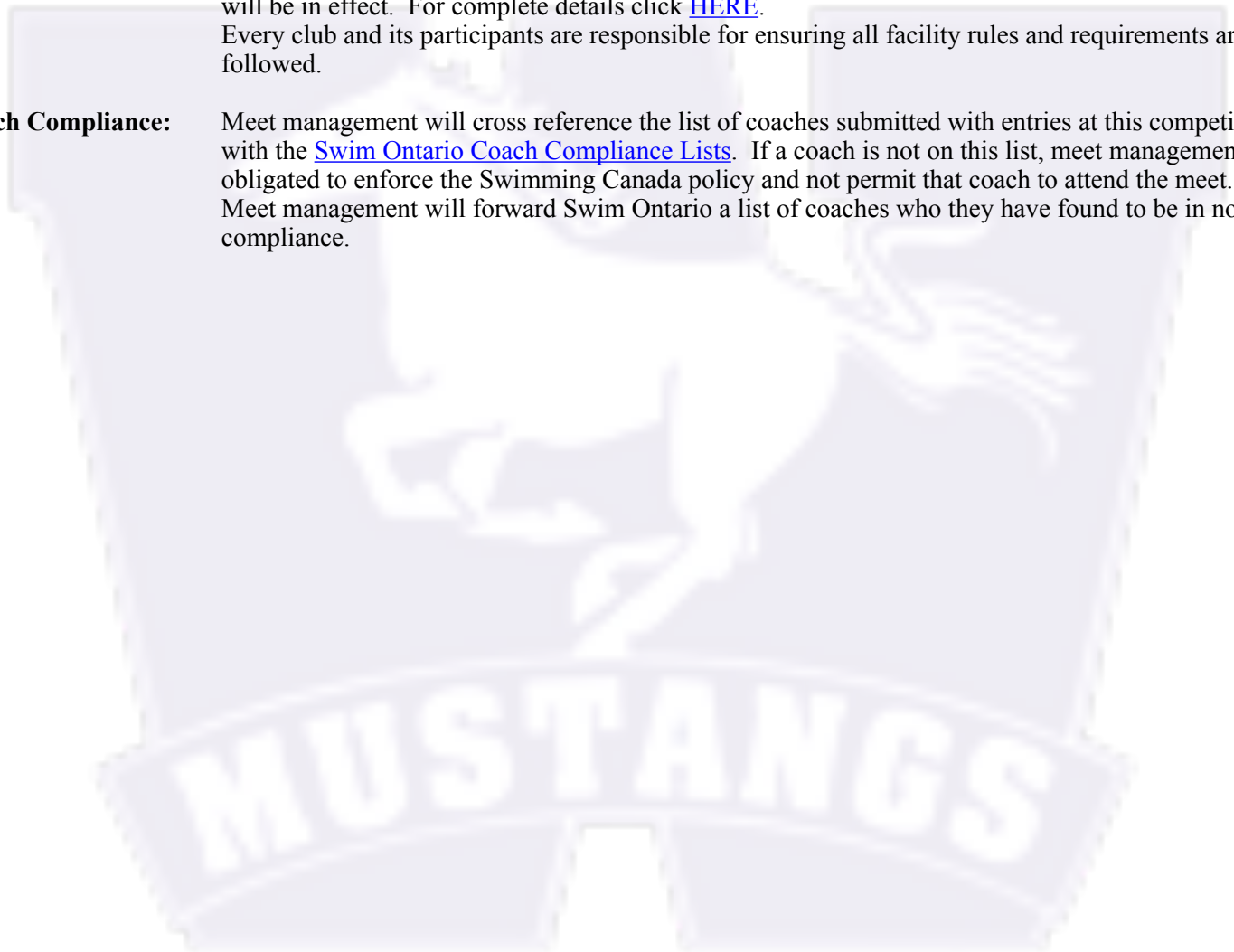
The Swim Ontario Concussion Management & Swimming Canada Event Photography procedures will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

**Coach Compliance:**

Meet management will cross reference the list of coaches submitted with entries at this competition with the [Swim Ontario Coach Compliance Lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet.

Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.



Thursday, February 9, 2023

### Session 1-Preliminaries

**Warm-up: 8:00 – 9:50 a.m.**

**Start Time: 10:00 a.m.**

Event #		Event Description		Event #
3	Female	200 Free	Male	4
5	Female	50 Back	Male	6
7	Female	100 Breast	Male	8
9	Female	100 Fly	Male	10
11	Female	400 IM	Male	12

### Session 2-Finals

**Warm-up: 4:00 – 5:45 p.m.**

**Start Time: 6:00 p.m.**

Event #		Event Description		Event #
1	Female	4 x 50 Free Relay	Male	2
3	Female	200 Free	Male	4
5	Female	50 Back	Male	6
7	Female	100 Breast	Male	8
9	Female	100 Fly	Male	10
11	Female	400 IM	Male	12
13	Female	4 x 100 Medley Relay	Male	14

Friday, February 10, 2023

### Session 3-Preliminaries

**Warm-up: 8:00 – 9:50 a.m.**

**Start Time: 10:00 a.m.**

Event #		Event Description		Event #
15	Female	400 Free	Male	16
17	Female	50 Fly	Male	18
19	Female	200 Breast	Male	20
21	Female	100 Back	Male	22
23	Female	200 Fly	Male	24
25	Female	50 Free	Male	26

### Session 4-Finals

**Warm-up: 4:00 – 5:45 p.m.**

**Start Time: 6:00 p.m.**

Event #		Event Description		Event #
15	Female	400 Free	Male	16
17	Female	50 Fly	Male	18
19	Female	200 Breast	Male	20
21	Female	100 Back	Male	22
23	Female	200 Fly	Male	24
25	Female	50 Free	Male	26
27	Female	4 x 200 Freestyle Relay	Male	28





Saturday, February 11, 2023

**Session 5-Preliminaries**

**Warm-up: 8:00 – 9:50 a.m.**

**Start Time: 10:00 a.m.**

<b>Event #</b>		<b>Event Description</b>		<b>Event #</b>
<b>32</b>	<b>Female</b>	<b>50 Breast</b>	<b>Male</b>	<b>33</b>
<b>34</b>	<b>Female</b>	<b>200 Back</b>	<b>Male</b>	<b>35</b>
<b>36</b>	<b>Female</b>	<b>100 Free</b>	<b>Male</b>	<b>37</b>
<b>39</b>	<b>Female</b>	<b>200 IM</b>	<b>Male</b>	<b>40</b>

**Session 6-Timed Finals**

**Warm-up: 1:00 – 2:40 p.m.**

**Start Time: 2:45 p.m.**

<b>Event #</b>		<b>Event Description</b>		<b>Event #</b>
<b>31</b>	<b>Female</b>	<b>800 Free (SH)</b>		
		<b>1500 Free (SH)</b>	<b>Male</b>	<b>38</b>

**Session 7-Finals**

**Warm-up: 3:00 – 4:50 p.m.**

**Start Time: 5:00 p.m.**

<b>Event #</b>		<b>Event Description</b>		<b>Event #</b>
<b>29</b>	<b>Female</b>	<b>4 x 50 Medley Relay</b>	<b>Male</b>	<b>30</b>
<b>31</b>	<b>Female</b>	<b>800 Free (FH)</b>		
<b>32</b>	<b>Female</b>	<b>50 Breast</b>	<b>Male</b>	<b>33</b>
<b>34</b>	<b>Female</b>	<b>200 Back</b>	<b>Male</b>	<b>35</b>
<b>36</b>	<b>Female</b>	<b>100 Free</b>	<b>Male</b>	<b>37</b>
		<b>1500 Free (FH)</b>	<b>Male</b>	<b>38</b>
<b>39</b>	<b>Female</b>	<b>200 IM</b>	<b>Male</b>	<b>40</b>
<b>41</b>	<b>Female</b>	<b>4 x 100 Free Relay</b>	<b>Male</b>	<b>42</b>

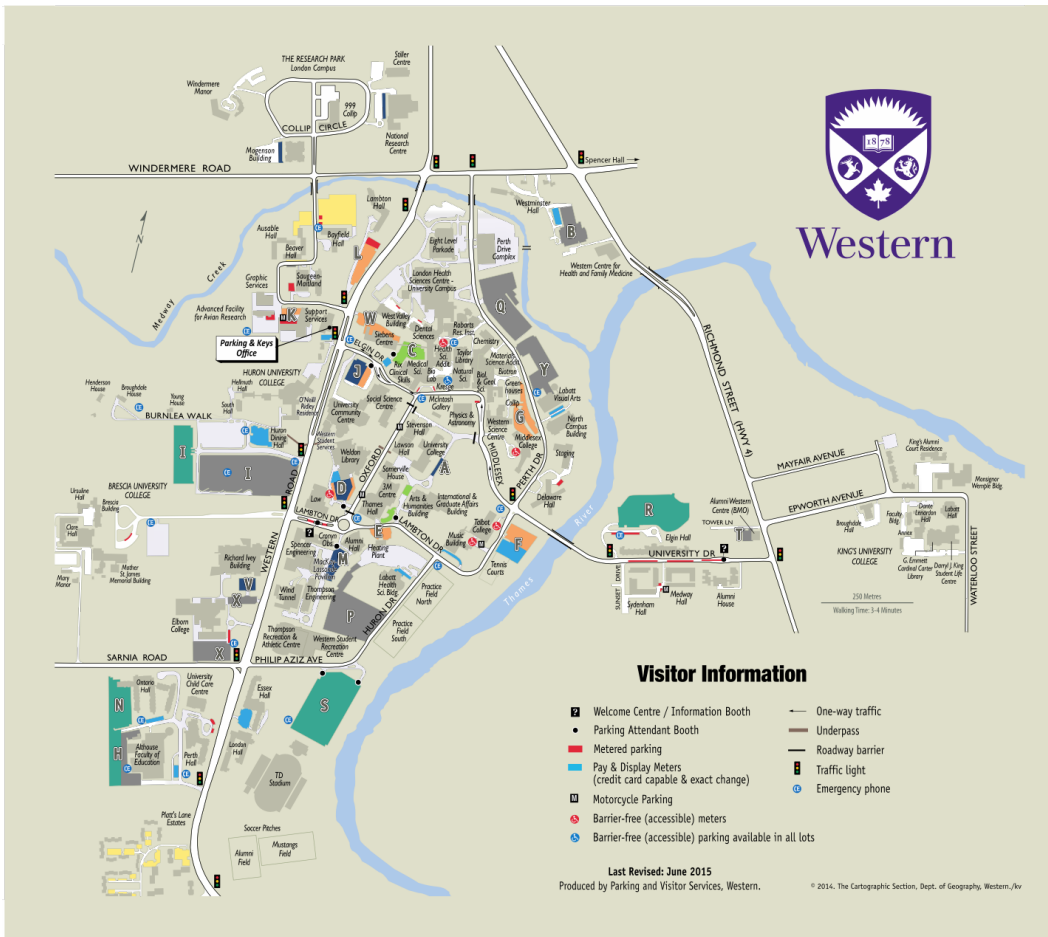


## VOLUNTEER LIST

*It would be appreciated for visiting teams to help out in the officiating of the meet, please return the below form with the meet entry\* indicating those people that are gracious enough to assist in helping. Please include an email address and telephone number so that our meet committee may get in contact with them to confirm participation. Attire for minor officials is white top and black bottoms.*

*Minor Officials Contact: Paul Cappa; swim4life@isp.ca*

[illegible]



Visitor parking is available in the Huron Flats parking lot (S) using the HONK Mobile app.



Race start area

Team Areas (additional space will be provided in the upper level stands with access from the pool deck via the enclosed stairwell in the south-west corner)