



CANADA WEST SWIMMING CHAMPIONSHIP BULLETIN

University of Lethbridge
November 22 – 24, 2019

Meet Rules:

The meet will be conducted under published FINA and/or IPC rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply. The competition may also be required to operate under playing regulations as outlined by U SPORTS.

Eligibility:

Only swimmers currently registered with a Swimming Canada Varsity Program.

Diving Rules:

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

1. Host Organizing Committee - University of Lethbridge

Title	Name	Phone	Email
Executive Director U of Lethbridge	Ken McInnes	(W) 403-329-2380	ken.mcinnnes@uleth.ca
MEET MANAGER	Kent Spady		kspady7@gmail.com
Manager, Athletics, Communications and Operations	Eoin Colquhoun	(W) 403-380-1851 (C) 403-394-5660	eoin.colquhoun@uleth.ca
Athletic Therapy	Kelsey Gillette	(W) 403-329-2678	kelsey.gillette@uleth.ca
Pronghorns Head Coach	Peter Schori	(C) 587-220-4224	peter.schori@uleth.ca
Pronghorns Assistant Coach	Josh Sorensen	(C) 403-875-8271	josh.sorensen95@gmail.com

Address: Pronghorn Athletics University of Lethbridge 4401 University Drive W Lethbridge, Alberta T3K 3M4

Fax: 403 329-2705

Web: www.gohorns.ca

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2. SCHEDULE OF EVENTS

Friday November 23, 2018

2:00pm - 3:00pm **Registration & Technical Meeting**
Location: PE138

approx. 3:00pm (or end of Technical Meeting) **Scratch Deadline** for Friday's timed final events

3:00pm – 3:50pm Warm-ups
4:00pm – 5:00pm Heats (Events 1 – 8)

50s finish + 30 **Scratch Deadline** for 50m finals minutes

5:30pm – 7:30pm Finals (Events 1 – 10)

Saturday November 24, 2018

8:30am – 9:50am Warm-ups

10:00am – 12:00pm Preliminaries (Events 11 – 22)

Finals Finish time + 30 minutes **Scratch Deadline**

1:00pm **Canada West Coaches Meeting**
Location: PE138

3:30pm – 4:50pm Warm-ups

Recognition of 5th Year & Graduating 4th Year Student Athletes

5:00pm – 7:30pm Finals (Events 11 – 24)

Finish time + 30 **Scratch Deadline** for Sunday preliminary events minutes

Sunday November 25, 2018

7:30am – 8:50am Warm-ups

9:00am – 11:00am Preliminaries (Heats 25 – 36)

Finish time + 30 minutes **Scratch Deadline** - Finals

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1:30pm – 2:50pm	Warm-ups
3:00pm – 5:00pm	Finals (Events 25 – 38)

3. Training Schedule

- Thursday Training – 2:00 – 4:00 pm (Note: Pool will not be in competition format)
- Friday training - 9:00 - 10:30am
- Friday Meet - 2:30 - 8:00pm
- Saturday Meet - 8:00am - 12:30 pm and 3:00pm - 8:00pm
- Sunday Meet - 7:00am - 11:30am and 1:00pm - 6:00pm

4. Competition Schedule

Session 1: Friday November 23				Session 2: Friday November 23			
3:00 pm – 3:50 pm Warm-ups				5:30 pm – 7:30 pm Finals			
WOMEN'S		MEN'S		WOMEN'S		MEN'S	
#1	50m Butterfly	#2		#7	Women's 800m Freestyle (Fastest Heat only)		
#3	50m Backstroke	#4			Men's 1500m Freestyle #8 (Fastest Heat only)		
#5	50m Breaststroke	#6		#1	50m Butterfly	#2	
#7	Women's 800m Freestyle (Slower Heats)			#3	50m Backstroke	#4	
	Men's 1500m Freestyle (Slower Heats)	#8		#5	50m Breaststroke	#6	
				#9	4 x 200m Freestyle Relay	#10	
Session 3: Saturday November 24 - AM				Session 4: Saturday November 24 - PM			
8:30 am – 9:50 am Warm-ups				3:30 pm – 4:50 pm Warm-ups			
10:00 am – 12:00 pm Preliminary Heats				5:00 pm – 7:30 pm Finals			
WOMEN'S		MEN'S		WOMEN'S		MEN'S	

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#11	50m Freestyle	#12	#11	50m Freestyle	#12
#13	400m Individual Medley	#14	#13	400m Individual Medley	#14
#15	100m Butterfly	#16	#15	100m Butterfly	#16
#17	200m Backstroke	#18	#17	200m Backstroke	#18
#19	100m Breaststroke	#20	#19	100m Breaststroke	#20
#21	200m Freestyle	#22	#21	200m Freestyle	#22
			#23	4 x 100m Freestyle Relay	#24
Session 5: Sunday November 25 - AM			Session 6: Sunday November 25 - PM		
7:30 am – 8:50 am Warm-ups			1:30 pm – 2:50 pm Warm-ups		
9:00 am – 11:00 am Preliminary Heats			3:00 pm – 5:00 pm Finals		
WOMEN'S		MEN'S	WOMEN'S		MEN'S
#25	200m Butterfly	#26	#25	200m Butterfly	#26
#27	100m Freestyle	#28	#27	100m Freestyle	#28
#29	200m Individual Medley	#30	#29	200m Individual Medley	#30
#31	100m Backstroke	#32	#31	100m Backstroke	#32
#33	200m Breaststroke	#34	#33	200m Breaststroke	#34
#35	400m Freestyle	#36	#35	400m Freestyle	#36
			#37	4 x 100m Medley Relay	#38

5. Meetings

5.1 REGISTRATION & TECHNICAL MEETING

Date: Friday, November 22
 Location: Poolside classroom PE 138
 Time: 2:00pm

5.2 CANADA WEST ANNUAL COACHES MEETING

Date: Saturday, November 23
 Location: University of Lethbridge: **PE 138**
 Time: 1:00pm

6. Registration

- Teams will be notified when the meet package and entry file is available on the Swimming Canada website.
- All entries are to be uploaded on the Swimming Canada website.
- Registration of teams will take place on Friday November 22nd in PE138

7. Technical Information

7.1 FACILITY INFORMATION

- **Max Bell Aquatic Centre** o 4401 University Drive W
- 8 lane x 25 metre competition pool
- 8 lane x 25 metre warm up pool
- Omega Electronic Timing will be used.
- ****Please note that in Alberta - Health and Safety has designated that no outdoor shoes are permitted on pool decks at any times. Public health interprets this to mean that shoes worn in the University hallways are outside shoes. This means that all persons on pool deck are to be prepared to be wearing pool shoes, sandals, flip flops etc.**
- Athletes access the pool through the men's and women's Day Use change rooms.
- No Chairs of any kind are permitted in viewing gallery
- PARKING – (Saturday and Sunday – University lots are open parking)
 - **FRIDAY:**
 - Buses – Lot Q – Map will be provided
 - Personal and rental vehicles – Lot E – A limited number of dash permits will be provided

7.2 ENTRIES

- Only varsity teams in the Canada West Conference are permitted to compete as per published playing regulations.
- Upload Entries to SNC website by Friday Nov. 15 2019 at 9pm PST
- Upload additional entries and/or changes by Nov. 20, 2019 at Noon PST

7.3 SCORING

- OMEGA electronic timing & electronic scoreboards

7.4 RESULTS

- Hy-Tek Live Timing and Meet Mobile

7.5 LIVE STREAMING / WEB CAST

- *Finals will be webcast on canadawest.tv*

8. Medical Information

8.1 DECK COVERAGE

On-site coverage

- Lifesaving staff will be available on-deck for first responder and/or emergency care during the meet.

8.2 THERAPY / MEDICAL SERVICE: Contact: [Kelsey Gillette - kelsey.gillette@uleth.ca](mailto:kelsey.gillette@uleth.ca)

Emergency & first aid supplies will be on-site - access by contacting the staff on-deck.

Two student therapist will be available on pool deck for every session. A certified athletic therapist will be on-call for consult during the meet and will be contacted through the student therapists on site. Athletes / teams requiring the services of a designated therapist are requested to contact Kelsey Gillette in advance of the meet (there will be a charge for this service). No physician on-deck.

9. Canada West Awards

9.1 GRADUATING STUDENT-ATHLETES

- All coaches must send in a list of the 5th Year or graduating 4th year athletes to Eoin Colquhoun - eoin.colquhoun@uleth.ca Friday, November 22 @ 5 pm.

Only these identified student-athletes will be recognized on deck during the Saturday session.

9.2 STUDENT-ATHLETE COMMUNITY SERVICE AWARD NOMINEES

- All coaches must send in their nominees for the Canada West Student-Athlete Community Service Awards to Eoin Colquhoun eoin.colquhoun@uleth.ca by Friday, November 22 @ 5 pm.
- Nominations information will be reviewed and circulated for consideration with a coaches' vote following the Coaches AGM on Saturday, November 23
- The winners announced at the conclusion of the meet on Sunday. · Ballot is attached.

9.3. COACH OF THE YEAR AWARDS

- Coach of the Year ballots will be created and circulated during the final session on Sunday, November 24.
- Ballots must be submitted to Eoin Colquhoun (on the pool deck) by 4:30 pm on Sunday, November 25.

10. Championship Host Hotels

Sandman Signature Lethbridge Lodge
320 Scenic Drive South
Lethbridge AB, T1J 4B4
403-331-6921
1-800-726-3626 (SANDMAN)

11. Canada West Playing Regulations – Men's & Women's Swimming

<https://d2o2figo6ddd0g.cloudfront.net/f/g/v0jtgmnltkctcu/swim.pdf>

12. USPORTS – Canada West Qualifying Standards

https://usports.ca/uploads/hq/Playing_Regs/2019-20/190903_PlayingRegs_Swimming_%28MW%29_FINAL.pdf

**** Meet Management reserves the right to change, alter, revise, update this meet package and/or the meet format. Coaches will be advised of changes prior to the start of the meet.**



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.



- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."

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APPENDIX C SWIMMING STUDENT-ATHLETE COMMUNITY AWARD NOMINATION FORM

First Name:
Last Name:
Gender:
University:
Conference: Atlantic Universities Quebec Ontario Universities Canada West
Year of Swimming Eligibility:

ACADEMIC BACKGROUND

Program of Study:
Year of Study:
Cumulative GPA:
Previous Academic Awards:

COMPETITIVE BACKGROUND

Highest level of Competition
Qualifying: Highest placing:

RATIONALE AND SUPPORT FOR NOMINATION

SUPPORT OF NOMINATION

School Athletic Director

Head Coach