



## 2021 Canada West Swimming Championship

November 26 – 28, 2021

Hosted by: University of Alberta

Sanction #XXXXX

Championship Bulletin #2 (as of November 1, 2021)

### 1. Host Organizing Committee

UAlberta Athletics Contact	Katie Spriggs 780-446-3850 <a href="mailto:Katie.spriggs@ualberta.ca">Katie.spriggs@ualberta.ca</a>	Meet Managers	Jill Edwards <a href="mailto:jedwards@eksc.com">jedwards@eksc.com</a> Cathy Shepherd-Finlin <a href="mailto:cshepherdfinlin@eksc.com">cshepherdfinlin@eksc.com</a>
UAlberta Events	Jon Krywulak 780-974-6844 <a href="mailto:Jon.krywulak@ualberta.ca">Jon.krywulak@ualberta.ca</a>	Entries & Scratches	Chris Nelson 780-777-9455 <a href="mailto:entries@eksc.com">entries@eksc.com</a>
UAlberta Communications/SID	Connor Hood 780-935-6276 <a href="mailto:hood@ualberta.ca">hood@ualberta.ca</a>	UAlberta Head Coach	Paul Birmingham 780-996-7538 <a href="mailto:swimming@ualberta.ca">swimming@ualberta.ca</a>
UAlberta Varsity Health	TJ Mussbacher 780-970-1077 <a href="mailto:Tj.mussbacher@ualberta.ca">Tj.mussbacher@ualberta.ca</a>		

### 2. Swimming Canada / Swim Alberta Rules

#### 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.

#### Diving Rules

One of the below diving rules must be included, for competitions using multiple pools or starting ends more than one clause may be included to distinguish between starting ends.

1. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
2. Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1.
3. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.  
Eligibility Only swimmers currently registered with a Swimming Canada Varsity Program.

## COVID-19 Mitigation

**COVID-19 Competition Safety Coordinator:** Chris Nelson

**Type of Competition:** Varsity

- This event is limited to eligible student-athletes from 8 participating Universities from across Western Canada. The overall number of athletes in the competition is limited by the participating institutions and reduces the overall number of distinct teams at the facility.

### **Facility Access Requirements:**

- Everyone 12 years of age or older must present proof of vaccination status at the building entry points. This process is implemented by the City of Edmonton and matches the Restriction Exemption Program requirements of Alberta Health, the Kinsmen Sports Centre.
- The Edmonton Keyano Swim Club and the City of Edmonton – Kinsmen Sport Centre are operating under the Covid-19 Restriction Exemption Program. See further details at [www.alberta.ca](http://www.alberta.ca).
  - University of Alberta Golden Bears & Pandas as the host institution for this event and all participating university swim teams are members of Canada West Universities Athletics Association.
  - Canada West members have an approved [Proof of Vaccination Policy](#) for all member institutions. This policy is in effect for the CW Swimming Championships as well.

### **Age of Participants:**

- Participants will all be varsity aged student-athletes.
- Designated bleachers will be set for each of the following:
  - Each University team will have a designated bleacher (8 total bleachers).
- Coaches shall also be designated to a specific team, which should be primarily swimmers for whom they are a regular coach in training.
- A warning to avoid close contact between designated bleachers is to be published in the pre-meet bulletin and announced over PA before warm-ups.

**Maximum Competition Numbers:**

Maximum Facility Occupancy\* = 700

Total Participants = 300

Swimmers = 220

Coaches & Staff = 30

Officials & Volunteers = 40

Facility Staff = 10

*\* The maximum competition numbers may not exceed the occupancy requirements of the facility, which may be limited to a portion or percentage of the fire code capacity.*

**Warm-Up Requirements / Schedule / Lane Assignments:**

- Warm-up will take place in 14 lanes.
- Lanes will be designated prior to the start of warm-up based on number of entrants; after entries are received.
  - Assignments will include designations for each university.

**Entrance / Exit:**

- Building entry for athletes, coaches, and officials will be through Door 3 (ground level, left of main entrance) beginning 30 minutes before warm ups for each session of competition.
- As proof of vaccination status will be required for entry, we will prioritize entry beginning at 10:30am for swimmers and coaches, followed by officials.
- Spectators may enter the facility through the main entrance.

**Changerooms / Showers:**

- There are no facility requirements related specifically to change rooms or showers.

**Traffic Flow:**

- There are no requirements related to traffic flow.

**Response for Sick Individuals:**

- Should any participant become sick after entering the facility, they shall be immediately and safely isolated to an area without traffic for further assessment.
- Lifeguards shall be employed for the assessment, up to and including any necessary medical response.
- The latest AHS guidelines shall be consulted to ensure all rules for quarantine / isolation, contact tracing, and disinfection are followed.

**Disinfection Procedures:**

- The City of Edmonton shall disinfect all shared surfaces, including bleachers, according to their established Covid-19 disinfection protocols.
- The University of Alberta will supply anti-septic wipes and hand-sanitizer for equipment wipe downs, including plungers, electronics equipment and clerk of course equipment (pens, etc).
- Where paper is necessary, hand sanitizer shall be encouraged before and after each individual manipulation.

**Masks:**

- All swimmers, coaches, officials and volunteers are required to wear masks as required by provincial and municipal regulations. This includes all areas of the Kinsmen Sport Centre other than the pool and shower.
- Masks shall be worn until a swimmer intends to enter the pool, at which point they shall enter the pool as directly as is safely possible.

**Timing:**

- Electronics and Electronic plungers will be used during the event.

**Shared Equipment:**

- See disinfection procedures.

**Location of Officials:**

- Officials will be spaced out as much as reasonably possible.
- All officials are asked to cooperate with any measures that increase the health and safety of participants.

**Location of Coaches:**

- Coaches shall stand in an area large enough for their team to approach with minimal interaction with other coaches and other university teams.

**Spectators:**

- There are no additional restrictions on spectators.

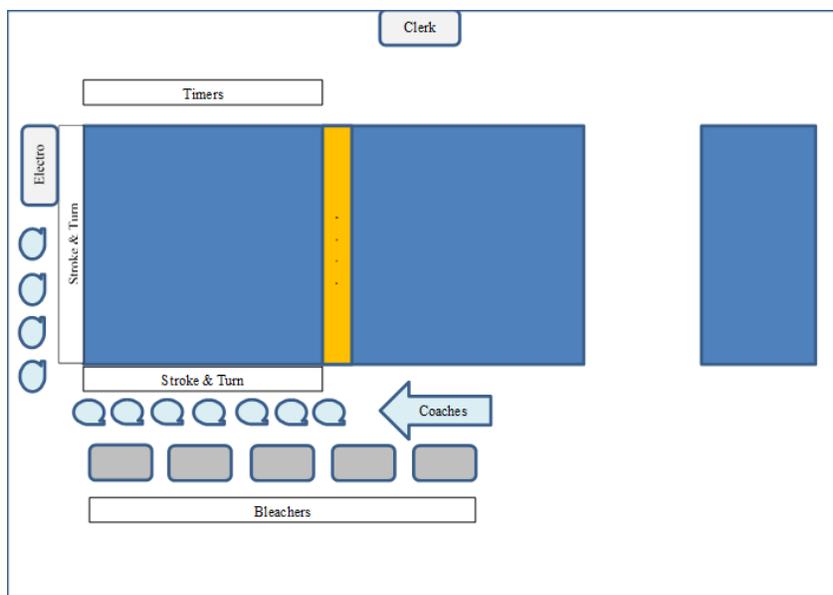
**Facility Specific Requirements:**

- There are no additional facility requirements.

**Additional Requirements:**

- Each Canada West Member institution is abiding by the [Canada West Proof of Vaccination Policy](#).

Medal and Major Award presentations will be made during and following the competition. These presentations will be distanced and masked where possible or will be limited to individuals within the same team where possible.



### 3. Schedule of Events

Wednesday November 24, 2021		Friday, November 26, 2021	
12:00 pm MST	Entry Deadline	2:00 – 3:00 pm	Registration & Technical Meeting Location: Kinette Room
		Approx. 3:00 pm	Scratch Deadline for Friday's Timed Finals
		3:00 – 3:50 pm	Warm Ups
		4:00 – 5:00 pm	Heats (Events 1 – 8)
		Finish Time + 30 minutes	Scratch Deadline for 50 m Finals
		5:30 – 7:30 pm	Finals (Events 1 – 10)
Saturday, November 27, 2021		Sunday, November 28, 2021	
8:30 – 9:50 am	Warm Ups	7:30 – 8:50 am	Warm Ups
10:00 – 12:00 pm	Heats (Events 11 – 22)	9:00 – 11:00 am	Heats (Events 25 – 36)
Finish Time + 30 minutes	Scratch Deadline – Finals	Finish time + 30 minutes	Scratch Deadline - Finals
1:00 pm	Canada West Coaches Meeting Location: Kinette Room	1:30 – 2:50 pm	Warm Ups
3:30 – 4:50 pm	Warm Ups	3:00 – 5:00 pm	Finals (Events 25 – 38)
4:50 – 5:00 pm	Recognition of 4 <sup>th</sup> & 5 <sup>th</sup> Year Student-Athletes	5:00 pm	Championship Awards Presentations
5:00 – 7:30 pm	Finals (Events 11 – 24)		
Finish Time + 30 minutes	Scratch Deadline for Sunday Preliminary events		

## 4. Training Schedule

There is no training time available at the Kinsmen Aquatic Centre on Thursday, November 25.

If you are interested in trying to secure training time at the Kinsmen Aquatic Centre for the morning of Friday, November 26 please notify Katie Spriggs ([katie.spriggs@ualberta.ca](mailto:katie.spriggs@ualberta.ca)). The costs for the training time will be charged back to the institutions and will be coordinated on a first come / first serve basis.

## 5. Competition Schedule

Session 1: Friday, November 26			Session 2: Friday, November 26		
3:00 – 3:50 pm Warm Ups					
4:00 – 5:00 pm Preliminary Heats			5:30 – 7:30 pm Finals		
Women's		Men's	Women's		Men's
#1	50 m Butterfly	#2	#7	800m Freestyle (faster heats)	
#3	50m Backstroke	#4		1500m Freestyle (faster heats)	#8
#5	50m Breaststroke	#6	#1	50 m Butterfly	#2
#7	800m Freestyle (slower heats)		#3	50m Backstroke	#4
	1500m Freestyle (slower heats)	#8	#5	50m Breaststroke	#6
			#9	4x200m Freestyle Relay	#10

Session 3: Saturday, November 27			Session 4: Saturday, November 27		
8:30 – 9:50 Warm Ups			3:30 – 4:50 pm Warm Ups		
10:00 am – 12:00 pm Preliminary Heats			5:00 – 7:30 pm Finals		
Women's		Men's	Women's		Men's
#11	50m Freestyle	#12	#11	50m Freestyle	#12
#13	400m IM	#14	#13	400m IM	#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	4x100m Freestyle Relay	#24

Session 5: Sunday, November 28			Session 6: Sunday, November 28		
7:30 – 8:50 Warm Ups			1:30 – 2:50 pm Warm Ups		
9:00 am – 11:00 am Preliminary Heats			3:00 – 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 IM	#30	#29	200m IM	#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	4x100m Medley Relay	#38

## 6. Meetings

Registration & Technical Meeting	
Date:	Friday, November 26
Location:	Kinsmen Sports Centre – Kinette Room
Time:	2:00 pm

Canada West Coaches Meeting	
Date:	Saturday, November 27
Location:	Kinsmen Sports Centre – Kinette Room
Time:	1:00 pm
Other:	The in person meeting will require masking. Lunch will be provided but before the meeting begins.

## 7. 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 at the Registration Meeting on Friday, November 26.

## 8. Technical Information

### 8.1 Facility Information

Kinsmen Aquatic Centre Don Smith Memorial Pool 9100 Walterdale Hill Edmonton, Alberta T6E 2V3 780-944-7400	<ul style="list-style-type: none"> <li>• 8 lane 25m race pool + 8 lane 25m warm up pool</li> <li>• Lockers (coin &amp; own lock) are available)</li> <li>• Teams may be permitted to hang banners in designated areas behind the bleachers</li> <li>• Food vendor on site</li> </ul>
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|  | <ul style="list-style-type: none"><li>• Free parking for vans. <b>No bus parking permitted on site.</b></li></ul> |
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## 8.2 Entries

- Only varsity teams in the Canada West Regional Association are permitted to compete as per published playing regulations.
- Upload entries on Swimming Canada website by Wednesday, November 24, 2021 (12:00 noon MST)

## 8.3 Scratch Deadline

- As per Canada West Playing regulation 4.3.5 The scratch deadline for all events other than the 50 m finals shall be 30 minutes following the end of the session. Scratches for the first evenings' timed final events will be accepted up to the end of the technical meeting held prior to the start of the meet, and the scratch deadline for the 50 m finals shall be 30 minutes after the conclusion of the 50m stroke prelims

## 8.4 Scoring

- OMEGA Quantum electronic timing & electronic scoreboards

## 8.5 Results

- Real time results will be available on Meet Mobile.
- Recap and Championship Information – [www.canadawest.org](http://www.canadawest.org) and [www.bears.ualberta.ca](http://www.bears.ualberta.ca)

## 8.6 Webcast

- Daily finals sessions will be webcast on [www.canadawest.tv](http://www.canadawest.tv)

## 8.7 Video Analysis

- RaceTek will be on site. Contact Ken Olsen [ken@racetek.ca](mailto:ken@racetek.ca)

## 8.8 Spectator Admission

- Adults \$10 per day
- Students (including U of A students) \$5 per day

# 9. Medical

## 9.1 Deck Coverage

- Kinsmen 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.

## 9.2 Therapy / Medical Service

- The University of Alberta Medical Information Services sheet has been circulated to all Canada West members' medical personnel, please refer to that document.

- A University of Alberta varsity therapist (CATC) will be on-call for injury management during the competition.

## 10. Canada West Awards

### 10.1 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 Katie Spriggs ([katie.spriggs@ualberta.ca](mailto:katie.spriggs@ualberta.ca)) by Friday, November 26 @ 5:00 pm.
- Only these identified student-athletes will be recognized on deck during the Sunday session.

### 10.2 Student-Athlete Community Service Award Nominees

- All coaches must send in their nominees for the Canada West Student-Athlete Community Service Awards to Katie Spriggs ([katie.spriggs@ualberta.ca](mailto:katie.spriggs@ualberta.ca)) by Friday, November 26 @ 5:00 PM.
- Nominations information will be reviewed and circulated for consideration with a coaches' vote following the Coaches Meeting on Saturday, November 27.
- The winners will be announced at the conclusion of the meet on Sunday.
- Ballot is included within the Canada West Playing Regulations and will be circulated separately in advance of the Championships.

### 10.3 Coach of the Year Awards

- Coach of the Year ballots will be circulated during the final session on Sunday, November 28.
- Ballots must be submitted to Katie Spriggs (on the pool deck) by 4:30 pm on Sunday, November 28.
- Winners will be announced at the conclusion of the meet on Sunday.

## 11. Championship Host Hotel

The Westin Edmonton will serve as the Canada West Swimming Championship host hotel.

The Westin Edmonton ( <a href="#">see Athletics Flat Sheet</a> )	
10135 100 Street NW Edmonton, AB T6J 0N7 Phone: 780-426-3636 Downtown location 4.9 km from Kinsmen Sports Centre (12 minute drive)	For Reservations, please contact: Liz Nash 780-493-8908 <a href="mailto:Elizabeth.nash@westin.com">Elizabeth.nash@westin.com</a>

- If alternate hotels are required, please visit the Athletics website for [University of Alberta host hotel partners](#).

## 12. Championship Playing Regulations

Canada West will follow the U SPORTS Playing Regulations. Meets will follow SNC rules as outlined in the SNC handbook. The Canada West Swimming Playing Regulations provide additional regulations that will also be followed or supersede a U SPORTS Playing regulation for the Canada West Championship meet.

[2021-22 Canada West Playing Regulations: Men's and Women's Swimming](#)

[2021-22 U SPORTS Playing Regulations: Men's and Women's Swimming](#)

### 13. Canada West Championship Standards

**\*pending approval and updating of the U SPORTS 2021-22 Playing Regulations.**

Canada West Standard (W)	2021-22 U SPORTS STANDARDS							Canada West Standard (M)
SCM	SCY	LCM	SCM	EVENT	SCM	LCM	SCY	SCM
+7.5%	<i>WOMEN</i>				<i>MEN</i>			+7.5%
0:28.42	0:23.82	0:27.23	0:26.44	50 FREE	0:23.15	0:23.84	0:20.86	0:24.89
1:01.32	0:51.39	0:58.75	0:57.04	100 FREE	0:50.53	0:52.05	0:45.52	0:54.32
2:12.34	1:50.91	2:06.80	2:03.11	200 FREE	1:50.57	1:53.89	1:39.61	1:58.86
4:42.45	5:00.27	4:30.62	4:22.74	400 FREE	3:56.18	4:03.27	4:29.92	4:13.89
9:42.73	10:19.51	9:18.33	9:02.07	800 FREE				
				1500 FREE	15:54.08	16:22.70	15:48.39	17:05.64
0:31.56	0:26.45	0:30.24	0:29.36	50 BACK	0:25.89	0:26.67	0:23.32	0:27.83
1:08.26	0:57.21	1:05.41	1:03.50	100 BACK	0:55.77	0:57.44	0:50.24	0:59.95
2:28.38	2:04.35	2:22.17	2:18.03	200 BACK	2:01.84	2:05.50	1:49.77	2:10.98
0:35.65	0:29.87	0:34.15	0:33.16	50 BREAST	0:28.98	0:29.85	0:26.11	0:31.15
1:17.41	1:04.87	1:14.17	1:12.01	100 BREAST	1:03.02	1:04.91	0:56.77	1:07.75
2:48.15	2:20.92	2:41.11	2:36.42	200 BREAST	2:17.96	2:22.10	2:04.29	2:28.31
0:30.21	0:25.32	0:28.94	0:28.10	50 FLY	0:24.96	0:25.71	0:22.49	0:26.83
1:07.20	0:56.32	1:04.39	1:02.51	100 FLY	0:55.20	0:56.86	0:49.73	0:59.34
2:31.30	2:06.79	2:24.96	2:20.74	200 FLY	2:02.95	2:06.64	1:50.77	2:12.17
2:31.33	2:06.82	2:24.99	2:20.77	200 I.M.	2:04.29	2:08.02	1:51.97	2:13.61
5:22.93	4:30.63	5:09.41	5:00.40	400 I.M.	4:26.12	4:34.10	3:59.75	4:46.08
4:08.27	3:28.06	3:57.88	3:50.95	400 Fr. Rly	3:23.66	3:29.77	3:03.48	3:38.93
9:01.02	7:33.40	8:38.37	8:23.27	800 Fr. Rly	7:29.74	7:43.23	6:45.17	8:03.47
4:33.99	3:49.61	4:22.52	4:14.87	400 Med. Rly	3:45.36	3:52.12	3:23.03	4:02.26

### 14. Swimming Canada Warm Up Safety Procedures

Swimming Canada Warm Up safety procedures will be in effect for the Canada West Championships.

[Competition Warm Up Safety Procedures](#)