



Canada West Swimming Championships

Meet Information Package

Saanich Commonwealth Place
Victoria, BC
January 25- 27, 2013
Sanctioned by SwimBC: #13486

Session Start Times

January 25th – 5:00 pm to 7:30 pm (timed finals)

January 26th – 10:00 am to 12:00 pm (heats) and 5:00 pm to 7:30 pm (finals)

January 27th – 9:00 am to 11:00 am (heats) and 2:00 pm to 4:00 pm (finals)



CANADA WEST PLAYING REGULATIONS

MEN'S & WOMEN'S SWIMMING

July 2012

1. SPORT FORMAT

Canada West (CW) will follow the Canadian Interuniversity Sport (CIS) Playing Regulations. This document provides additional regulations that will also be followed.

2. TEAM COMPOSITION (See 2.4 and 8.1 of CW GTR's.)

- 2.1 The limit for an institution's team complement in any one meet including the CW Championship shall be eighteen (18) men and eighteen (18) women. There is no limit to the number of contestants from one university that may enter an event at the CW Championship. The limit to the number of relay teams per institution shall be one relay team per event.
- 2.2 In order to be eligible to compete at the CIS championship, the athlete must compete at the CW Championship unless one of the following occurs:
1. The CW Eligibility Review Officer makes an appropriate ruling regarding the exemption for athletes who are out of the country in one of the following cases. 1. At selected Swimming Canada team activities. 2. or on Swim Canada tour teams. Athletes in National Training Centres or National Academy activities are exempted only if they meet one of the mentioned exemptions above. Requests for exemptions, along with appropriate documentation, must be provided to the Executive Director at least one-week prior to the Canada West Swimming Championship. All approved exemptions must be circulated to all Canada West swimming schools".
 2. The CW Eligibility Review Officer receives a medical certificate of illness within seven (7) days after the start of the CW Championship.
 3. A swimmer has met CIS Standard, but was excluded from the CW Championship because of the 18 swimmer limit outlined in 2.1.

3. LEAGUE / SEASON FORMAT

- 3.1 Time standards shall be circulated annually **by the upcoming Canada West Championship host institution** to all coaches and Athletic Directors by October 1st. The CW Championship meet standards will be 107.5% of the CIS Standards for the competitive year.
- 3.2 For all events and all sexes, standards are based on 25 metre course. Conversions from short course yards to short course (25) metres shall be all 11 1/2% and for long course (50) metres to short course metres shall be 3%.
- 3.3 Dual Meets shall be scored as follows:
Individual Events 5-3-1 and Relay Events 7-0,
Or
Individual Events 7-4-3-2-1 and Relay Events 9-4-2
- 3.4 Host institutions are to provide a scoreboard to display the running score throughout the meet.

4. PLAYOFF / CHAMPIONSHIP FORMAT

- 4.1 The CW Championship should be held on the third or fourth weekend in January, providing the CIS championship stays in the current time frame. The CW Championship will be hosted by one of Alberta, Calgary, Lethbridge, Victoria or UBC. See Appendix 1 for the Order of Events.
- 4.2 QUALIFICATION
1. The host university shall send the entry file to all universities by November 15 in the year prior to the Conference Championship. (i.e. first news bulletin).
 2. Time standards must be met during the current interuniversity competitive season, between October 1st and prior to the entry deadline of the Conference Championship Meet, in competitions acceptable for qualification to the CIS Championship (see 4.1) and/or at institution meets. If the performance times are questioned, they are to be verified at the conference championship technical meeting by published meet results. Coaches are to bring appropriate published results to the technical meeting.
 3. To be eligible to compete in the CW Championship, a competitor must have attained at least one cut-off standard time in an individual event. If only three swimmers from an institution qualify for either the men's or women's section of the CW Championship, a fourth swimmer may be added to swim in relays only, even though the fourth athlete may not have achieved the cut-off standard time in an individual event. All athletes must qualify as an eligible representative of their institution.
- 4.3 ENTRY REGULATIONS
1. The meet director must receive CW Championship entries by 12:00 noon Wednesday prior to the competition weekend. No telephone entries will be permitted.
 2. Each competitor may pre-enter a maximum of six (6) individual scoring events. At least one of the pre-entered events must be an event in which the qualifying standard has been achieved, however, it need not be one of the events in which the athlete competes. Each competitor may only compete in a maximum of four individual scoring events.
 3. Each swimmer may also enter one (1) event as exhibition. This exhibition swim must be indicated by the coach **on the submitted entries by marking the swim as EXHIB in Hytek** at the entry deadline.
 4. Contestants once officially entered, must complete all heats, swim-offs, consolation finals and finals for which they qualify. This applies to individuals and relay teams except in the case of disqualification under the false start rule or contestants having duly scratched. Failure to compete for any reason shall disqualify any performances for the balance of that day. In the case of disqualification on this basis, the points scored by other teams shall not be altered.
 5. Changes to the CW Championship entries are permitted after the entry deadline, and up to the Technical Meeting, providing a \$50.00 administration fee per change is paid to the Host Organizing Committee and the entry is declared at the Technical Coaches' Meeting. (i.e. person "A" out of the 50m Free into the 100m Free is one change).
Exception: In the case of certified illness or injury, the alternate(s) are permitted to swim. The removed swimmer cannot swim again that day.
 6. The scratch deadline shall be 30 minutes following the end of the session. Scratches for the first evenings' timed final events will be accepted up to the end of the technical meeting held prior to the start of the meet.

7. All master entry sheets (psyche sheets) will be circulated to each institution at the technical meeting. If a swimmer's entry time is challenged, the championship meet manager shall confirm each swimmer's entry time against published results. The final confirmed entry times shall be circulated at the coaches' meeting.
8. Relay entry times shall only be proven relay times achieved during the qualifying season or a cumulative of four (4) standing starts. If four standing starts are used, the times submitted are to be established for swimmers in attendance at the current CW Championships and are to be documented with meet results at the technical meeting prior to the commencement of the meet.
9. Relay complement names are to be submitted 30 minutes before the team is to swim. Changes may be made up to this point.
10. Heat sheets for time final events shall be posted thirty minutes after the scratch deadline.
11. In order to receive seeded positions for finals, the best competitive times of all entries during the current interuniversity season must be listed on the original entry form of all events (Relay splits are not acceptable for seeding purposes). Each university throughout the season must submit all meet results to the CIS Secretary, or appointee for ranking. Seeding times for the CW Championships shall be drawn only from the current year results. All other times shall not be entered.
- 12. Converted times may be used for entry ("S" in Hytek), Short Course yards to short course (25) metres shall be all 1 1/2% and for long course (50) metres to short course meters shall be 3%. A 1650 yards times may be used for entry into the 1500 using the absolute 1650 time (no conversion). Coach must be prepared to show proof for conversions if challenged, as they do not appear in ranking.**

4.4 SCORING

1. Stroke 50's are scoring events and are given full event status.
2. The total number of scoring events competed by an individual, including relays, shall be a maximum of seven events; four individual scoring events and three relay swims.
3. Contestants shall qualify for finals on the basis of official times. The eight (8) fastest shall qualify for the championship final. The consolation final shall consist of those contestants or teams that qualified as the ninth (9) to sixteenth (16) fastest, inclusive, on the basis of the heats.
4. The 800m and the 1500m shall be held as timed finals fastest to slowest with all the women's heats followed by all the men's heats.
5. Scoring for Individual Events shall be:
 - * 8 lanes shall be scored to sixteen (16) places - 20, 17, 16, 15, 14, 13, 12, 11, (Championship Final): 9, 7, 6, 5, 4, 3, 2, 1 (Consolation Final).
6. Scoring for Relay Events shall be:
 - * 8 lanes shall be scored 40, 34, 32, 30, 28, 26, 24, 22 (Championship Final): 18, 14, 12, 10, 8, 6, 4, 2 (Consolation Final).

4.5 RECORDS

1. Record performances shall be noted automatically as an integral part of the meet recording procedures. It shall be the duty of the CW Secretary-Treasurer to publish a current list of records as an appendix to the playing regulations. See Appendix 2 for CW Records.
2. The performance for which a record is claimed must be made in a race that is a regular part of the CW Championship meet. Record times shall be recognized for performances by the contestant who swims the first leg of a relay race, which is a regular part of the meet.

- 4.6 The Jury of Appeal shall be the Championship Management Committee, which will be composed of the following:
1. Host Convener
 2. Meet Advisory Referee/Referee
 3. Host institution coach or designate
- 4.7 All protests must be accompanied by a \$50.00 protest fee, refundable only with a winning protest; otherwise the protest fee remains with the host. Protests are submitted to the Host Convener.

5. RULES

Beyond the CIS and CW rules, meets will follow SNC rules as outlined in the SNC handbook.

6. AWARDS (Also see Section 11 in GTR's – CW Awards)

Teams competing in the CW Championships will be competing for the following trophies:

| | |
|-----------------------------|------------------|
| Men's Championship Trophy | E.W. GRIFFITHS |
| Women's Championship Trophy | FELSTAD MEMORIAL |

- 6.1 All-Stars Team
1. The gold medalists in the men and women's events (including relays) at the CW Championship will make up the 1st Team All- Stars. They are to be recognized as such at the CW Championship.
 2. All 5th year athletes and graduating athletes are to be recognized at the start of the **Saturday** competition at the CW Championship.
(Rationale: Swimming does not have many opportunities to publicly recognize the fifth year athletes. Many of the CW athletes will not attend CIS Championships.)
- 6.2 Select and recognize the male and female Swimmer of the Meet, using the criteria presently in place at the CIS Championship.
- 6.3 Select and recognize a male and female rookie of the meet using the criteria in place at the CIS Swimming Championship.

7. SPORT ADMINISTRATION

- 7.1 The host institution shall be responsible for officials.
- 7.2 The host shall produce the following at the conclusion of the meet:
1. Up-dated record lists for insertion into the Playing Regulations.
 2. The host will forward the Hytek meet manager file to next year's host including an up-dated file.
 3. Report to Swim Coaches any need for amendments to the CW Playing Regulations that were identified at the CW Coaches Association Meeting.
- 7.3 A Fall Canada West coaches conference call will be held the last Tuesday of October at 11:00 AM Pacific Time to review playing regulations, review changes from CIS meeting and confirm that the Meet File has been forwarded to the Host team. The host will coordinate the conference call.
- 7.4 Coaches' Meeting (Refer to 6. Coaches' Meeting – CW GTR's)

8. APPENDICES

8.1 APPENDIX I

CANADA WEST CHAMPIONSHIP MEET ORDER OF EVENTS

Friday

4:00 – 4:50 pm Warm-ups
 5:00 – 7:30 pm Timed Finals – Events 1-10

- #1 Women's 800m Freestyle
- #2 Men's 1500m Freestyle
- #3 Women's 50m Butterfly
- #4 Men's 50m Butterfly
- #5 Women's 50m Backstroke
- #6 Men's 50m Backstroke
- #7 Women's 50m Breaststroke
- #8 Men's 50m Breaststroke
- #9 Women's 4 x 200m Freestyle Relay
- #10 Men's 4 x 200m Freestyle Relay

Saturday

8:30 – 9:50 am Warm-ups
 10:00 – 12:00 noon Heats, Events 11-22

- #11 Women's 50m Freestyle
- #12 Men's 50m Freestyle
- #13 Women's 400m Individual Medley
- #14 Men's 400m Individual Medley
- #15 Women's 100m Butterfly
- #16 Men's 100m Butterfly
- #17 Women's 200m Backstroke
- #18 Men's 200m Backstroke
- #19 Women's 100m Breaststroke
- #20 Men's 100m Breaststroke
- #21 Women's 200m Freestyle
- #22 Men's 200m Freestyle

3:30 – 4:50 pm Warm-ups
 5:00 – 7:30 pm Finals, Events 11-24

- #11 Women's 50m Freestyle
- #12 Men's 50m Freestyle
- #13 Women's 400m Individual Medley
- #14 Men's 400m Individual Medley
- #15 Women's 100m Butterfly
- #16 Men's 100m Butterfly
- #17 Women's 200m Backstroke
- #18 Men's 200m Backstroke
- #19 Women's 100m Breaststroke
- #20 Men's 100m Breaststroke

- #21 Women's 200m Freestyle
- #22 Men's 200m Freestyle
- #23 Women's 4 x 100m Freestyle Relay
- #24 Men's 4 x 100m Freestyle Relay

Sunday

7:30 – 8:50 am Warm-ups
 9:00 – 11:00 am Heats, Events 25-36

- #25 Women's 200m Butterfly
- #26 Men's 200m Butterfly
- #27 Women's 100m Freestyle
- #28 Men's 100m Freestyle
- #29 Women's 200m Individual Medley
- #30 Men's 200m Individual Medley
- #31 Women's 100m Backstroke
- #32 Men's 100m Backstroke
- #33 Women's 200m Breaststroke
- #34 Men's 200m Breaststroke
- #35 Women's 400m Breaststroke
- #36 Men's 400m Freestyle

12:30 – 1:50 pm Warm-ups
 2:00 – 4:00 pm Finals, Events 25-38

- #25 Women's 200m Butterfly
- #26 Men's 200m Butterfly
- #27 Women's 100m Freestyle
- #28 Men's 100m Freestyle
- #29 Women's 200m Individual Medley
- #30 Men's 200m Individual Medley
- #31 Women's 100m Backstroke
- #32 Men's 100m Backstroke
- #33 Women's 200m Breaststroke
- #34 Men's 200m Breaststroke
- #35 Women's 400m Breaststroke
- #36 Men's 400m Freestyle
- #37 Women's 4 x 100m Medley Relay
- #38 Men's 4 x 100m Medley Relay

CARRIED

8.2 APPENDIX 2

Canada West Swimming Meet Records*(through 2011-12)*

| | | | | |
|----|------------------------|----------|------------|---|
| 1 | Women 800 Free | 08:38.7 | 01/23/2009 | Breanna Hendriks - Calgary |
| 2 | Men 1500 Free | 15:18.83 | 01/28/2011 | David Dimitrov - Calgary |
| 3 | Women 800 Free Relay | 08:01.50 | 01/27/2012 | UBC Thunderbirds Heather MacLean, Fionnuala Pierse, Brittney Harley, Savannah King |
| 4 | Men 800 Free Relay | 7:17.02 | 2002 | UBC Thunderbirds B. Hayden, J. Tisdal, Brian Johns, M. Johnston |
| 5 | Women 50 Free | 25.57 | 01/29/2011 | Seanna Mitchell - Calgary |
| 6 | Men 50 Free | 22.65 | 01/28/2012 | Tommy Gossland - UBC |
| 7 | Women 400 IM | 04:39.81 | 01/29/2011 | Hanna Pierse - UBC |
| 8 | Men 400 IM | 4:13.06 | 2002 | Brian Johns - UBC |
| 9 | Women 100 Fly | 59.16 | 01/28/2012 | Erin Miller - Alberta |
| 10 | Men 100 Fly | 53.3 | 01/24/2009 | Callum Ng - UBC |
| 11 | Women 200 Back | 02:09.2 | 01/24/2009 | Jessika Craig - Calgary |
| 12 | Men 200 Back | 01:56.8 | 01/24/2009 | Matt Hawes - UBC |
| 13 | Women 100 Breast | 01:07.02 | 01/29/2011 | Erica Morningstar - Calgary |
| 14 | Men 100 Breast | 59.84 | 01/28/2012 | Jason Block - Calgary |
| 15 | Women 200 Free | 01:57.68 | 01/27/2012 | Heather MacLean, UBC (relay) |
| 16 | Men 200 Free | 1:46.59 | 01/19/2007 | Brian Johns - UBC |
| 17 | Women 400 Free Relay | 03:41.82 | 01/28/2012 | Calgary Dinos Seanna Mitchell, Erin Wamstecker, Lindsay Delmar, Amanda Reason |
| 18 | Men 400 Free Relay | 03:20.7 | 1/24/2009 | Calgary Dinos K Aspinall, R Gow, C Miazga, D Woodman |
| 19 | Women 200 Fly | 02:11.53 | 01/29/2012 | Erin Miller - Alberta |
| 20 | Men 200 Fly | 01:58.9 | 01/25/2009 | Callum Ng - UBC |
| 21 | Women 100 Free | 54.51 | 01/24/2010 | Erica Morningstar - Calgary |
| 22 | Men 100 Free | 49.28 | 01/29/2012 | Tommy Gossland - UBC |
| 23 | Women 200 IM | 02:09.60 | 01/30/2011 | Erica Morningstar - Calgary |
| 24 | Men 200 IM | 1:59.07 | 01/27/2006 | Brian Johns - UBC |
| 25 | Women 100 Back | 59.87 | 01/24/2010 | Erica Morningstar - Calgary |
| 26 | Men 100 Back | 53.45 | 01/27/2008 | Callum Ng - UBC |
| 27 | Women 200 Breast | 02:22.40 | 01/29/2012 | Marth McCabe - UBC |
| 28 | Men 200 Breast | 02:11.2 | 01/25/2009 | Scott Dickens - UBC |
| 29 | Women 400 Free | 04:08.6 | 01/25/2009 | Breanna Hendriks - Calgary |
| 30 | Men 400 Free | 3:49.97 | 2001 | Mark Johnston - UBC |
| 31 | Women 400 Medley Relay | 04:06.5 | 01/25/2009 | Calgary Dinos H Kubas, Erica Morningstar, K Weevers, S Mitchell |
| 32 | Men 400 Medley Relay | 03:37.8 | 01/25/2009 | UBC Thunderbirds Matt Hawes, Scott Dickens, Callum Ng, R Biskupski |
| 33 | Women 50 Fly | 27.83 | 01/28/2011 | Seanna Mitchell - Calgary |
| 34 | Men 50 Fly | 24.14 | 01/23/2009 | Kelly Aspinall - Calgary |
| 35 | Women 50 Back | 27.95 | 01/23/2009 | Hanna Kubas - Calgary |
| 36 | Men 50 Back | 24.64 | 01/25/2008 | Callum Ng - UBC |
| 37 | Women 50 Breast | 31.28 | 01/23/2009 | Annamay Pierse - UBC |
| 38 | Men 50 Breast | 27.96 | 01/27/2012 | Jason Block - Calgary |

**SWIMMING/NATATION CANADA
RISK MANAGEMENT / WARM-UP PROCEDURES 2009**

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.