



SWIMMING CHAMPIONSHIPS CHAMPIONNATS NATATION

VICTORIA, BC · 2020

General Information

Sanctioned by Swim BC: #34937
SNC and FINA rules will apply

Venue

Saanich Commonwealth Place
4636 Elk Lake Dr, Victoria, BC
V8Z 5M1

Pool

8-lane 25 & 50-metre competition pool
Starts will be conducted from starting platforms (blocks) as per FINA 2.3 and SW 4.1.
8-lane 25-metre warm-up pool
Swiss Timing

Meet Package

The most current version of the meet package will be found at <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. All institutions must adhere to the rules and regulations posted at [U SPORTS Playing Regulations](#), and where there is a discrepancy between the meet package and the playing regulations the playing regulations will prevail.

Meet Manager

Ian Mattock
imattock@pacificcoastswimming.com

Meet Referee

Glenn Greig
glgreig@gmail.com

Competition Rules

All current Swimming/Natation Canada (SNC) rules will be followed except as where specified differently in the September 2019 U SPORTS Playing Regulations.

Please note that Swimming Canada Competition Warm-up Safety Procedures will be in effect.

Swimmers witnessed by a Safety Marshall diving or entering the water in a dangerous manner may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred. The complete document can be found here: [SNC Warm-Up Procedures](#)

Only FINA approved swimwear is allowed in competition as per GR 5.

Eligibility

All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required by all Canadian swimmers and entries without an SNC registration number will be declined entry. All athletes must comply with the U SPORTS eligibility regulations. All rosters will be checked with entry submission.

Entries

Entries must be submitted through SNC online entry system at www.swimming.ca
Meet management will not accept entries via email.

Online Entry Deadline

Preliminary entries must be sent by **12 Noon Pacific time on Friday February 14th**.

Final or amended entries must be sent by **12 Noon Pacific time on Monday February 17th**.

Entry changes between the Preliminary and Final deadlines are not subject to any change or late entry fees. Entry changes are permitted until the start of the U SPORTS Swimming Championships technical meeting at a cost of \$50 per change. (see regulations 3.11.3)

Entry lists shall be published by meet management as soon after the FINAL entry deadline as possible.

Proof of times must be submitted for any times that do not appear in the U SPORTS Swimming rankings. This also applies to relay events. Further information can be found in the regulations, specifically 3.7.1 and 3.8.1.

ENTRY TIMES must be times achieved from February 1st, 2019

Timed Final Events

Proof of time is required for all timed final events. Relays must be submitted with an entry time that has been posted on the SNC website or relays can be entered with a different time if it can be proven to meet management by the start of the technical meeting. Times that cannot be proven by the start of the technical meeting will be entered as NT. (see regulations 3.7.1 & 3.8.1)

Entry Limits

Each swimmer may pre-enter a maximum of six (6) individual events. Note: at least one of those 6 events must be an event in which the qualifying standard has been achieved, however it need not be one of those events in which the athlete competes.

Each swimmer may compete in a maximum of four (4) individual events. The total number of all events competed by an individual, including all relays, shall be a maximum of seven events. (see regulations 3.2)

Current year of eligibility must be included in the Hy-Tek and Splash files.

Conversion

Times will be converted by the host, using Hy-Tek default conversion factor.

Scratch Procedures

For events 1-12 Scratches must be submitted by the conclusion of the U SPORTS Technical Meeting

For events 13-26: 30 minutes after the conclusion of the finals session on Day 1

For events 27-38: 30 minutes after the conclusion of the finals session on Day 2

Scratches for the final session events shall be accepted until 30 minutes after the conclusion of the preliminary session of that day.

Note: there will be no additional penalties in the U SPORTS Championship beyond missing the event.

Practice Schedule

Monday, February 17, 2020		
4pm-6pm	Team Practices	8 lanes short course
6pm-8pm	Team Practices	16 lanes short course
Tuesday, February 18, 2020		
9am-12pm	Team Practices	8 lanes long course
4pm-7pm	Team Practices	8 lanes long course
Wednesday, February 19, 2020		
9am-12pm	Team Practices	16 lanes short course
12pm-4pm	Technical Meeting followed by Coaches AGM	
4pm-7pm	Team Practices	16 lanes short course

Booking Requests

If you require additional training time outside of the practice schedule, please contact: Ann Carmichael, at ann.carmichael@saanich.ca.

Competition Schedule

Thursday, February 20

8:00am-9:50am Warm-ups

10:00am Heats

4:00pm-5:50pm Warm-ups

6:00pm Finals

DAY 1	HEATS	FINALS
1	Women's 200 Free	1 Women's 200 Free
2	Men's 200 Free	2 Men's 200 Free
3	Women's 50 Back	3 Women's 50 Back
4	Men's 50 Back	4 Men's 50 Back
		Awards 1,2,3,4
5	Women's 100 Breast	5 Women's 100 Breast
6	Men's 100 Breast	6 Men's 100 Breast
7	Women's 100 Fly	7 Women's 100 Fly
8	Men's 100 Fly	8 Men's 100 Fly
		Awards 5,6,7,8
9	Women's 400 IM	9 Women's 400 IM
10	Men's 400 IM	10 Men's 400 IM
		Awards 9,10
11	Slow Heats 4x100 FR W	11 Fastest Heats 4x100 FR W
12	Slow Heats 4x100 FR M	12 Fastest Heats 4x100 FR M
		Awards 11,12

Friday, February 21

8:00am-9:50am Warm-ups

10:00am Heats

4:00pm-5:50pm Warm-ups

6:00pm Finals

Day 2	HEATS	FINALS
13	Women's 100 Back	13 Women's 100 Back
14	Men's 100 Back	14 Men's 100 Back
15	Women's 50 Fly	15 Women's 50 Fly
16	Men's 50 Fly	16 Men's 50 Fly
		Awards 13,14,15,16
17	Women's 400 Free	17 Women's 400 Free
18	Men's 400 Free	18 Men's 400 Free
19	Women's 200 Breast	19 Women's 200 Breast
20	Men's 200 Breast	20 Men's 200 Breast
		Awards 17,18,19,20
21	Women's 50 Free	21 Women's 50 Free
22	Men's 50 Free	22 Men's 50 Free
23	Women's 200 Fly	23 Women's 200 Fly
24	Men's 200 Fly	24 Men's 200 Fly
		Awards 21, 22, 23, 24
25	Slow Heat 4x200 FR W	25 Fastest 2 Heats 4x200 FR W
26	Slow Heat 4x200 FR M	26 Fastest 2 Heats 4x200 FR M

		Awards 25,26 Student Athlete Community Service M/W
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Saturday, February 22

8:00am-9:50am	Warm-ups
10:00am	Heats
TBD (~2:00pm)	Distance Events Warm-ups
TBD (~3:30-5:00pm)	Distance Slow Heats
4:00pm-5:00pm	Warm-ups SC Dive tank only
5:00pm-5:50pm	Warm-ups LC Main tank

6:00pm Finals

Day 3	HEATS	FINALS
		Parade of Graduates
27	Women's 800 Free	27 Fast Heat W 800 Free
28	Men's 50 Breast	28 Men's 50 Breast
29	Women's 50 Breast	29 Women's 50 Breast
		Awards 27, 28, 29
30	Men's 200 Back	30 Men's 200 Back
31	Women's 200 Back	31 Women's 200 Back
32	Men's 100 Free	32 Men's 100 Free
33	Women's 100 Free	33 Women's 100 Free
		Awards 30, 31, 32, 33 Sprinters Cup Coach of the Year Women's Team Coach of the Year Men's Team
34	Men's 200 IM	34 Men's 200 IM
35	Women's 200 IM	25 Women's 200 IM
36	Men's 1500 Free	36 Men's 1500 Free Fast Heat
		Awards 34, 35, 36 Rookie of the Year W & M Swimmer of the Meet W & M
37	Slow Heat 4x100 MR W	37 Fast Heat 4x100 MR W
38	Slow Heat 4x100 MR M	38 Fast Heat 4x100 MR M
		Awards 37, 38 All-Canadians Women's Team Champion Men's Team Champion

Final Format & Scoring

There will be a C Final; B Final, A Final

Individual Events scored to twenty-four (24) places

(A Final); 32-28-27-26-25-24-23-22

(B Final); 20-17-16-15-14-13-12-11

(C Final); 9-7-6-5-4-3-2-1

Relays will be scored the same as individual events.

Registration

All teams must register in the lobby upon arrival. You will receive accreditation and other information.

Each team will receive a number of staff passes based on the number of entered swimmers.

1 to 15 swimmers: 3 accreditations

16 to 30 swimmers: 5 accreditations

30 & more: 7 accreditations

Meet management will cross reference the list of coaches in attendance at this competition with Swim Canada Compliancy lists. If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend the meet.

Meetings

Technical Meeting

Wednesday February 19, 2020

12:00pm-12:45pm

Location: Douglas Fir Room, Main Floor Saanich Commonwealth Place

U SPORTS Swim Coaches Association Meeting

Immediately following the technical meeting

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 warmup 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. September 26, 2016 2
- 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.