



**2017 Canada West  
Swimming Championship  
November 24 – 26, 2017**

**Saanich Commonwealth Pool**  
Hosted by University of Victoria  
Sanctioned by Swim BC: #22718



**1. Host Organizing Committee - University of Victoria**

Title	Name	Email	Phone
VIKES ASSOCIATE DIRECTOR, SPORT	James Keogh	250-721-8411 (W) 250-882-9888 (C)	<a href="mailto:jkeogh@uvic.ca">jkeogh@uvic.ca</a>
MEET MANAGER	Margaret Penning	250-656-7359 (W)	<a href="mailto:mjpc@shaw.ca">mjpc@shaw.ca</a>
VIKES EVENT COORDINATOR	Marlena Stubbings	250-721-8414 (W) 250-882-3888 (C)	<a href="mailto:athevent@uvic.ca">athevent@uvic.ca</a>
VIKES COMMUNICATIONS / MEDIA	Ali Baggott	250-721-8410 (W) 250-418-5633 (C)	<a href="mailto:vicvikes@uvic.ca">vicvikes@uvic.ca</a>
VIKES MEDICAL STAFF	Traci Vander Byl	250-721-6130 (W)	<a href="mailto:vikesat@uvic.ca">vikesat@uvic.ca</a>
VIKES HEAD COACH	Peter Vizsolyi	250-721-8834 (W)	<a href="mailto:vizsoyli@uvic.ca">vizsoyli@uvic.ca</a>
VIKES ASSISTANT COACH	Ryan Clouston	250-507-5256 (C)	<a href="mailto:ryanclouston@gmail.com">ryanclouston@gmail.com</a>

**Address:** University of Victoria, 3800 Finnerty Road, PO Box 1700 STN CSC, Victoria, BC, V8W 2Y2  
**Fax:** 250-721-8956  
**Phone:** 250-721-8409  
**E-mail:** [athevent@uvic.ca](mailto:athevent@uvic.ca)  
**Web Site:** [www.govikesgo.com](http://www.govikesgo.com)

<b>2. Schedule of Events</b>	
<b>Friday November 24, 2017</b>	
2:00pm - 3:00pm	<b>Registration &amp; Technical Meeting</b> Location: PISE Boardroom
approx. 3:00pm or end of Technical Meeting	<b>Scratch Deadline</b> for Friday's timed final events
3:00pm – 3:50pm	Warm-ups
4:00pm – 5:00pm	Heats (Events 1 – 8)
50s Finish time + 30 minutes	<b>Scratch Deadline</b> for 50m finals
5:30pm – 7:30pm	Finals (Events 1 – 10)
Finals finish time + 30 minutes	<b>Scratch Deadline</b> for Saturday heats
<b>Saturday November 25, 2017</b>	
8:30am – 9:50am	Warm-ups
10:00am – 12:00pm	Preliminaries (Events 11 – 22)
Prelims finish time + 30 minutes	<b>Scratch Deadline</b> for Saturday Finals
1:00pm	<b>Canada West AGM</b> Location: PISE Boardroom
3:30pm – 4:50pm	Warm-ups
<b>Recognition of 5<sup>th</sup> Year &amp; Graduating 4<sup>th</sup> Year Student Athletes</b>	
5:00pm – 7:30pm	Finals (Events 11 – 24)
Finals finish time + 30 minutes	<b>Scratch Deadline</b> for Sunday Heats
<b>Sunday November 26, 2017</b>	
7:30am – 8:50am	Warm-ups
9:00am – 11:00am	Preliminaries (Heats 25 – 36)
Prelims finish time + 30 minutes	<b>Scratch Deadline</b> for Sunday Finals
1:30pm – 2:50pm	Warm-ups
3:00pm – 5:00pm	Finals (Events 25 – 38)
<b>5:15pm</b>	<b>Championship Awards Ceremony</b>

### 3. Training Schedule

- To inquire about training time on Thursday, November 23 please contact Ann Carmichael [ann.carmichael@saanich.ca](mailto:ann.carmichael@saanich.ca).
- Training time will be available 9am-11am on Friday, November 24.

### 4. Competition Schedule

Session 1: Friday November 24			Session 2: Friday November 24		
<b>3:00 pm – 3:50 pm Warm-ups</b>			<b>5:30 pm – 7:30 pm Finals</b>		
<b>4:00 pm – 5:00 pm Preliminary Heats</b>					
<b>WOMEN'S</b>		<b>MEN'S</b>	<b>WOMEN'S</b>		<b>MEN'S</b>
#1	50m Butterfly	#2	#7	Women's 800m Freestyle (Fastest Heat only)	
#3	50m Backstroke	#4		Men's 1500m Freestyle (Fastest Heat only)	#8
#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 25 - AM			Session 4: Saturday November 25 - PM		
<b>8:30 am – 9:50 am Warm-ups</b>			<b>3:30 pm – 4:50 pm Warm-ups</b>		
<b>10:00 am – 12:00 pm Preliminary Heats</b>			<b>5:00 pm – 7:30 pm Finals</b>		
<b>WOMEN'S</b>		<b>MEN'S</b>	<b>WOMEN'S</b>		<b>MEN'S</b>
#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 26 - AM			Session 6: Sunday November 26 - PM		
<b>7:30 am – 8:50 am Warm-ups</b>			<b>1:30 pm – 2:50 pm Warm-ups</b>		
<b>9:00 am – 11:00 am Preliminary Heats</b>			<b>3:00 pm – 5:00 pm Finals</b>		
<b>WOMEN'S</b>		<b>MEN'S</b>	<b>WOMEN'S</b>		<b>MEN'S</b>
#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 24, 2017  
Location: Saanich Commonwealth Place:  
**PISE Boardroom**  
Time: 3:00pm

### 5.2 CANADA WEST ANNUAL GENERAL MEETING

Date: Saturday, November 25, 2017  
Location: Saanich Commonwealth Place:  
**PISE Boardroom**  
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 24<sup>th</sup> in the Saanich Commonwealth Place PISE Boardroom.

## 7. Technical Information

### 7.1 FACILITY INFORMATION

- **Saanich Commonwealth Place**
  - 4636 Elk Lake Drive
  - (250) 475.7600
- 8 lane x 25 metre competition pool
- 8 lane x 25 metre warm up pool is available
- Free parking
- Food vendor onsite: AquaTerra Café 250-590-2834

### 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. 17, 2017 at Noon PST
- Upload additional entries and/or changes by Nov. 22, 2017 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](http://canadawest.tv) (TBC)*

## 8. Medical Information

### 8.1 DECK COVERAGE

#### On-site coverage

- SCP lifesaving staff will be available on-deck for first responder and/or emergency care during the meet. Emergency & first aid supplies will be on-site - access by contacting the staff on-deck.

### 8.2 THERAPY / MEDICAL SERVICE: Contact: Traci Vander Byl [vikesat@uvic.ca](mailto:vikesat@uvic.ca)

A certified athletic therapist will be on-call for consult during the meet. Athletes / teams requiring the services of a designated therapist are requested to contact Traci Vander Byl in advance of the meet (there will be a charge for this service). No physician on-deck. See attached detailed medical information.

## 9. Canada West Awards

### 9.1 GRADUATING STUDENT-ATHLETES

- All coaches must send in a list of the 5<sup>th</sup> Year or graduating 4<sup>th</sup> year athletes to Ali Baggott, [vicvikes@uvic.ca](mailto:vicvikes@uvic.ca) by Wednesday, November 22 @ 5:00 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 Ali Baggott, [vicvikes@uvic.ca](mailto:vicvikes@uvic.ca) by Wednesday, November 22 @ 5:00 PM.
- Nominations information will be reviewed and circulated for consideration with a coaches' vote following the Coaches AGM on Saturday, November 25.
- 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 26.
- Ballots must be submitted to Ali Baggott (on the pool deck) by 4:30 pm on Sunday, November 26.
- Winners will be announced at the conclusion of the meet on Sunday.

## 10. Laundry

- Laundry Services are not available at Saanich Commonwealth Place.
- Individual hotels may offer laundry services or facilities. Please check with your hotel when booking.

## 11. Championship Host Hotels

### **Best Western Carlton Plaza Hotel**

642 Johnson Street

Victoria, BC V8W 1M6

Contact: Manami Watson – Sales Assistant

Phone: (250) 413-2193 or toll free 1-800-663-7241

Email: manami@bestwesterncarlton.com

Fax: (250) 388-5343

Room rates: from \$91.00/night

## 1. 12. Dining/Food Information

### *Sit Down Restaurants*

#### **Romeo's**

777 Royal Oak Drive (250) 744.1177

#### **Med Grill**

Royal Oak 4512 West Saanich Rd. (250) 727.3444

#### **The Village Restaurant**

5 – 4517 West Saanich Rd. (778) 265.8898

#### **Fireside Grill**

4509 West Saanich Road (250) 479.1222

#### **White Spot**

2395 Mt. Newton Cross Rd. (250) 652.9500

#### **Sharky's Fish and Chips**

4517 West Saanich Rd, #4 (250) 727.3110

#### **Little Thai Place**

4480 West Saanich Road (250) 477.3377

#### **Baan Thai**

400-777 Royal Oak Drive (250) 658.0057

#### **Artisan Bistro**

350-777 Royal Oak Drive (250) 590.9333

#### **Fonbo Restaurant (Chinese)**

4458 West Saanich Road; Jenny (250) 881.280

### *Grab and Go*

**Tim Hortons** 4440 West Saanich Road

**Starbucks** 777 Royal Oak Drive

**Giovanni's** 5-4517 West Saanich Rd.

**Café Mexigo** 777 Royal Oak Dr. (250) 881.7674

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

<http://static.psb.in.com/f/6/tfk9ft9swhs00/swimming.pdf>

## 14. CIS – Canada West Qualifying Standards

CWUAA -  
107.5% CIS  
2017-2018

WOMEN			EVENT	MEN		
SCY	LCM	SCM		SCM	LCM	SCY
0:25.72	0:29.41	0:28.55	<b>50 Free</b>	0:24.93	0:25.68	0:22.46
0:55.46	1:03.41	1:01.57	<b>100 Free</b>	0:54.35	0:55.98	0:48.97
2:00.31	2:17.55	2:13.55	<b>200 Free</b>	1:58.67	2:02.23	1:46.91
5:23.74	4:51.77	4:43.27	<b>400 Free</b>	4:14.29	4:21.92	4:50.62
11:08.98	10:02.92	9:45.36	<b>800 Free</b>	-	-	-
-	-	-	<b>1500 Free</b>	17:08.57	17:39.43	17:02.44
0:28.79	0:32.92	0:31.96	<b>50 Back</b>	0:27.96	0:28.80	0:25.19
1:01.61	1:10.44	1:08.39	<b>100 Back</b>	1:00.38	1:02.19	0:54.40
2:14.09	2:33.31	2:28.84	<b>200 Back</b>	2:11.89	2:15.85	1:58.82
0:32.25	0:36.87	0:35.80	<b>50 Breast</b>	0:31.30	0:32.24	0:28.20
1:09.66	1:19.64	1:17.32	<b>100 Breast</b>	1:07.89	1:09.92	1:01.16
2:32.24	2:54.06	2:48.99	<b>200 Breast</b>	2:28.30	2:32.75	2:13.60
0:27.61	0:31.57	0:30.65	<b>50 Fly</b>	0:26.87	0:27.68	0:24.21
1:00.85	1:09.57	1:07.54	<b>100 Fly</b>	0:59.45	1:01.23	0:53.56
2:16.80	2:36.40	2:31.84	<b>200 Fly</b>	2:12.87	2:16.86	1:59.70
2:15.95	2:35.44	2:30.91	<b>200 IM</b>	2:14.14	2:18.16	2:00.85
4:49.41	5:30.88	5:21.24	<b>400 IM</b>	4:48.25	4:56.90	4:19.69
3:43.67	4:15.72	4:08.27	<b>400 Free Relay</b>	3:39.55	3:46.13	3:17.79
8:05.88	9:15.51	8:59.33	<b>800 Free Relay</b>	8:04.46	8:18.99	7:16.45
4:06.77	4:42.13	4:33.91	<b>400 Medley Relay</b>	4:02.09	4:09.35	3:38.10

SCM=short course metres

LCM=long course metres

SCY=short course yards





## 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."**

**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

Link to nomination form:

<http://static.psbins.com/f/6/tifk9ft9swhs00/swimming.pdf>