



## 2019 Canadian Open Water Swimming Trials Saturday April 27, 2019

### General Information

Swimming Canada rules govern this competition. Competition Rules or procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

This meet is open to qualified Swimming Canada registered swimmers and FINA registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference [Swimming Canada Rulebook](#) for eligibility rules (CGR 1.2.1 and CGR 1.3.1).

For information and updates to this document please refer to the Swimming Canada [web site](#).

### Safe Sport

Swimming Canada believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. Swimming Canada is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures, including but not limited, to the General Code of Conduct, the Equity, Diversity and Inclusion Policy, and the Harassment Policy.

For more information regarding the Swimming Canada Safe Sport Program please visit [www.swimming.ca/safe-sport](http://www.swimming.ca/safe-sport)

### National Team Selection

This competition will serve as the nomination or selection Trials for the 2019 FINA World Championships, 2019 Pan American Games, and the 2019 FISU Games.

### Competition Host

Swimming Canada and Cayman Islands Aquatic Sports Association

### Venue

Governors Beach Grand Cayman  
Cayman Islands

### Organizing Committee

National Meet Director



Cynthia Pincott      [cyn.pincott@gmail.com](mailto:cyn.pincott@gmail.com)

National Meet Referee

Nicole Normandin      [nicoleno@videotron.ca](mailto:nicoleno@videotron.ca)

Entries Coordinator

TBC

Swimming Canada Events Manager

Amanda Zevnik      [azevnik@swimming.ca](mailto:azevnik@swimming.ca)

### **Entry Information**

#### **Entry Deadline**

Monday April 15, 2019 11:59 pm ET

#### **Entry Limitation**

Swimmers must be 14 years of age and older to compete. Age as of April 27<sup>th</sup>, 2019.

#### **Meet Standard**

##### [2019 Swimming Canada Standards](#)

Swimmer must obtain one qualifying Trials Senior distance time standard (400m, 800m or 1500m event) for their respective gender.

#### **Qualification Period**

Times performed Long Course since September 1, 2017 are eligible for entry.

#### **Age Category**

Open

#### **Events**

- Women's 10 Km
- Men's 10 Km

#### **Entry Process**

All entries must be submitted via the online entry system- <https://www.swimming.ca/MeetList.aspx>

#### **Entry Fees**

\$135 CAD

Fees must be received by Wednesday, April 24<sup>th</sup>, 2019. No fees will be accepted on race day. Payment instructions will be forwarded to the clubs after the entry deadline.

### **Pre-Event Training**



Pool time will be available at Lions Pool (6 lanes, 25m) – Olympic Way, George Town, Grand Cayman – Next to the Truman Bodden Stadium

- Wednesday, April 24<sup>th</sup> 7:30 am – 3:00 pm
- Thursday, April 25<sup>th</sup> 7:30 am – 3:00 pm
- Friday April 26<sup>th</sup> 7:30 am – 3:00 pm

Race course will be available

- Thursday, April 25<sup>th</sup> – times TBC
- Friday April 26<sup>th</sup> - times TBC

### Competition Information

Registration and medical check start at 5:30 am

Participants must be checked in by 6:30 am

Warm up starts at 5:30 am

Pre-Race Briefing

- 6:30 am – all swimmers and coaches

Swimmer Gathering

- 6:45 am – 10k Men
- 6:55 am - 10K Woman

Race Starts

- 7:00 am – 10k Men
- 7:10 am - 10K Woman

Awards

- 10:30am - Awards presentations

Meeting

- 11: 00am – Compulsory meeting for swimmers and coaches nominated or selected to teams

### Waivers

Consent forms will be available in January 2019 and can be found at:

<https://swimming.ca/en/events-results/events/2019-canadian-open-water-trials/>

### Timing

TBC

### Technical Meeting

Friday, April 26<sup>th</sup> at 9:00am at Governors Square Board Room (Second Floor – Beach Side at the top of the stairs)

Attendance by a team representative is mandatory.

### Race Details

Start and Finish at Governors Square



Race course is a 1.66 km rectangle, swum counter clockwise.

10 Km (6 Laps)

In the event of unsafe weather or water conditions, race will be postponed to Sunday April 28, 2019 and will follow the same timeline

### **Race Rules**

#### **Swim Rules**

FINA Open Water Swimming

**Wetsuits are not allowed unless the water temperature is less than 20C.** *Historically the average water temperature for this has been 27°C.*

No jewellery (earrings, rings, necklaces, etc., including watches) is permitted.

Fingernails and toenails must be trimmed short.

### **Awards and Results**

#### **Awards**

Medals for Top 3 finishers per gender

Presentation to take place at 10:30

#### **Race Results**

Results will be posted on the Swimming Canada Website.

#### **Scratches**

Emailed scratches will be accepted prior to the Technical Meeting by email to the entry coordinator.

#### **Penalty**

All fines must be paid in accordance with Swimming Canada rule SNC 3.4.

### **Doping Control**

#### **Doping Control Procedure**

Athletes may be selected for sample collection at this event. The athlete will be notified of his/her selection for doping control by a CCES chaperone or CCES doping control officer and informed that a urine and/or blood sample will be collected. The athlete will also be informed of his/her rights and responsibilities. The athlete reads and signs the athlete selection order and then reports to the doping control station.

Upon notification of testing and if necessary, the athlete may notify the DCO if they are competing in another event in the same session. In such cases, the DCO may direct that testing be carried out later in the session, provided a Chaperone accompanies and/or observes the Athlete at all times and until such time as the Athlete reports back to the Doping Control Station for testing.

Photo identification is required for doping control. All competitors must bring photo identification to competitions (i.e. driver's license, school identification, passport, etc.). Coaches are asked to remind their swimmers of this requirement.



### **Doping Control Information**

Athletes are encouraged to take the following steps, to be responsible and accountable:

- Check the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments they are using are banned by the WADA Prohibited List.
- Review medical exemptions requirements (<http://www.cces.ca/medical>) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements, or take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: <http://www.cces.ca/supplements>
- Review the steps of the doping control sample collection procedures: <http://cces.ca/sample-collection-procedures>

For additional resources and general information about anti-doping, please contact the CCES:

- Email: [info@cces.ca](mailto:info@cces.ca)
- Call toll-free: 1-800-672-7775
- Online: <http://www.cces.ca/athletezone>

### **Travel Information**

#### **Hotel Accommodations**

Hotel lists for this competition can be found at: <https://www.swimming.ca/en/resources/miscellaneous/hotels/>

#### **Swimming Canada Rental Car Partner**

National Rent a Car / Enterprise Rent a Car - for bookings visit

<https://www.swimming.ca/en/resources/miscellaneous/travel-tools/>

This document has been prepared in English and translated to French. Where there is a discrepancy between the two versions, the English version shall be applied.