

# CANADA WEST PLAYING REGULATIONS

## MEN'S & WOMEN'S SWIMMING

### 1. SPORT FORMAT

Canada West (CW) will follow the Canadian Interuniversity Sport (CIS) Playing Regulations. Meets will follow SNC rules as outlined in the SNC handbook.

This document provides additional regulations that will also be followed.

### 2. TEAM COMPOSITION (Also refer to Section 7 & 9 of CW Operations Manual)

- 2.1 The limit for an institution's team complement in any ~~one meet~~ **including dual meet** and 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 (Also refer to Section 8 of the CW Operations Manual)

- 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.
- 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** (Also refer to Section 8 of the CW Operations Manual)

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. See Appendix A 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. For qualification purposes all short course yards and long course meters qualifying standards shall be arrived at by using the current Hytek meet manager default factor as of March 1<sup>st</sup> immediately following the previous CIS Championships. No conversions will be accepted for qualification.  
For seeding purposes all times will be converted by the meet management using the current Hytek meet manager default factor.  
All entries and proof of times must be provided to meet management in the course they were achieved in. Coaches shall not convert entry times.

#### 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 Executive Director to publish a current list of records as an appendix to the playing regulations. The host institution will forward a hard

copy of the meet records to the CW Office immediately following the Championships. See Appendix B 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. UNIFORMS** (Also refer to Section 9 of CW Operations Manual)

**6. RULES**

See Section 1 above.

**7. AWARDS** (Also refer to Section 15 of the CW Operations Manual)

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

7.1 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.)

7.2 Select and recognize the male and female Swimmer of the Meet, using the criteria presently in place at the CIS Championship.

7.3 Select and recognize a male and female rookie of the meet using the criteria in place at the CIS Swimming Championship.

7.4 Canada West Swim Coaches Association shall vote on the male and female Canada West Student-Athlete Community Services Award at the Canada West Swimming Championships during the coaches association meeting. The host institution will forward the CIS nomination form to the coaches at the same time as the championship bulletin. Nominations deadline will be the same as the meet entry deadline.

- 7.5 Coaches will vote on a Canada West Coach of the Year. The host institution will circulate ballots to each head coaches who must return the completed ballot to the host prior to the relays on Sunday afternoon.

## **8. SPORT ADMINISTRATION** (Also refer to Section 9 of the CW Operations Manual)

- 8.1 The host institution shall be responsible for officials.
- 8.2 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.
- 8.3 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 also review travel options for Sunday departure, and, where feasible, adjust the Sunday schedule to allow for a later morning start and afternoon final session. The host, in consultation with the Canada West Office, will coordinate the conference call.
- 8.4 Coaches' Meeting – Refer to Committees Policy in the Canada West Operations Manual.

## **9. APPENDICES**

- A. Canada West Championship Meet Order of Events
- B. Canada West Swimming Meet Records

APPENDIX A

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~~ **Freestyle**
- #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

## APPENDIX B

# Canada West Swimming Meet Records

(through January 27, 2013)

1	<b>Women 800 Free</b>	<b>08:26.98</b>	<b>01/25/2013</b>	<b>Savannah King, UBC</b>
2	<b>Men 1500 Free</b>	<b>15:04.48</b>	<b>01/25/2013</b>	<b>Alec Page, Victoria</b>
3	<b>Women 800 Free Relay</b>	<b>07:57.60</b>	<b>01/25/2013</b>	<b>UBC Thunderbirds</b>
	<b>Savannah King, Brittney Harley, Tera Van Beilen, Heather MacLean</b>			
4	Men 800 Free Relay	7:17.02	2002	UBC Thunderbirds
	Brent Hayden, Justin Tisdall, Brian Johns, Mark Johnston			
5	Women 50 Free	25.57	01/29/2011	Seanna Mitchell - Calgary
6	Men 50 Free	22.38	01/28/2012	Tommy Gossland - UBC
7	<b>Women 400 IM</b>	<b>04:39.22</b>	<b>01/26/2013</b>	<b>Tianna Rissling, Calgary</b>
8	Men 400 IM	4:13.06	2002	Brian Johns - UBC
9	Women 100 Fly	59.98	01/28/2012	Erin Miller - Alberta
10	<b>Men 100 Fly</b>	<b>52.39</b>	<b>01/26/2013</b>	<b>Coleman Allen, UBC</b>
11	Women 200 Back	02:09.24	01/24/2009	Jessika Craig - Calgary
12	<b>Men 200 Back</b>	<b>01:56.40</b>	<b>01/26/2013</b>	<b>Russell Wood, Calgary</b>
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	<b>Women 200 Free</b>	<b>01:57.60</b>	<b>01/26/2013</b>	<b>Savannah King, UBC</b>
16	Men 200 Free	1:46.59	01/19/2007	Brian Johns - UBC
17	<b>Women 400 Free Relay</b>	<b>03:41.74</b>	<b>01/26/2013</b>	<b>Calgary Dinos</b>
	<b>Fiona Doyle, Erica Morningstar, Amanda Reason, Tianna Rissling</b>			
18	<b>Men 400 Free Relay</b>	<b>03:19.84</b>	<b>1/26/2013</b>	<b>UBC Thunderbirds</b>
	<b>Kelly Aspinall, Luke Peddie, Sergey Holson, Coleman Allen</b>			
19	Women 200 Fly	02:11.53	01/29/2012	Erin Miller – Alberta
20	<b>Men 200 Fly</b>	<b>01:58.11</b>	<b>01/27/2013</b>	<b>Coleman Allen, UBC</b>
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	<b>Men 100 Back</b>	<b>53.07</b>	<b>01/27/2013</b>	<b>Russell Wood, Calgary</b>
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	<b>Women 400 Free</b>	<b>04:06.55</b>	<b>01/27/2013</b>	<b>Savannah King, UBC</b>
30	Men 400 Free	3:49.97	2001	Mark Johnston - UBC
31	<b>Women 400 Medley Relay</b>	<b>04:03.19</b>	<b>01/27/2013</b>	<b>UBC Thunderbirds</b>
	<b>Erin Stamp, Tera Van Beilen, Grainne Pierse, Heather MacLean</b>			
32	<b>Men 400 Medley Relay</b>	<b>03:37.06</b>	<b>01/27/2013</b>	<b>Calgary Dinos</b>
	<b>Russell Wood, Jason Block, Bogdan Knezevic, David Woodman</b>			
33	Women 50 Fly	27.31	01/27/2012	Erin Miller, AB
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	<b>Women 50 Breast</b>	<b>31.11</b>	<b>01/25/2013</b>	<b>Tianna Rissling, Calgary</b>
38	<b>Men 50 Breast</b>	<b>27.92</b>	<b>01/25/2013</b>	<b>Jason Block, Calgary</b>