



2024 SPEEDO WESTERN CANADIAN CHAMPIONSHIPS

TECHNICAL MEETING

3:00 pm. March 20, 2024

Pan Am Pool, Winnipeg MB

INTRODUCTION



Organizing Committee

- Meet Managers: Ken Barnes and Steve Lang
- Officials Coordinator: Maxine Wells
- Swimming Canada Event Manager: Jocelyn Jay
- Swimming Canada Meet Entries & Data Management: Rob Traynor

MEET CONDUCT



National Meet Director – Norma Lachance

National Meet Referee – Daryle Martin

National Para Swimming Meet Referee – Sheila Guenther

PRÉSENTATION EN FRANÇAIS



SAFE SPORT

SEE SOMETHING, SAY SOMETHING



Throughout the competition you will see postings and hear announcements about various Safe Sport initiatives and procedures including but not limited to:

- Event Photography and Videography Procedure
- Creating open and observable environment
- Accreditation and deck access
- To report an incident during the event please contact [Jocelyn Jay](#)
- To report an incident after the event please contact our Independent Third Party at lise@wiserworkplaces.ca

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

WARM UP & START TIMES



Prelims (8 lanes):

Warm-up: 7:30 – 8:45 am (*Sprint / Pace lanes open at 8:00 am*)
Start Time: 9:00 am

Finals (8 lanes):

Warm-up: 4:00 – 5:15 pm (*Sprint / Pace lanes open at 4:30 pm*)
Start Time: 5:30 pm

Ongoing warm-up/cool down lanes available in the adjacent 50m training pool.
Training pool will close 30 minutes after each session.

TIMELINES (ESTIMATES ONLY)



DAY 1:

Prelims finish: **1:10 pm**

Finals finish: **8:10 pm**

DAY 2:

Prelims finish: **12:50 pm**

Finals finish: **8:15 pm**

DAY 3:

Prelims finish: **12:30 pm**

Finals finish: **8:00 pm**

DAY 4:

Prelims finish: **12:50 pm**

Finals finish: **8:15 pm**

Timelines are estimates only....

WARM-UPS



SWIMMING CANADA WARM-UP COMPETITION PROCEDURES dated August 3, 2020 are in effect.

Violations:

- Swimmers may be removed from their first event
- Second offense in same competition: removal from remainder of the competition

Equipment Permitted:

- kick boards, pull buoys, snorkels, ankle bands (in competition pool)

Equipment Not permitted:

- fins, paddles, stretch cords in competition pool
- No diving in competition pool except in Sprint Lanes during Sprint / Dive Starts in designated timeframes.

WARM UP LANE ASSIGNMENTS IN COMPETITION POOL



Para swimming Lane: Dedicated Lane 1 in Competition Pool for entire warm up period.

Pace lane: Lane 2 starting 30 minutes after the start of warm up.

Sprint lanes:

DAY 1 ONLY: Lanes 7 & 8 from Dive Tower end with backstroke ledges available

DAYS 2, 3 & 4 Lane 7 (from Dive Tower end) and 8 (from Bulkhead/Scoreboard end) with back stroke ledges available in Sprint/Dive lanes

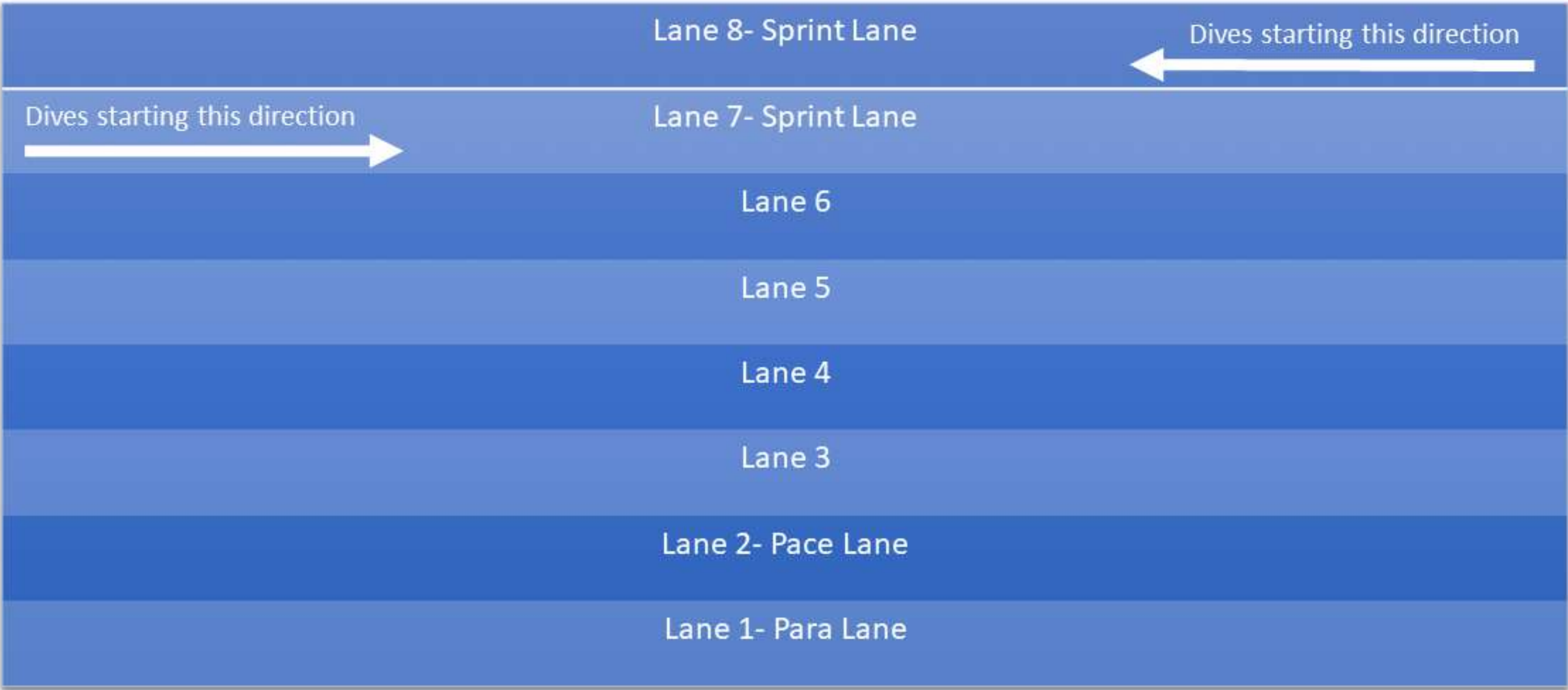
Lane 6 may also be used as an additional Sprint/Dive lane upon approval by Meet Management.

During the running of the competition, Warm Up/Cool Down available in the 8 lane training pool. **There will be a dedicated Para Lane in the training pool – Lane 1**

WARM UP LANE ASSIGNMENTS



Dive Tower End



Bulkhead/Scoreboard end

COMPETITION MANAGEMENT



- Starts for **100m and longer** events are from the Dive Tower end.
- **50M EVENTS WILL START FROM THE BULKHEAD AT THE SCOREBOARD END OF THE POOL**
- Be aware that there is only room for one heat at a time on the bulkhead for events starting at that end.
- The CCES will be conducting Doping Control during the meet. All 18&U athletes must be accompanied by a team representative.

COMPETITION MANAGEMENT



Preliminary Sessions

- Dive over starts for **Prelims** except for backstroke events, the start and finish of Para events, all 50m and distance events.
- Preliminary heats will be swum senior seeded with top 3 heats circle seeded except for 400m events where top 2 heats will be circle seeded.
- No circle seeding in Paralympic preliminary events.
- Swim-offs – run by the end of the preliminary session in which the tie occurred.

COMPETITION MANAGEMENT



Finals Sessions

- Pool will be cleared for each event/heat in **Finals**.
- There will A and B finals in individual events, per age group (youth and senior) according to the minimum number of entries as per meet package (at least 11 per event, per age category).
- A final only for Para events.
- Finals sequence: A > B.
- Awards to be presented during swimming of the B finals (some exceptions). Awards for Para events to be presented as soon as possible after the race. Please refer to timeline provided in heat sheets.

COMPETITION MANAGEMENT



Time Final Events

800 & 1500

- Fastest heat regardless of age swims during finals.
- Alternating gender 800/1500 from fastest to slowest for slower heats in prelims
- Lap Counters will be used
- There will be **NO positive check in** for distance events:
 - **Thursday 800/1500:** scratch deadline is 30 minutes after Technical meeting
 - **Sunday 800/1500:** scratch deadline is 30 minutes following the start of Saturday finals (6:00 PM)

COMPETITION MANAGEMENT



Time Final Events (con't)

Relays

- Scratch deadline for Thursday relays is 30 minutes after Technical meeting
- Scratch deadline for Friday, Saturday and Sunday relays is 30 minutes from the start of finals the previous evening (6:00 PM)
- Top 8 relay teams on Thursday, Friday and Saturday will swim in finals with the remaining relay teams swimming in prelims slowest to fastest **without alternating gender.**
- **On Sunday**, all Mixed Medley Relay teams will swim during finals.
- Official splits for the first swimmer of single gender relays will be automatically included in the results.

RELAY PROCEDURE / SUBMISSION



- Names submitted through the entry process will be considered final ***UNLESS*** a change is requested. Psych sheets with the entered names for relays will be posted at the Administration Desk.
- Relay name changes must be submitted on forms provided to the Administration Desk.
- **Relay names changes** will be accepted up to 30 minutes prior to the start of the session in which they are swum.

OFFICIAL SPLIT REQUESTS

- Requests for official splits for individual events must be submitted to the Admin Desk on forms provided at least 30 minutes prior to the session.

TAPING REVIEW PROCESS



Taping Request Forms (available at the Admin Desk) must be submitted to the Admin Desk by 8:00am for prelims and 4:30pm for finals.

All reviews will take place 15 minutes prior to the start of the session.

Photos will be taken of the approved taping and will be verified after each race.

The committee's decision will be final.

Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.

Any swimmer wearing taping not approved by a Taping Review Committee is ineligible to set a Canadian Record.

HEAT SHEETS



Prelims and Final Heat Sheets:

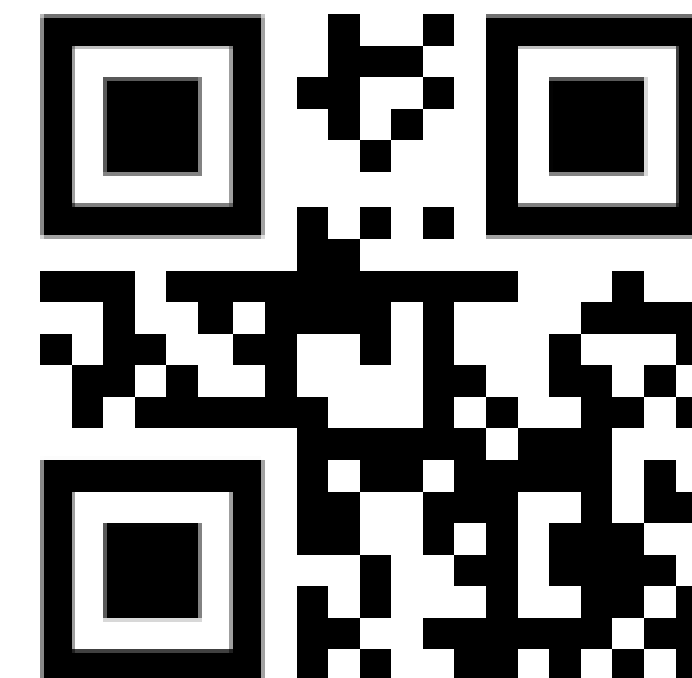
- Available daily from the Admin Desk.
- Posted on the web as soon as finalized prior to each session.
- Available through SMS Service:

To subscribe text:

SWIMWEST to 1 (833) 286 7395

En français, NATOUEST to 1 (833) 286 7395

Or use QR code:



PSYCH SHEETS & RESULTS LINKS



Live stream

WATCH LIVE

Meet Mobile App search for “2024 Speedo Western Canadian Championships”

Live Results

LIVE RESULTS

https://results.swimming.ca/2024_Speedo_Western_Championships/

SCRATCH PROCEDURE



Deadlines

- **Thursday Prelims & Time Final events:** 30 minutes after Tech meeting
- **Fri–Sun Prelims & Time Final events:** 30 minutes following the start of finals the previous evening (6:00 PM)
- **Finals:** 30 minutes following Prelims events (excluding time final events)
- Email scratches NOT accepted following the start of Technical Meeting and a meet scratch (online form) are required.

<https://form.jotform.com/232645675984169>



PENALTIES

SNC 3.4 Penalties



- SNC 3.4.1 There shall be a \$50.00 penalty for Scratches made after the Scratch Deadline. This penalty shall apply to all step-downs, no-shows, and unexcused incomplete swims for preliminaries, timed finals, and finals. (Unexcused incomplete swims shall be the sole determination of the Referee).
- SNC 3.4.2 Fines incurred during a Swimming Canada National Competition must be paid no later than 7 days after the final day of competition (i.e. if the final day of competition is Sunday, August 6, fines must be paid by 11:59 PST on Sunday, August 13).
- SNC 3.4.3 Any fines not paid will be doubled and due immediately. Entry to future Swimming Canada National Competitions will not be permitted until fines are paid in full

FINALS – CALL ROOM/READY ROOM PROCEDURES



- Finals sequence: A > B
- A, B finalists and alternates are to report to the ready room 15 minutes before the scheduled start of their race.
- A finalists will be marched on once the B finalists finish the B final race. Music will play and there will be introductions while marching on. The top seed from each individual event may request a walk on song from the announcer. Requests can be made during warm-ups.
- B finalists will be released from the ready room for their event and should be ready behind the blocks. They will be introduced during their race.

FOREIGN ATHLETES



OLYMPIC and PARALYMPIC PROGRAM EVENTS

- Foreign swimmers will swim Exhibition during finals.
- Foreign swimmers will receive a commemorative medal when placing in top 3.

PARALYMPIC PROGRAM



Finalists will be determined using the 2021 Canadian Paralympic Points System.

- Maximum 3 Para Swimmers per Sport Class advance to Finals.
- Seeding in Finals is by time
- Paralympic Program Warm-up:
 - Lane 1 in competition pool during warm period
 - Lane 1 in training pool during the competition.
- Any approved Para tapping devices, backstroke start aids, alterations to swimsuits, etc. need to be approved prior to the competition by the Technical Advisor. This may be done after the Technical Meeting. Any taping for para athletes is to be reviewed by the taping committee prior to each session.

DQ'S AND PROTESTS



Disqualifications:

- Disqualifications will be announced and include event number, heat number and lane number.

Procedure for protests:

- Discuss DQ with the session Referee
- If not resolved, a written protest may be presented to the Referee. A written protest must be presented within 30 minutes after the conclusion of the **event** (protest forms will be available at the Admin Desk).
- If not resolved after discussion of the written protest, the matter may be assigned to a Jury of Appeal. There is no fee for the protest or jury.

JURY OF APPEAL



C 13.2.3.1 The Jury of Appeal shall be chaired by the National Meet Director at National Competitions. The voting members shall be odd in number preferably either three (3) or five (5) and should be the most experienced Swimming Canada/PS officials or officers available, in addition to the requirement to include a coach, as determined by the CSCA after the entry deadline. None of those participating on the Jury of Appeal can have been involved in the disputed decision or disqualification.

JURY OF APPEAL



Coach Appointment Process

- CSCA provides 2-3 coaches in advance of each meet who are willing to sit on a jury of appeal if required. These coaches should show geographic diversity.
- Your coach selections for this meet are:
 - **Kate Vanderbeek (CWC)**
 - **Baylee Munro (ROD)**
 - **Robert Pettifer (RAPID)**

MEET SCORING



- Individual events, per age group and multiclass
 - Places 1- 8: 30-25-20-15-14-13-12-11
 - Places 9 -16: 9-7-6-5-4-3-2-1
- Relays events
 - Places 1 – 8: 100-60-40-34-32-30-28-26
- Foreign swimmers are not eligible to score points.

AWARDS



- Medals for 1st, 2nd, and 3rd place
- Team Championship Banner
- Male and Female High Point Aggregate by age group (Olympic Program).
- Male and Female High Point Aggregate (Paralympic Program)
- Commemorative Medal for Foreign Swimmers placing in top 3.

Note: If a swimmer is unable to attend their award ceremony, please send a fully uniformed substitute swimmer in their place. Foreign swimmers will receive their medal on the same podium as the Canadian medalists.

GENERAL FACILITY INFORMATION

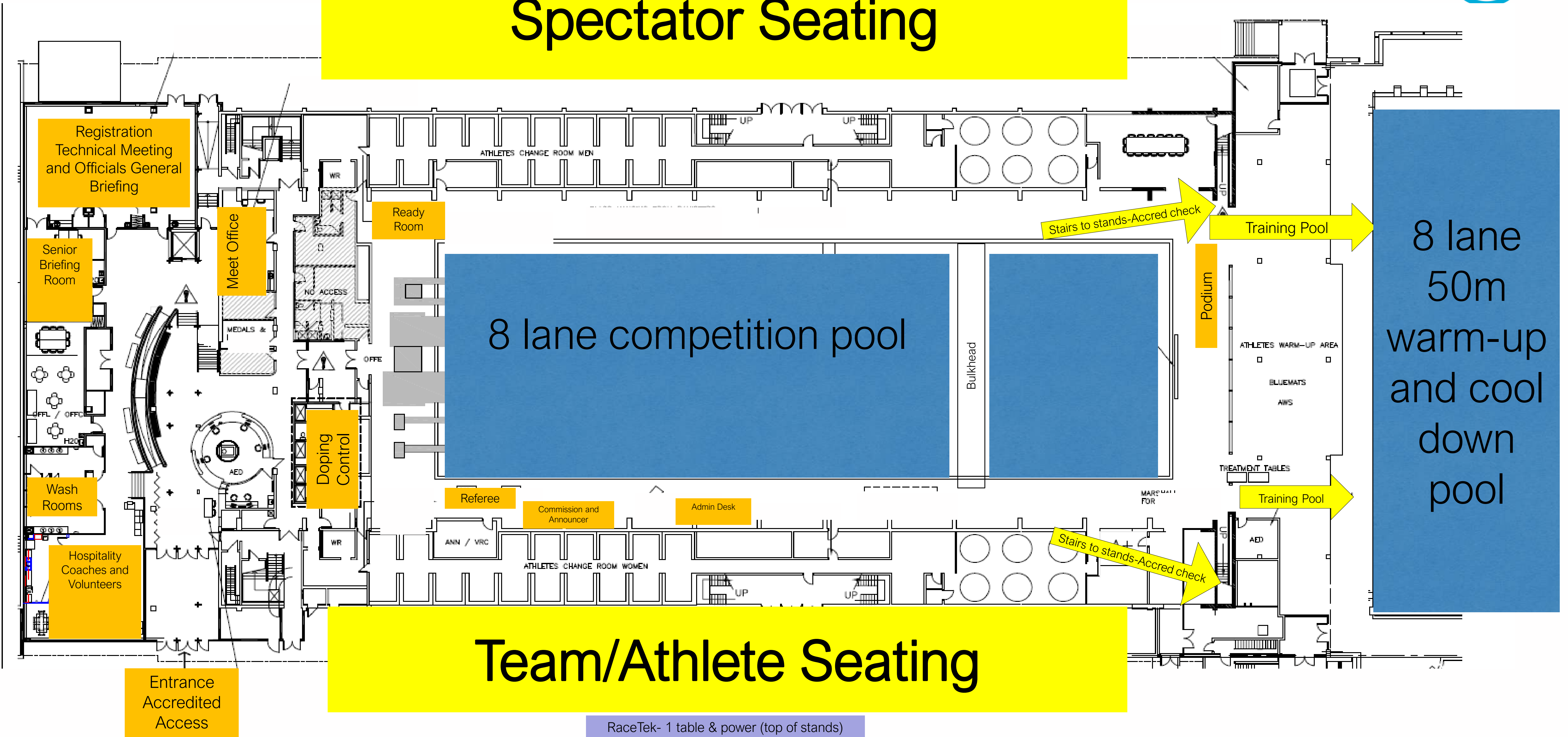


- **WIFI: WPG-Wifi** **No password required**
- Please enter the facility through the south entrance on the lower level near the parking lot.
- Access to the pool deck for swimmers, coaches and accredited staff/officials is through the turnstile at reception (see following map).
- Seating is available for teams and spectators on the upper level.
- Athletes are not permitted to change their clothing in the activity areas (pool deck, gymnasiums, etc.).
- No food or drink on the pool deck.
- No glassware on pool deck.
- **The venue, organizing committee and Swimming Canada are not responsible for lost or stolen items.**
- As a request from the facility, swimmers are encouraged to NOT overly kick the kick plate on the blocks.

PAN AM FACILITY



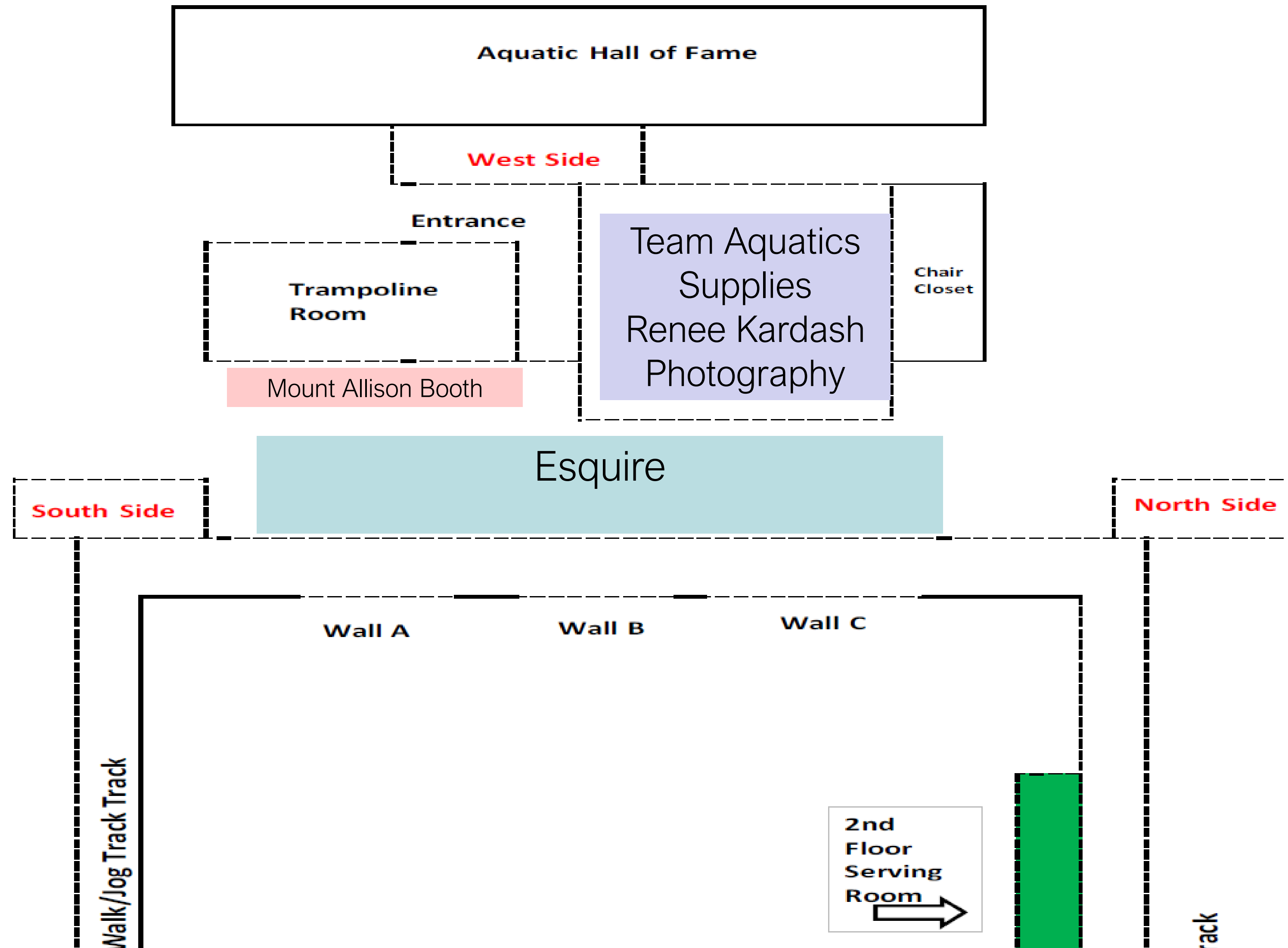
Spectator Seating



Team/Athlete Seating

RaceTek- 1 table & power (top of stands)

VENDOR LAYOUT & SPECTATOR ENTRANCE



Spectators may enter on the west side of the facility through the Aquatic Hall of Fame

ACCREDITATION INFORMATION



- Athletes, coaching staff, officials and volunteers may enter the facility through the south entrance on lower level. **Accreditation will be required for entry.**
- ALL athletes, coaching staff and support staff must have accreditation, individuals without accreditation will not be permitted pool access.
- Lost accreditation will be replaced at a cost of \$60.00 per accreditation at the administration desk.



QUESTIONS AND CONCERNS

- Questions and concerns related to the facility or technical delivery of the competition:
National Meet Director: Norma Lachance mathdva@gmail.com
- Questions related to a disqualification: Session Referee
- Questions not related to the competition: email questions@swimming.ca



HAVE A GREAT MEET!

LAST ONE FAST ONE!



SWIMMING.CA | NATATION.CA