



2022 Canada West Swimming Championship

November 25th – 27th, 2022

Hosted by: University of Lethbridge

Championship Bulletin #2 (as of October 28th)

1. Host Organizing Committee

Event Convener	Spencer Pommells 403-329-5174 Spencer.pommells@uleth.ca	Meet Managers	Crystal Lothian lothianc@hotmail.com Owen Guyn oiguyn@gmail.com
Ticketing, Hospitality, & Accreditation	Taylor Penney 403-329-2681 Taylor.penney@uleth.ca	Entries & Scratches	Owen Guyn 403-715-6827 oiguyn@gmail.com
Communications	Spencer Pommells 403-329-5174 Spencer.pommells@uleth.ca	Lethbridge Head Coach	Peter Schori 403-329-2677 Peter.schori@uleth.ca
Head Athletic Therapist	Morgan Merrill 403-329-2678 Morgan.merrill@reboundhealthcenter.ca	Officials Chairs	Deborah Hauver

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.

3. Meet Details

Type of Competition: Canada West - 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.

Maximum Competition Numbers:

Maximum Facility Occupancy* = 750

Total Participants = 276

Swimmers = 220

Coaches & Staff = 30

Officials & Volunteers = 40

Facility Staff = 6

Spectators = 350

** 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:

Warm-up will take place in 16 lanes.

Entrance/Exit & Fans:

Entry to the Max bell Aquatic Center for athletes, coaches, and officials will be through either (south or north) entrance to the 1st Choice Savings Center.

Spectators may enter the facility through the same entrances, and access the viewing gallery on the 2nd level of the 1st Choice Savings Center.

Change rooms / Showers:

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

Masks:

There are no masking requirements on the University of Lethbridge campus.

Timing:

Electronics and Electronic plungers will be used during the event.

Spectators:

There are no additional restrictions on spectators.

Facility Specific Requirements:

There are no additional facility requirements.

4. Schedule of Events

Tuesday November 22, 2022		Friday, November 25, 2022	
12:00 pm MST	Entry Deadline	2:00 – 3:00 pm	Registration & Technical Meeting Location: PE138
		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 26, 2022		Sunday, November 27, 2022	
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
12:15 pm	Canada West Coaches Meeting Location: TH177	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 th & 5 th 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		

5. Training Schedule

There are open pre-competition training times available on Thursday, November 24th from 5:00PM – 7:00PM & Friday, November 25th from 9:00AM – 10:30AM.

6. Competition Schedule

Session 1: Friday, November 25			Session 2: Friday, November 25		
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 26			Session 4: Saturday, November 26		
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 27			Session 6: Sunday, November 27		
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

7. Meetings

Registration & Technical Meeting	
Date:	Friday, November 25 th
Location:	PE138 – Pool Classroom
Time:	2:00 pm

Canada West Coaches Meeting	
Date:	Saturday, November 26 th
Location:	TH177 – Turcotte Hall
Time:	12:15 pm
Other:	Lunch will be provided

8. Registration

- Meet Entry File available as of November 1st, 2022 at <https://www.swimming.ca/en/meet/36410/>
- All entries are to be uploaded on the Swimming Canada website.
- Registration of teams will take place at the Registration & Technical Meeting on Friday, November 25th.

9. Technical Information

9.1 Facility Information

Max Bell Aquatic Center 1 st Choice Savings Center 4401 University Dr. Lethbridge, AB T1K 3M4 Phone: 403.329.5174	Pool & Facility Details <ul style="list-style-type: none">• 8 lane 25m race pool + 8 lane 25m warm up pool• Lockers (coin available)• Teams may be permitted to hang banners from the Dive Tower• Free parking at the University on Weekends (starting Friday after 5PM)• Bus parking available to the west of the 1st Choice Savings Center
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9.2 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 Friday, November 18th, 2022 (12:00 noon PST)
- Entries for individuals who are “late qualifiers” will be permitted up until 12:00PM (PST) on Tuesday, November 22nd, 2022.

9.3 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.

9.4 Scoring

- OMEGA electronic timing

9.5 Results

- Real time results will be available on Meet Mobile.
- Recap and Championship Information – www.canadawest.org and www.gohorns.ca

9.6 Webcast

- Prelims will be webcast on www.canadawest.tv
- Daily finals sessions will be webcast on www.canadawest.tv

9.7 Video Analysis

- RaceTek will be on site. Contact Ken Olsen ken@racetek.ca

9.8 Spectator Admission

Weekend Passes: **(Advance Sales Available Here - <https://gohorns.ca/2022-CW-Swim-Tickets>)**

- General Weekend Pass - \$25.00 (Ages 18+ & Up)
- Youth Weekend Pass - \$10.00 (Ages 6 – 17)

Single Day Tickets:

- General Admission - \$10.00 Per Day (Ages 18+ & Up)
- Youth Admission - \$5.00 Per Day (Ages 6 – 17)
- UofL Student Admission - Free

10. Medical Services

10.1 Deck Coverage

- Max Bell Aquatic 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.

10.2 Therapy / Medical Services

- The University of Lethbridge Medical Information Services sheet has been circulated to all Canada West members' medical personnel, please refer to that document.
- A University of Lethbridge varsity therapist (CATC) will be on-call for injury management during the competition.
- There will be a designated area for IST staff to setup equipment/tables.

11. Canada West Awards

11.1 Graduating Student-Athletes

- All coaches must send in a list of the 5th Year or graduating 4th year athletes to Spencer Pommells (spencer.pommells@uleth.ca) by Friday, November 25 @ 5:00 pm.
- Only these identified student-athletes will be recognized on deck during the Sunday session.

11.2 Student-Athlete Community Service Award Nominees

- All coaches must send in their nominees for the Canada West Student-Athlete Community Service Awards to Spencer Pommells (spencer.pommells@uleth.ca) by Friday, November 25 @ 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.

11.3 Coach of the Year Awards

- Coach of the Year ballots will be circulated during the final session on Sunday, November 27.
- Ballots must be submitted to Spencer Pommells by 4:30 pm on Sunday, November 28.
- Winners will be announced at the conclusion of the meet on Sunday.

12. Accommodations

Host Hotel:

Holiday Inn – 2375 Mayor Magrath Drive South, Lethbridge AB

- Phone: 403-359-5602
- Group Name: Canada West Swim Championships
- Cost: \$90.00

Additional Accommodations:

Sandman Signature Lethbridge Lodge – 320 Scenic Dr. S, Lethbridge AB

- Phone: 403.328.1123
- Group Name: Canada West Swim Championships
- Cost: \$139.00

Best Western Plus Service Inn & Suites – 209 41st S, Lethbridge AB

- Phone: 403.329.6844
- Group Name: Canada West Swim Championships
- Cost: \$159.00

Holiday Inn Express – 217 41st S, Lethbridge AB

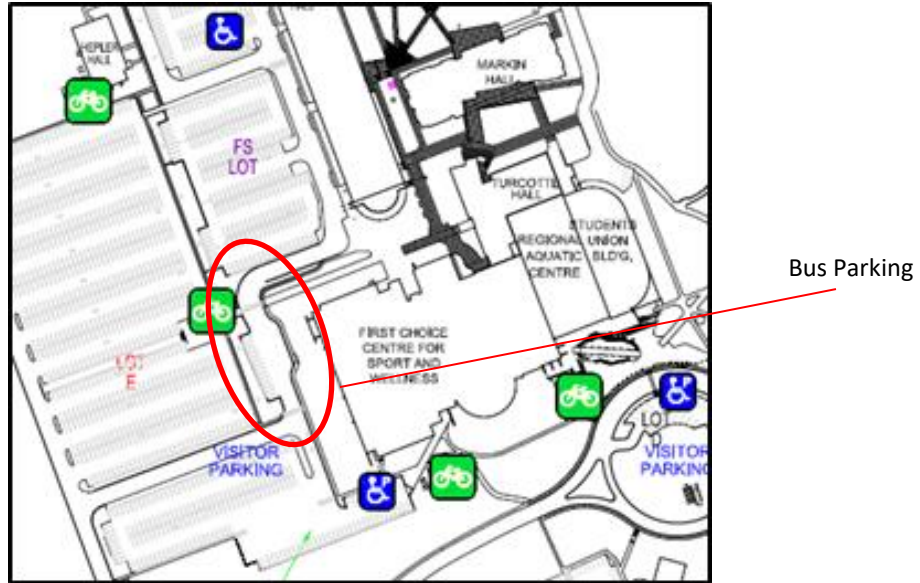
- Phone: 403.942.5856
- Group Name: Canada West Swim Championships
- Cost: \$159.00

Surestay Plus Hotel by Best Western – 2225 Mayor Magrath Dr. S, Lethbridge AB

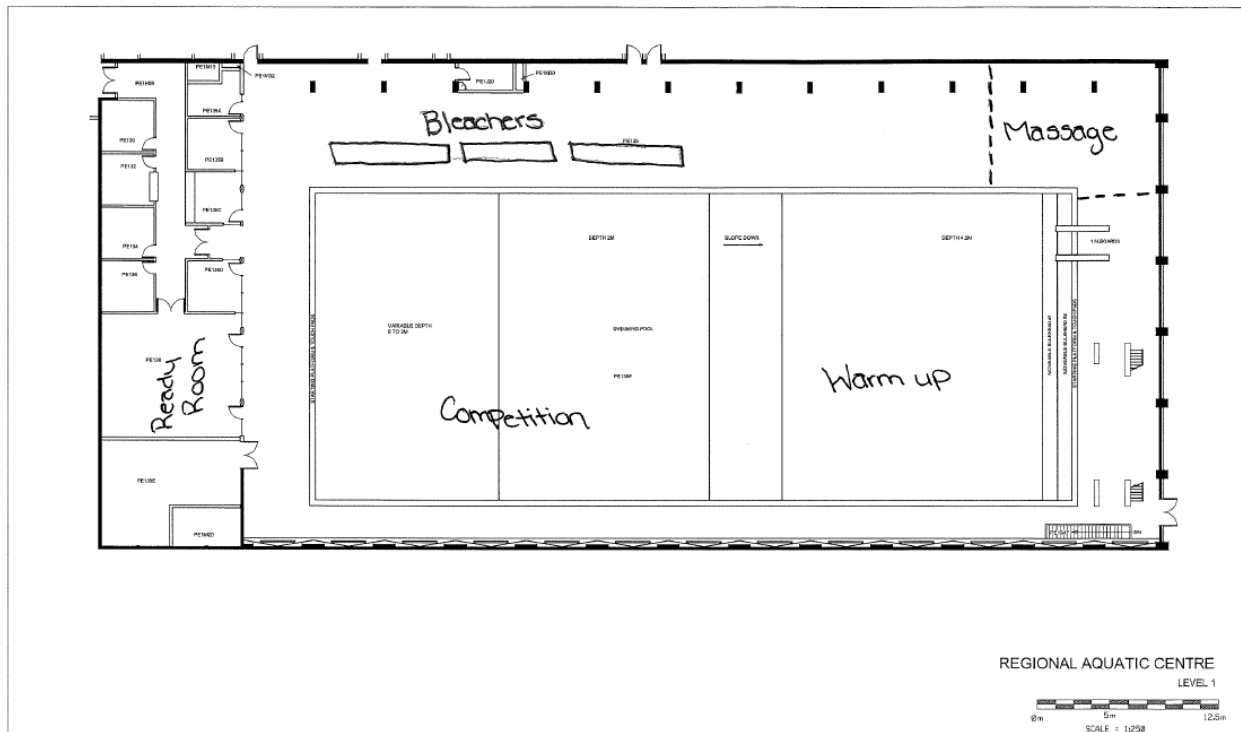
- Phone: 403.380.6677
- Group Name: Canada West Swim Championships
- Cost: \$117.00

13. Campus & Facility Maps





14. Max Bell Center Schematics



15. Canada West 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.

- [Canada West Swimming Regulations](#)
- [U SPORTS Swimming Regulations](#)

16. Canada West Championship Standards

2022-23 U SPORTS STANDARDS						
SCY	LCM	SCM		SCM	LCM	SCY
<i>WOMEN</i>			EVENT	<i>MEN</i>		
0:23.83	0:27.24	0:26.45	50 FREE	0:23.12	0:23.81	0:20.83
0:51.44	0:58.81	0:57.10	100 FREE	0:50.48	0:51.99	0:45.48
1:50.85	2:06.73	2:03.04	200 FREE	1:50.39	1:53.70	1:39.45
5:00.26	4:30.61	4:22.73	400 FREE	3:55.80	4:02.87	4:29.49
10:20.27	9:19.02	9:02.74	800 FREE			
			1500 FREE	15:55.63	16:24.30	15:49.93
0:26.47	0:30.26	0:29.38	50 BACK	0:25.87	0:26.65	0:23.31
0:57.13	1:05.31	1:03.41	100 BACK	0:55.66	0:57.33	0:50.14
2:04.20	2:22.00	2:17.86	200 BACK	2:02.29	2:05.96	1:50.17
0:29.88	0:34.17	0:33.17	50 BREAST	0:28.89	0:29.76	0:26.03
1:04.83	1:14.12	1:11.96	100 BREAST	1:02.83	1:04.71	0:56.60
2:20.94	2:41.13	2:36.44	200 BREAST	2:17.52	2:21.65	2:03.89
0:25.28	0:28.90	0:28.06	50 FLY	0:24.93	0:25.68	0:22.46
0:56.50	1:04.59	1:02.71	100 FLY	0:55.24	0:56.90	0:49.77
2:07.09	2:25.30	2:21.07	200 FLY	2:03.02	2:06.71	1:50.83
2:06.98	2:25.18	2:20.95	200 I.M.	2:04.06	2:07.78	1:51.77
4:30.68	5:09.47	5:00.46	400 I.M.	4:25.55	4:33.52	3:59.23
3:28.39	3:58.25	3:51.31	400 Fr. Rly	3:22.90	3:28.99	3:02.79
7:33.28	8:38.23	8:23.14	800 Fr. Rly	7:28.63	7:42.09	6:44.17
3:49.15	4:21.99	4:14.36	400 Med. Rly	3:44.42	3:51.15	3:22.18

17. 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](#)