



**2019 Eastern Canadian Championships  
April 11-14, 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 (CGR1.2.1 and CGR 1.3.1).

This meet is open to Para-swimmers. Please refer to the Para-swimming information section contained in this meet package for more information. Competition Rules or procedures contained in this Meet Information package supersede those found within the World Para Swimming Technical Rules and Regulations.

For information and updates to this document please refer to the Swimming Canada web site [www.swimming.ca](http://www.swimming.ca)

**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)

**Competition Host**

Swimming Canada and Club de natation region de Québec

**Venue**

PEPS de l'Université Laval  
2300 De la Terrasse St, Québec City, QC G1V 0A6

**Pool**

10-lane 50 m competition pool  
8-lane 25 m warm-up pool



## **Organizing Committee**

National Meet Director

Lyne Laprade [lynelaprade@gmail.com](mailto:lynelaprade@gmail.com)

National Meet Referee

Robert Fillion [rfillion@me.com](mailto:rfillion@me.com)

Para-swimming Technical Advisor

Charles Montpetit [charles.montpetit64@gmail.com](mailto:charles.montpetit64@gmail.com)

Meet Manager

Pierre Brisson [pierre\\_brisson@icloud.com](mailto:pierre_brisson@icloud.com)

Officials Coordinator

Jonathan Banville [jonathan@belangerbanville.com](mailto:jonathan@belangerbanville.com)

Swimming Canada Events Manager

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

Swimming Canada Meet Entry Coordinator

Carole Thomas [cthomas@swimming.ca](mailto:cthomas@swimming.ca)

## **Registration**

Club representatives and coaches are required to register their club at the registration desk to receive accreditation.

All coaches must register themselves in person.

The registration desk will be open:

Wed April 10: 7:30am – 11:30am

3:30pm – 7:30pm

Thurs April 11: 7:30am – 11:30am

## **Technical Meeting**

Wed April 10 at 3:00pm

## **Entry Information**

### **Meet Entry Deadline**

March 26 @ 11:59pm Pacific Time.

### **Entry Fees**

\$100.00 per Swimmer

\$15.00 per Relay Team

### **Entry Process**



All entries must be submitted via the Meet List on- line entries system - <http://www.swimming.ca/MeetList.aspx>

There is no limit on the number of individual event entries allowed.

Following the meet entry deadline, all participating clubs will receive an email invoice for fees owing. This invoice must be paid prior to April 10, 2019 in order for entries to be considered final. Please note: the team that enters the swimmer is responsible for paying that swimmers fees.

All Canadian Varsity swimmers must be registered in the Competitive Open or Competitive Open-Varsity category and must enter the meet with a club team only. The University registration category 'Varsity' expires on March 31, therefore such entries will not be accepted.

### **Changes and Corrections**

Changes and corrections may be made up to the meet entry deadline without penalty. Following the meet entry deadline, corrections & modifications to entries may be made up until the start of the Technical Meeting at a cost of ***\$100 per change***. (The per change cost is per swimmer, per event, per change; not per email sent).

### **Late Entries**

Late entries for swimmers not entered by the meet entry deadline will be accepted up until the start of Technical Meeting at a fee of double the meet entry fee.

### **Age Groups**

A competitor's age is their age as of the first day of the competition, April 11, 2019.

Female:

Youth: 13-15  
Senior: 16 & over

Male:

Youth: 14-16  
Senior: 17 & over

All relays will be swum as:

Female: 13 & over  
Male: 14 & over  
Mixed: 13 & over

Stroke 50 events (Backstroke, Breaststroke, Butterfly) will compete in a single age category in preliminaries and finals:

Female 13&over  
Male 14&over



Para-swimming eligible events (50 free, 100 free, 100 back, 100 breast, 100 fly and 200 IM) will have no age restrictions for entry as per the defined sport classes. All other Para-swimming integrated events will be swum according to the age groups for the meet/event. Female 13-15, 16&over or 13&over for stroke 50s; and Male 14-16, 17&over or 14&over for stroke 50s.

### **Relay Only Swimmers**

Clubs may enter one relay-only swimmer per gender in the competition regardless of age. Clubs entering more than one relay team in any relay event are not eligible to enter a relay only swimmer.

Relay only swimmers pay the same individual entry fee as individually qualified swimmers.

### **Meet Standards**

[2019 Swimming Canada Standards](#). Swimmers must have a minimum of one (1) standard to enter the competition.

[2019 Para-Swimming Eastern and Western Standards](#). Swimmers must have a minimum of two (2) standards to enter the competition.

### **Qualification Period**

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

### **Bonus Swims**

There are no bonus swims.

### **Proof of Times**

Individual Events (including para-swimming events): All entries will be proven via the on-line entry system. Any non-validated times in your meet entry submission report must be proven by the meet entry deadline. The Meet Entry Coordinator may challenge any entry time before or during the competition.

Relay Events: All relay entry times must be proven utilizing swimmers entered in the meet by the final meet entry deadline. The online entry system is to be used to prove relay entry times. Given there are no entry standards for relays, any relay team NOT proven by the end final meet entry deadline will be entered NT.

It is the responsibility of the club to prove any entry times if requested. It is the responsibility of the club to prove any entry times if requested. Unproven entry times will result with swimmer's removal from the event.

### **Psych Sheets**

Psych sheets will be posted on Swimming Canada's web site following the final meet entry deadline.

### **Seeding**

#### **1500 / 800 m free**

Events will swim "senior seeded" with the fastest heat, regardless of age, competing in the finals session. All other heats swim "senior seeded" in the preliminary session swimming fastest to slowest alternating genders.



#### **400 freestyle and 400 IM**

Preliminary heats will be seeded slowest to fastest. The top 2 heats in each event will be swum circle seeded.

Meet Management reserve the right to create “Overflow Heats” of these events based on timelines and entry numbers. This decision will be announced at the Technical Meeting.

#### **Foreign Swimmers**

Foreign competitors (other than members of USA Swimming) must provide a letter from their National Federation confirming their registration status.

The letter must be submitted to Amanda Zevnik ([azevnik@swimming.ca](mailto:azevnik@swimming.ca)) prior to the meet entry deadline.

A maximum of 2 Foreign swimmers will be allowed to advance to the A Finals and a maximum of 2 Foreign swimmers may advance to the B Finals. Foreign swimmers will swim Exhibition during finals. A maximum of 1 Foreign alternate for B finals will be named where applicable and will only be moved into finals with the scratch of another Foreign swimmer.

#### **Para-Swimming Information**

Para-swimmers must have a Level 2, 3 or international sport classification by the entry deadline (March 26: 11:59pm Pacific Time).

No sport classification will be provided at the event, swimmers requiring sport class evaluation must submit a request, a minimum of 60 days in advance of the entry deadline, on the Swimming Canada website:

[Classification Request](#)

Para-swimmers will be able to enter any event for which they have the qualifying standard, but only 6 events will advance to an A final:

- 100 freestyle S1-S14 (Event 303/304);
- 100 backstroke S1-S2, S6-S14 (Event 301/302);
- 100 breaststroke SB4-SB9, SB11-SB14 (Event 305/306);
- 100 butterfly S8-S14 (Event 307/308);
- 50 freestyle S1-S14 (Event 309/310); and
- 200 IM SM5-SM14 (Event 311/312).

All other events will be swum integrated in the preliminary sessions, as outlined below under Para-Swimming Entry Information.

All preliminary events will be seeded by time and gender (regardless of Sport Classification). Finalists (10) will be determined utilizing point scores for the 50 freestyle, 100 freestyle, 100 backstroke, 100 breaststroke, 100 butterfly and 200 IM. A maximum of three (3) swimmers per sport class are eligible to advance to a final. Finals will be seeded by time. There will only be an A final (10 swimmers).



## Para-Swimming Entry Information:

Swimmers must achieve a minimum of two (2) Meet Qualifying Standards (MQS), with the exceptions of SB9 swimmers who are required to have only (1) Meet Qualifying Standards (MQS) as listed on the 2018-2019.

If a para-swimmer has equaled or bettered a 2019 Eastern/Western Canadian Championship standard they may enter that event.

Eligible Events (to be swum with able-bodied swimmers in able bodied events) according to the age group for the event)

200 freestyle S1-5, S14 (Event 1/2), 400 freestyle S6-13 (Event 23/24), 50 backstroke S1-5 (Event 13/14), 50 breaststroke SB1-3 (Event 27/28), 50 butterfly S1-7 (Event 17/18).

Note: swimmers are not eligible to advance to finals in the integrated events listed above

If an event is not offered in a swimmer's sport class, they may enter the same distance event in the next eligible sport class up, but they must meet the entry standard for the entered sport class.

For example: A male SB1, SB2 or SB3 swimmer is eligible to compete in the 50m breaststroke as a qualifying swim for the competition. As there is no 100m breaststroke in their sport class, they have the option of entering the SB4 100m breaststroke but they must equal the SB4 men's standard of 2:57.10 in order to enter.

Only long course qualifying standards can be used for entry.

## Pre-Event Training

Tues April 9: 8:00am – 12:00pm (10 lanes competition pool)  
4:00pm- 8:00pm (10 lanes competition pool)

Wed April 10: 8:00am – 12:00pm (10 lanes competition pool)  
4:00pm –8:00pm (10 lanes competition pool and 8 lanes warm-up pool)

## Accreditation Information

### Accreditation

Club accreditations (inclusive of coaches, team manager and support staff) will be assigned based on club size:

<i>1 - 5 swimmers</i>	<i>2 accreditations</i>
<i>6 - 10 swimmers</i>	<i>3 accreditations</i>
<i>11 - 15 swimmers</i>	<i>4 accreditations</i>
<i>16 - 20 swimmers</i>	<i>5 accreditations</i>
<i>21 - 30 swimmers</i>	<i>6 accreditations</i>
<i>31+ swimmers</i>	<i>7 accreditations</i>

\*\* Teams with Para-swimmers in sport classes S1-5, S11 may apply for additional support staff as required.

Requests should be made to [azevnik@swimming.ca](mailto:azevnik@swimming.ca) .



Lost accreditation will be replaced at a cost of \$60.00 per accreditation.

### **Coach Accreditation**

Coaches must be registered with the CSCTA and Swimming Canada as an “A1” or “B” member to receive accreditation. All coaches are responsible for checking in and collecting their own accreditation at the meet.

All coaches attending the meet must have their name and information submitted in the club’s entry file.

Foreign coaches are asked to fill out the following [accreditation request form](#). All coaches (other than those members of USA Swimming) are asked to have their National Federation provide a letter to [azevnik@swimming.ca](mailto:azevnik@swimming.ca) confirming that they are a National Coach or officially tied to a club in that country. For more information, please see the following [document](#).

### **Support Staff Accreditation**

Clubs requiring Support Staff (assistance for Para-swimmers sport class 1-5 or 11, massage therapist, physiologist, doctor, or team manager only) are required to apply using Support Staff Accreditation Request process available here:

[Domestic Support Staff](#)

[Foreign Support Staff](#)

### **Swimmers Accreditation**

Swimmers will be provided an accreditation card for deck access. This card must be displayed at all times. Access to the pool will be through the locker rooms and past the main security checkpoint.

The Deck Accreditation Card remains the property of Swimming Canada and can be withdrawn at Swimming Canada’s sole discretion. By using this Card, individuals agree to be filmed, televised, photographed, and otherwise recorded during the Competition for purposes relating to the promotion of Swimming Canada and the development of the sport of swimming.

*Deck accreditations are NON-TRANSFERABLE.*

### **Competition Information**

#### **Warm-up Safety Procedures**

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in place. The full document can be viewed [here](#).

#### **Starts**

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

#### **Preliminaries**

Preliminary heats will be swum in 10 lanes, senior seeded.

A double-ended chase format will be used if the number of swimmers/swims and session length time warrant and will be confirmed, if necessary, once all entries have been received.



### **Finals**

Finals will be swum in 10 lanes for all events. There will be “A” finals for all individual events with “B” finals in individual events with 20 or more individual entries, per age category (youth & senior), entered following the preliminary scratch deadline for the event (excluding para-swimming entries).

For ‘Time Final’ events the fastest heat (10 swimmers) regardless of age category will be swum during the finals session.

Finals sequence: TBC at Technical Meeting

### **Relays**

All relays will be swum as time final events with the fastest heat (10 teams) being swum during the finals session except for the mixed medley relay which will only be swum during finals on Sunday night.

Relay name changes must be submitted 30 minutes prior to the start of the session in which they are swum.

Reminder: if a club would like to use this opportunity to qualify a relay for the 2019 Canadian Junior Championships, please ensure that swimmers on each team are within the following age categories: Female 13-17 and Male 14-18.

### **Backstroke Ledges**

Backstroke ledges will be available for use. The swimmers shall be responsible for setting the device.

### **Competition Start Times**

Prelims: 7:30am warm-up / 9:00am start

Finals: 4:30pm warm-up / 6:00pm start

### **Swim-offs**

All swim-offs are to be run by the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.

### **Meet Scoring**

Individual events, places 1 – 20:

50-30-20-19-18-17-16-15-14-13

12-9-8-7-6-5-4-3-2-1

Relays events, places 1 – 10:

100-60-40-38-36-34-32-30-28-26

Times not meeting the qualifying standard will not be scored

Para events will not be scored.





Foreign swimmers are not eligible to score points toward team scores or high point awards.

#### **Awards**

Medals for first, second and third placed Canadian swimmers; Commemorative Medal for Foreign Swimmers placing in the top three.

Eastern Canadian Team Championship banner (excluding para-swimming events)

Canadian Female and Male High Point Aggregate by age group (5-2-1)\* - Olympic Program.

Canadian Female and Male High Point Aggregate (5-2-1)\* - Paralympic Program.

*\*If necessary, ties will be broken by number of gold medals. If a tie still exists, then it will be broken by number of silver medals then bronze medals. If swimmer have accumulated the exact scores and numbers of each medal, two winners will be awarded.*

#### **Scratches**

Emailed scratches will be accepted prior to the Technical Meeting by email to [cthomas@swimming.ca](mailto:cthomas@swimming.ca) .

Following the start of the Technical Meeting, email scratches WILL NOT be accepted and meet scratch cards are required.

#### *Prelims & Time Final events*

Thursday Preliminaries and time finals events:  
30 minutes following the Technical Meeting.

Friday, Saturday, Sunday Preliminaries and time final events:  
30 minutes following the start of Finals the previous evening.

#### *Finals*

30 minutes following the completion of the Preliminary events (excluding time final events).

#### **Penalty**

All penalties must be paid in accordance to Swimming Canada rule SNC 3.4.

#### **Doping Control**

Participants registered for this event must be aware that doping control may be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with the Canadian Anti-Doping Program.

To avoid a positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:



- **Check your medications:** Use the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments you are using are banned by the WADA Prohibited List.
- **Review your medical exemption requirements:** If you require the use of a banned medication for a legitimate medical reason visit (<http://cces.ca/medical-exemptions>) to obtain information and instructions about how to apply for a medical exemption.
- **Learn about the doping risks associated with supplements:** Do not use supplements, or take significant 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. Find out more at <http://cces.ca/supplements>.
- **Review the sample collection procedures:** This short video will take you step-by-step through doping control (<http://cces.ca/sample-collection-procedures>).
- **Contact the CCES with any questions:**
  - Email: [info@cces.ca](mailto:info@cces.ca)
  - Call toll-free: 1-800-672-7775
  - Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

## Site Information

### Hospitality – Officials & Coaches

A hospitality room will be available for officials and coaches.

### Parking

Paid parking is available at the facility.

### Lockers

Lockers are available at the pool in the change rooms— bring your own locks.

## 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.



## MEET PROGRAM

### 2019 Speedo Eastern Canadian Championships

PRELIMINARIES WARM-UP 7:30 – 8:45 START 9:00			FINALS WARM-UP 4:30 – 5:45 START 6:00		
<b>DAY 1 THURSDAY</b>					
F		M	F		M
1	200m FREE	2	1	200m FREE	2
301	100m BACK PS	302	301	100m BACK PS	302
3	100m BACK	4	3	100m BACK	4
5	200m BREAST	6	5	200m BREAST	6
7	4 x 100m FR (SH)	8	9	800m FREE (FH)	
9	800m FREE (SH)			1500m FREE (FH)	10
	1500m FREE (SH)	10	7	4 x 100m FR (FH)	8
<b>DAY 2 FRIDAY</b>					
303	100m FREE PS	304	303	100m FREE PS	304
11	100m FREE	12	11	100m FREE	12
13	50m BACK	14	13	50m BACK	14
305	100m BREAST PS	306	305	100m BREAST PS	306
15	100m BREAST	16	15	100m BREAST	16
17	50m FLY	18	17	50m FLY	18
19	400m IM	20	19	400m IM	20
21	4 x 200m FR (SH)	22	21	4 x 200m FR (FH)	22
<b>DAY 3 SATURDAY</b>					
23	400m FREE	24	23	400m FREE	24
307	100m FLY PS	308	307	100m FLY PS	308
25	100m FLY	26	25	100m FLY	26
27	50m BREAST	28	27	50m BREAST	28
29	200m BACK	30	29	200m BACK	30
31	4 x 100m MR (SH)	32	31	4 x 100m MR (FH)	32
<b>DAY 4 SUNDAY</b>					
33	200m FLY	34	33	200m FLY	34
309	50m FREE PS	310	309	50m FREE PS	310
35	50m FREE	36	35	50m FREE	36
311	200m IM PS	312	311	200m IM PS	312
37	200m IM	38	37	200m IM	38
39	1500m FREE (SH)		39	1500m FREE (FH)	
	800m FREE (SH)	40		800m FREE (FH)	40
			41	4 x 100m MIXED MR	41
<b>FH = Fast Heat   SH = Slower Heats   FR = Free Relay   MR = Medley Relay</b> <b>PS = Para-swimming</b>					