**2014 CIS SWIMMING CHAMPIONSHIPS**

**Hosted by University of Toronto**

**February 20th-22nd , 2014**

**Competition Venue: Varsity Pool**

**Address: 55 Harbord Street. Toronto, Ontario M5S 2W6**

**Website:** [**www.varsityblues.ca**](http://www.varsityblues.ca) **Championship Website:** [**http://english.cis-sic.ca/championships/wsoc/index**](http://english.cis-sic.ca/championships/wsoc/index)

**Organizing Committee**

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| --- | --- | --- | --- |
| **POSITION** | **NAME** | **TELEPHONE** | **E-MAIL ADDRESS** |
| Convenor | Beth Ali | 416 978-7379 (W)  647-990-5126 (C) | beth.ali@utoronto.ca |
| Chair | Mary Beth Challoner | 416-946-5131 (W)  416-407-3538 (C) | mb.challoner@utoronto.ca |
| Technical Coordinator | Kay Dawkins | 416-946-5123 (W)  416-522-6477 (C) | kay.dawkins@utoronto.ca |
| Event Logistics | Steve Manchur | 416-946-0807 (W)  416-678-9357 (C) | steve.manchur@utoronto.ca |
| Marketing & Sponsorship | David Frizzell | 416-946-5125 | [david.frizzell@utoronto.ca](mailto:david.frizzell@utoronto.ca) |
| Finance | Jim Webster | 416-978-7375 | jim.webster@utoronto.ca |
| Athlete Services | Kevin Sousa | 416-946-7292 | k.sousa@utoronto.ca |
| Competitions Coordinator | Brittney Scott | 416-978-5845 | brittney.scott@utoronto.ca |
| Publicity & Promotion | Ivan Canete | 416-946-0572 | [ivan.canete@utoronto](mailto:ivan.canete@utoronto).ca |
| Media/Communications | Jill Clark | 416-978-4263 | [jill.clark@utoronto.ca](mailto:jill.clark@utoronto.ca) |
| Ticketing | Zack Sholdra | 416-946-3811 | [zack.sholdra@utoronto](mailto:zack.sholdra@utoronto).ca |
| Hospitality | Christine Kos | 416-978-3443 | christine.kos@utoronto.ca |
| Transportation | Sherry Ing | 416-978-4115 | sherry.ing@utoronto.ca |
| Facilities | Cathy Hughes | 416-946-5122 | cathy.hughes@utoronto.ca |
| Alumni | Rachel Keeling | 416-946-5126 | rachel.keeling@utoronto.ca |
| Medical Staff | Andrea Prieur | 416-978-6474 | andrea.prieur@utoronto.ca |
| CIS Manager of Events | Sheila-Ann Newton | 613-562-5670  Ext. 23 | snewton@universitysport.ca |

**Meet Manager: Ron Riley (level 4) ;** [**rileyassurance@gmail.com**](mailto:rileyassurance@gmail.com)

**Meet Referee: Rob Fillion**

COACHES – please refer to CIS website for a complete list of all the rules and regulations. They are not all listed here. It is your responsibility to know these regulations.

**Schedule of Events**

**Monday, February 17**

10:00-11:30am Practice (North ends) Varsity Pool

6:00-9:00pm Practice (both ends) Varsity Pool

**NOTE: enter via Spadina entrance to change rooms; building is closed for Family Day.**

**Tuesday, February 18**

9:00am-12pm Practice (both ends) Varsity Pool

4:00–7:00pm Practice (both ends) Varsity Pool

**NOTE:** **check in at the tent in the main lobby to get accreditation and packages, which will allow access to the main change rooms.**

**Wednesday, February 19**

9:00am-12:00pm Practice (both ends) Varsity Pool

12:00–4:00pm CIS Technical Meeting/ followed by Coaches Meeting Room 307

3:00-8:00pm Practice (both ends) Varsity Pool

**Saturday, February 22**

12:00-3:00pm OUA Coaches Think Tank Room 302

**Competition Schedule**

**Thursday, February 20**

Warm-ups 8am – 9:50am, Heats 10am

Finals warm-ups 4pm – 5:50pm, Finals 6pm

#1 Women's 200m Free

#2 Men's 200m Free

#3 Women's 50m Back

#4 Men's 50m Back

Awards: events #1-4

#5 Women's 100m Breast

#6 Men's 100m Breast

#7 Women's 100m Fly

#8 Men's 100m Fly

Awards: events #5-8

#9 Women's 400m IM (top 2 heats circle seeded)

#10 Men's 400m IM (top 2 heats circle seeded)

Awards: events #9-10

#11 Women's 4 x 100 Free Relay \*\* The fastest two heats will swim in finals

# 12 Men's 4 x 100 Free Relay \*\* The fastest two heats will swim in finals

Awards: events #9-10

**Friday, February 21**

Warm-ups 8am – 9:50am, Heats 10am

Finals warm-ups 4pm – 5:50pm, Finals 6pm

#13 Women's 100m Back

#14 Men's 100m Back

#15 Women's 50m Fly

#16 Men's 50m Fly

Awards: events #13-16

#17 Women's 400m Free (top 2 heats circle seeded)

#18 Men's 400m Free (top 2 heats circle seeded)

#19 Women's 200m Breast

#20 Men's 200m Breast

Awards: events #17-20

#21 Women's 50m Free

#22 Men's 50m Free

#23 Women's 200m Fly

#24 Men's 200m Fly

Awards: events #21-24

#25 Women's 4 x 200m Free Relay \*\* The fastest two heats will swim in finals

#26 Men's 4 x 200m Free Relay \*\* The fastest two heats will swim in finals

Awards: events #25-26

**Saturday, February 22**

Warm-ups 8am – 9:50am, Heats 10am

Finals warm-ups 4pm – 5:50pm, Finals 6pm

* **Parade of Graduates will start off the finals on Saturday**

#27 Women’s 800m Free\* Fastest 8 will swim in finals

#28 Men’s 50 Breast

#29 Women's 50m Breast

Awards: events #27-29

#30 Men's 200m Back

#31 Women's 200m Back

#32 Men's 100m Free

#33 Women's 100m Free

Awards: events #30-33

*Presentation of Sprinter’s Cup (if necessary)*

#34 Men's 200 IM

#35 Women's 200m IM

#36 Men’s 1500m Free\* Fastest 8 will swim in finals

Awards: events #34-36

#37 Women's 4 x 100m Medley Relay\*\*

#38 Men's 4 x 100m Medley Relay \*\*

Awards #37-38

**Following completion of finals, the following awards will be presented:**

CIS 1st team All-Canadians

CIS 2nd team All-Canadians

Men’s Rookie of the Year

Women’s Rookie of the Year

Coach of the Year – Men’s Team

Coach of the Year – Women’s Team

Women’s Swimmer of the Year

Men’s Swimmer of the Year

Women’s Championship Trophy and Banner

Men’s Championship Trophy and Banner

**Entry Information**

Entry deadline is 3:00PM EST / 12:00 PM PST on Monday, February 17.

Each competitor may pre-enter a maximum of six individual events. Each competitor may only compete in a maximum of four (4) individual events.

Relay entries must be submitted with an entry time that has been posted on the designated rankings system. Relays can enter with a different time IF it can be proven to meet management by the start of the technical meeting. Feel free to attach a hytek report with relay proof of times.

Changes to entries are permitted up to the start of the CIS championships technical meeting at a cost $50 per change.

Entries are to be submitted to SNC website

Proof of time reports will need to be submitted for any times not shown on ranking, including relays.

The current year of eligibility of each swimmer must be included with the HYTek/Splash files and subsequently included on the entry sheets, preliminary heats sheets, and final sheets.

**Scratch Procedures**

1. For events 1-12: scratches are due at the conclusion of the CIS technical mtg
2. For events 13-24: scratches are due 30 minutes after the conclusion of the finals session on day one
3. For events 25-32; scratches are due 30 minutes after the conclusion of the finals session on day two
4. Scratches for ALL finals can be made up to 30 minutes after the conclusion of heats.
5. NOTE: there will be no additional penalties in the CIS championships beyond missing the event, and counting as one of your events.

**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 or 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 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.**

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-2



**SNC POLICY ON SWIMWEAR**

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and nonconsolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.”

SHAPE – MEN: swimwear shall not extend above the navel or below the knee. WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

**SWON/SNC**

**Record Policy:** **Required for ALL New National and Provincial records**

**National and Provincial Record forms to include:**

*Referees must sign the new record application form confirming that a swimmer was wearing a legal suit when a record was created. Coaches will be notified that (record) swimmers must report to the session referee (meet referee) for suit verification. Referees must carry a signoff sheet and list of FINA approved suits (see SNC website). Record applications will not be accepted unless form is properly completed.*