



CANADIAN
OLYMPIC & PARALYMPIC
SWIMMING TRIALS

PRESENTED
BY

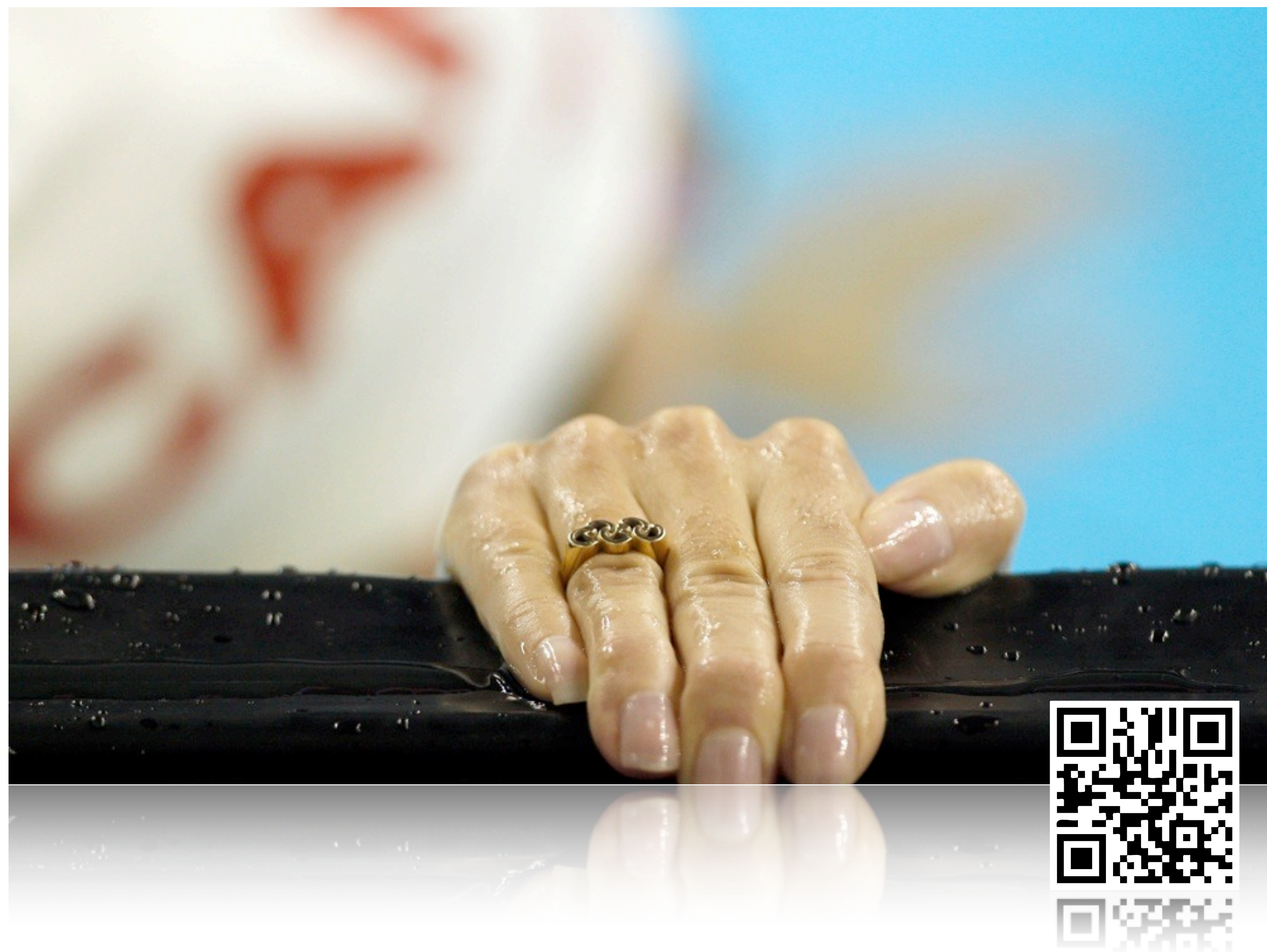


BY
PRESENTED



TECHNICAL MEETING

*Monday, March 26th, 2012
Olympic Park Pool
Montreal, QC*





We inspire Canadians through world leading performances to embrace a lifestyle of swimming, sport, fitness and health.



6 DAYS...

871 SWIMMERS!

165 TEAMS!!

3337 SPLASHES!!!

THE NUMBERS



Local Organizing Committee:

Meet Manager

Meet Chairperson

Major Officials Coordinator

Entries Coordinator

Lise Goulet & Liette Sirois

Anton Vogler

Cynthia Pincott

Rob Traynor

SNC Competition Coordinators:

Able-bodied Swimming

Para-Swimming

Bill Hogan & Louise Leblanc

Jocelyne McLean & Lockie Lister

SNC Domestic Operations Director:

Lance Cansdale

cel. 902-240-2213

SNC Events Manager:

Dave Haanpaa

cel. 613-324-3436

INTRODUCTION and WELCOME



ALL athletes and coaches who wish to be considered for the 2012 Olympic and Paralympic Teams must sign either the:

- **2012 Olympic Games Nomination Criteria Acknowledgment form**
- or the
- **2012 Paralympic Games Nomination Criteria Acknowledgment Form**

Swimming Canada's website under - *Events / Olympic & Paralympic Trials*

or

You pick the forms up at the Meet Registration Desk (including the Coach of Record forms)

These forms **must** be submitted to meet management prior to or at registration

NOMINATION CRITERIA ACKNOWLEDGEMENT FORM

Coach / Support Staff Accreditation:

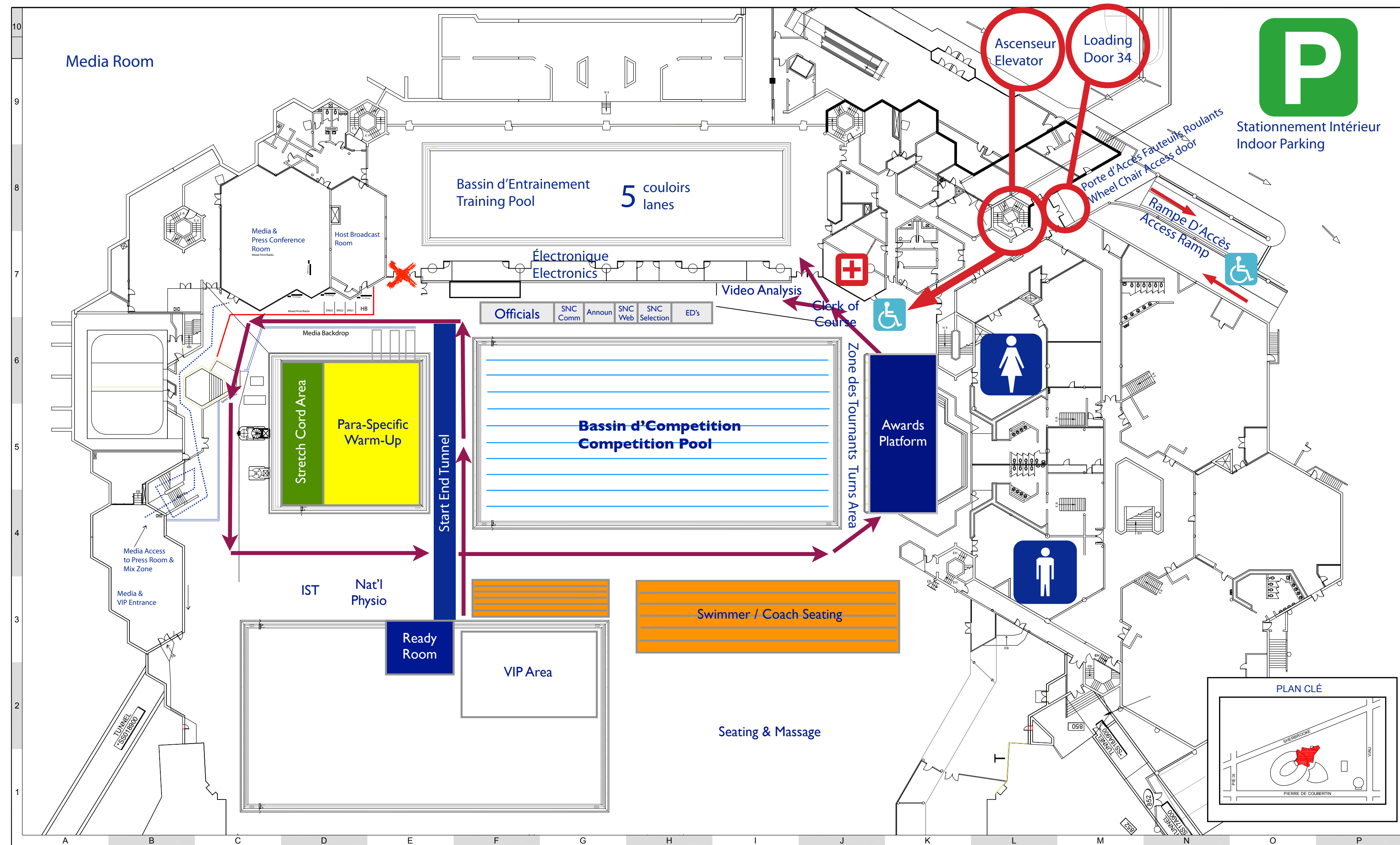
- Coaches must be registered with the CSCTA as an “A” or “B” member to receive a coach accreditation card and access to the pool deck. All accreditation passes must be visible while on deck. Lost accreditation will be replaced at a cost of \$50.00 per accreditation.
- All foreign coaches must supply proof of a National Professional Coaching Membership at the Registration Desk

All attending coaches and support staff must be listed with their entries

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. Lost accreditation will be replaced at a cost of \$50.00 per accreditation.

ACCREDITATION



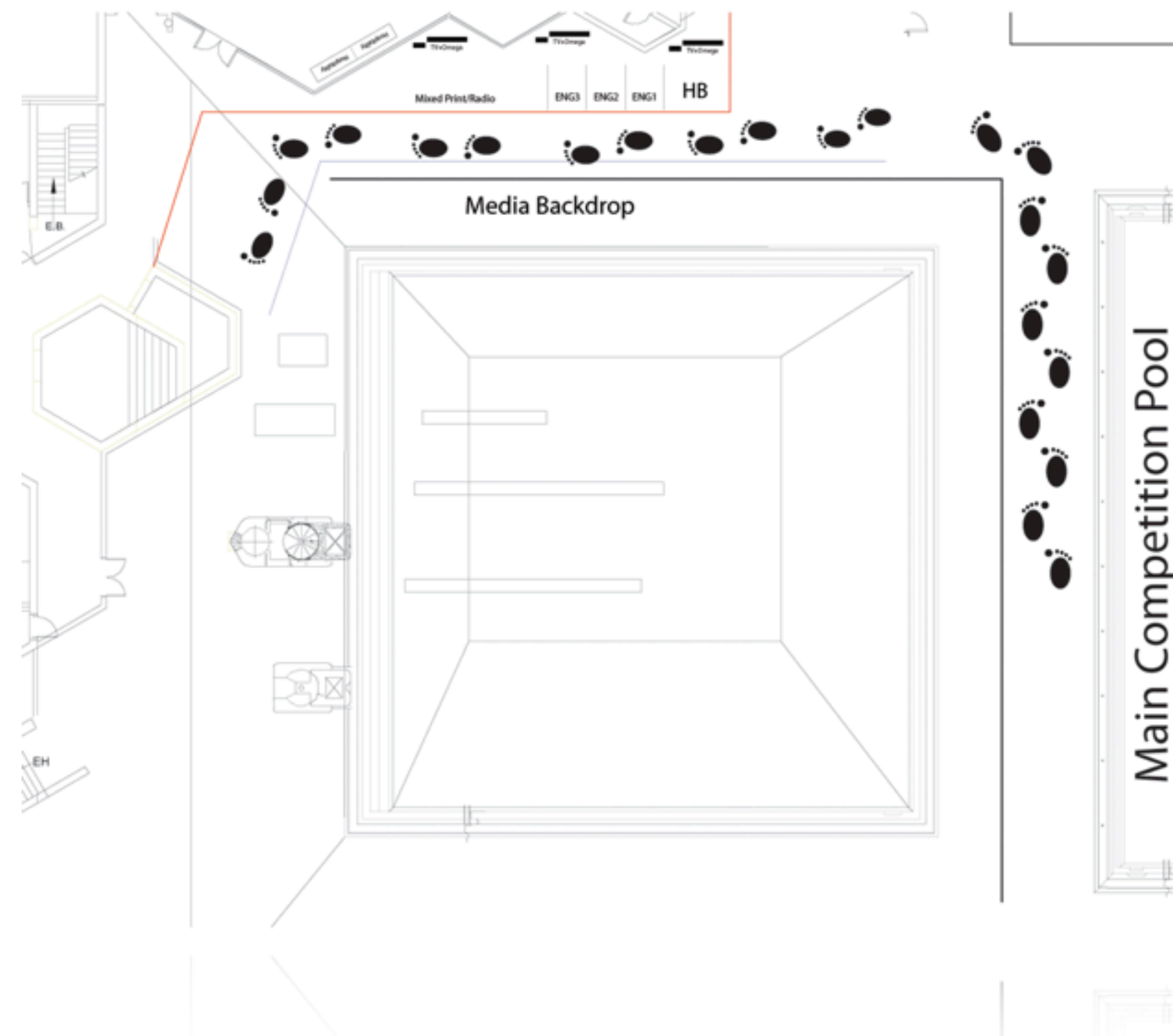
FACILITY SCHEMATIC

“A” Finals:

After their race, all athletes will be asked to exit the pool out the side ladders and head through the mix zone for any interview requests. Our English and French host broadcast interviews are requested for all “A” final race winners. Interviews should not exceed 1 minute each. Water will be made available to the athletes in the media area.

Prelims:

Host Broadcast and other reporters will be present in the mix zone during the morning prelims. Therefore same protocol for finals will be in place for morning prelims. Swimmers will be asked to walk thru the mix zone after their prelim swim but are not obligated to stop to talk to the press.



MIX ZONE INTERVIEWS



SPORTSNET (Finals only)

- Tuesday-Saturday * - Operating as a LIVE 60 minute broadcast with full set-up (7-8:00pm)
- Sunday * - Operating as a LIVE 90 minute broadcast with a full set-up (7-8:30pm)

** It should be noted that the filming will continue for the finals even though the LIVE broadcast is complete*

SPORT - Radio Canada

- Saturday, 7th April - 2 hour show (taped)
- Saturday, 14th April - 2 hour show (taped)

BROADCAST TIMES and DATES

- To service “Live TV” we will adjust some of the start time of the “A” Finals. First race of finals will always be between 7:07 and 7:11 PM.
- Exact timelines will be published and distributed via the SNC website as soon as they are finalized

Prelims (10 Lanes):

Warm-ups: 7:30am to 9:50am

Start Time: 10:00am

Finals (A - 8 Lanes / B - 10 Lanes):

Warm-ups: 5:00pm to 6:45pm

Start Time: 7:00pm

START TIMES



Day 1 - Tuesday (27 March)

Prelims: 1:04pm

Finals: 9:05pm

Day 2 - Wednesday (28 March)

Prelims: 12:33pm

Finals: 9:05pm

Day 3 - Thursday (29 March)

Prelims: 1:19pm

Finals: 9:40pm

Day 4 - Friday (30 March)

Prelims: 1:31pm

Finals: 8:39pm

Day 5 - Saturday (31 March)

Prelims: 2:33pm

Finals: 9:07pm

Day 6 - Sunday (1 April)

Prelims: 12:59pm

Finals: 9:20pm

SESSION FINISH REPORT TIMES (approximate)

Day 1 - Tuesday, March 27 Original A Order	New A Finals Order
400 IM Men 400 Free Women 100 Breast Men 100 Fly Women 200 Free Men	400 IM Men 400 Free Women 100 Breast Men 100 Breast Para Men 100 Fly Women 200 Free Men
Day 2 - Wednesday, March 28 Original A Order	New A Finals Order
200 Fly Men 100 Back Women 100 Back Men 400 IM Women	200 Fly Men 100 Back Women 100 Back Para Women 100 Back Men 400 IM Women
Day 3 - Thursday, March 29 Original A Order	New A Finals Order
200 Free Women 400 Free Men 100 Breast Women 200 Breast Men	No changes

NEW FINALS ORDER

Day 4 - Friday, March 30 Original A Order	New A Finals Order
200 Fly Women 100 Free Men 200 IM Women	200 Fly Women 100 Free Para Men 100 Free Men 200 IM Women
Day 5 - Saturday, March 31 Original A Order	New A Finals Order
100 Fly Men 100 Free Women 200 Back Men 200 Breast Women 800 Free Women	100 Fly Men 100 Free Women 200 Back Men 100 Free Para Women 200 Breast Women 800 Free Women
Day 6 - Sunday, April 1 Original A Order	New A Finals Order
50 Free Women 50 Free Para Women 50 Free Men 50 Free Para Men 200 Back Women 200 IM Men 1500 Free Men	No changes

NEW FINALS ORDER

Day 1 - Tuesday (27 March)

- Opening Ceremonies

Day 2 - Wednesday (28 March)

- Athlete Recognition / Retirement

Day 3 - Thursday (29 March)

- Athlete Recognition / Retirement

Day 4 - Friday (30 March)

- Circle of Excellence Induction

Day 5 - Saturday (31 March)

- Recognition of the 1980 Olympic Team

Day 6 - Sunday (1 April)

- Olympic and Paralympic Medalists
- Presentation of the 2012 Canadian Olympic Team

SPECIAL PRESENTATIONS

Day 1 - Day 5 Relays (Tuesday-Saturday):

- All relays are Time Finals
- All relays will be swum during Finals
- Relay Cards with name changes must be submitted to Clerk of Course 30 minutes before start of the session

Day 6 Relays (Sunday):

- To accommodate the presentation of the Olympic and Paralympic teams, all relays on Sunday, April 1st will be swum as a timed final at the end of the morning's preliminaries session
- Teams that choose to rethink their relay entry for April 1st, can be refunded*

**Teams that scratch any relays because of the later start time can also request a refund, in writing, from SNC*

RELAYS

Ready Room Camera:

- Coaches and swimmers are advised that we are placing an unmanned, small camera inside the ready room for our broadcast of the finals each night
- We are always looking at new ways to present our sport for TV, this should be a fun one
- March on for 'A' Final events - athletes must report to the "ready room" 20 minutes before the beginning of the event
- 'B' Finalists must check in at the Ready Room at least 10 minutes before and will be marched to the blocks through the starting end tunnel

Finalist Bibs:

- All 'A' finalists will wear a lane-identifying sticker on their shirt for the finalist walkout. This is the same protocol as is employed at FINA World Championship meets
- Stickers will be provided upon check-in at the ready room. (This is very good for our development of promotion with our sponsors)

Sprint and Pace Lanes: (45 min before warm-ups end)

- Pace lanes: 0 & 9
- Sprint lanes: 1 & 8

Circle Swimming Lanes: 2, 3, 4, 5, 6, 7

- Reminder: For safety reasons, no diving is allowed during warm-ups except for Sprint lanes
- Snorkels and Kick-boards are allowed / No equipment such as Fins and Paddles
- From 7:30-8:00am for Prelims and from 5:00-6:00pm for Finals Warm-Up there will be a dedicated lane in the Competition Tank for Para-Swimmers (Lane 9)

Training / Warm-Up Tank (5 lanes):

- The shallow end is 1m deep - **NO DIVING**
- Lane 1 can be use for Starts and Sprints from the deep end / Lane 2 for a Pace lane

Diving Tank / Warm-Up Tank:

- **Stretch Cord Swimming** (Coach supervised) - The last 2 lanes of the Diving Tank
- **Para-Swimmer Specific Warm-Up** - The first 4 lanes of the Diving Tank

WARM-UPS / SPRINT and PACE LANES



Prelim and Final Sheets:

- Available daily in coaches boxes
- Posted on the SNC website as soon as they are ready and prior to each session:

www.swimtrials.ca

Results:

- Posted after each event on results wall on deck of the Warm-Up Tank
- Also posted on SNC website

HEAT SHEETS and RESULTS

- 
- This meet is open to foreign swimmers and teams, but foreign swimmers will not be permitted to advance to A Finals. Foreign swimmers will be able to compete in B Finals.
 - Foreign para-swimmers will not be permitted to advance to either A or B Finals. They will only be permitted to swim during preliminaries.
 - Foreign relay teams can swim in the fastest seeded heats
 - Please advise meet management if you have any foreign swimmers with your club (Citizenship Declaration Form)

FOREIGN SWIMMERS & PARA-SWIMMERS

- 
- All entry times not proven online must be proven at registration (including Relays)
 - Deadline for proof of times is 3:00 pm today
 - Any club not able to prove an entry time when challenged, the club will be fined \$100.00 and the swimmer will not be permitted to swim the event
 - Entry time upgrades are not accepted past the meet entry deadline

PROOF of TIMES

Scratch Deadline for Day 1 Prelims (Mon):

- 30 minutes after Technical meeting

Scratch Deadline for Day 2-6 Prelims (Wed, Thu, Fri, Sat and Sun):

- 30 minutes after prior night's Finals

Scratch Deadline for Finals:

- 30 minutes after posting of results of prelim event

Relay Scratch Rule:

- The scratch deadline for relay events on Days 1 to 5 will be the **end of the preliminary session of the day for which that event is scheduled**
- For the Day 6 relay events, the scratch deadline will be at the end of the finals on Day 5
- All relays will be swum in 10 lanes as timed final events during the finals sessions
- Name change deadlines for all relays shall be 30 minutes before the start of the finals session for which the relay event is scheduled

***Please Note** – *This is a change to what is published in the meet information*

SCRATCH DEADLINES

- Intent to scratch or scratch within 30 minutes of prelim result posted
- Final decision reported to Clerk of Course within 30 minutes of completion of swimmer's last individual event of session
- Failing to make notice of final decision will result in swimmer seeded into respective final heat of that event

No-Shows & Step-Downs: \$50.00 penalty applied for Prelims and Finals:

- Prelim: Deadline for payment is end of Prelims. Swimmer may swim prior to paying the penalty.
- Finals: Penalty must be paid immediately. Swimmer can't swim until the penalty is paid, teammates are not affected.

SCRATCH RULE

- Swimmer may wear only one swimsuit in competition - Self-policed / Self-monitored

Hydrophobic or Superhydrophobic Sprays:

- The use of a Hydrophobic or Superhydrophobic Spray (water repellent) on a swimsuit or the body is prohibited
- This is a relatively new issue and technology and it will be expected that coaches and athletes self-police / Self-monitor this issue
- Coaches may make a “swimwear challenge” in writing to Commission if one feels illegal swimwear or a spray treatment has been used in a Prelim, “A” Final or “B” Final



Starts:

- If start signal sounds, race is **not** stopped
- DQ's determined after completion of the race
- DQ's announced within 15 min after race

Procedure for protests:

- Discuss DQ with Referee
- If not resolved, a written protest must be presented to the referee within 30 minutes after conclusion of event
- If not resolved after discussion of the written protest, the matter may be assigned to a Jury of Appeal

DISQUALIFICATIONS & PROTESTS

800m Free & 1500m Free – Prelims & Finals:

- Distance events at this competition are conducted as prelims/finals events. See order of events on the Olympic Trials Meet Information
- In the Women's 800m Freestyle and the Men's 1500m Freestyle. The fastest 8 times posted from prelims will compete in the "A" finals the next evening (there will be no "B" Final)
- The 800m and 1500m Freestyles will be swum circle seated in heats starting with Heat 1 through Heat 3
- Starting with the Heat 4 in each event, the swimmers will compete fastest to slowest

DISTANCE EVENTS

Recognition of Medalist - Gold, Silver, Bronze:

- Medals will be awarded to the top three in each individual and events
- It will be expected that each medallist wear his/her team warm-up or uniform to the awards podium
- ***Important note to clubs*** - If the placing swimmer is unable to make it to their award ceremony, will the club please send a fully uniformed substitute swimmer in their place

Recognition of Finalists 4th Place through 8th Place:

- Individual Awards will be given through eighth place and placed in the swimmers team file for the beginning of the next session
- The finalists will be recognized in order on the video scoreboard
- Please see the timelines to determine when the award recognition ceremonies will be held

AWARDS



Procedure:

- Swimmers selected randomly
- Any athletes setting World Records, will be tested following international protocols (FINA / WADA)
- Once selected, swimmers are notified of such by a Doping Control Marshall
- Doping Control Marshall accompanies swimmer until released to Doping Control Officer (DCO)
- **Photo ID is required for doping control.** Coaches are asked to instruct athletes to bring photo ID to competition (i.e. driver's license, passport, etc.)

DOPING CONTROL



Club T-Shirts:

- It has come to our attention that some clubs may have produced commemorative t-shirts using the Olympic rings. This is a compliance issue of the IOC and COC brand copyright.
- To make sure we stay within the Olympic rules, Swimmer making the “A” finals will not be allowed to wear any clothing with any unlicensed use of the Olympic rings upon it for their march out

Team Banners:

- Team banners will be hung in the designated area (in front of the main spectator grandstand)
- Banners will only be hung by the SNC Event Management Team. Banners can be turned in to event staff at registration.

CLUB T-SHIRTS and TEAM BANNERS

Coach Hospitality (sponsored by)

- Hosted by CNPPO
- Location - The Studio at the base of the entrance stairwell between the male and female changerooms.
- Times - Prior to the start times of each session:

Prelims	7:30-9:30am
Finals	5:00-6:30pm
- Coffee and beverages are available during the Prelim and Final sessions

COACH HOSPITALITY

- 
- As you might have all read, the 1st and 2nd level parking at the Olympic Stadium is closed at this point in time
 - We are in process of identifying “Drop Off” area (most probably by the BioDome) and alternative parking for teams and team vans
 - We will update you as soon as we find out more current information

PARKING and DROP-OFF

- There will be no 'national' services for lactates, recovery / regeneration and supplementation. These services are to be delivered on a club by club basis and are the responsibility of individual clubs
- Where National Team service providers have worked with all carded athletes in past National Competitions, please note that they will be prioritizing the local athletes they typically work with on a day to day basis first and foremost
- **Race Analysis** - RaceTek will be providing race analysis as they typically do for National Competitions, please see Ken Olson for details
- **Biomechanics** - Dr. Wrigley is available throughout the meet, please note his priority is Olympic Podium potential athletes first; Senior Card athletes second - please see Allan early in the meet if you require his services
- **Medical** - Swimming Canada's National Team Physician Dr. McKeown is in attendance - her first priority is the Vancouver Centre; second priority is podium potential and Senior Card athletes - for all others, competition medical support information will be circulated

IST SERVICING

Introduction:

- **Selection Committee Members:** Chair - Chris Bowie, Bill Humby, Brian Johns, Lisa Flood, Donna Cole (McGinnis), Wendy Johnson
- **Competitions:** Olympic (nominations), Mare Nostrum Junior tour selection, Junior Pan Pac de-qualification

Eligibility - Olympic:

1. Foreign swimmers 'finals' placements
2. Swimmers pending Sport Nationality transfer from FINA
3. Valid passport as of March 27, 2012
4. Signed Criteria Acknowledgement form
5. Registered with Swimming Canada

SELECTION COMPETITIONS & OLYMPIC ELIGIBILITY

FINA Selection Process:

- Olympic Qualifying Times (*OQT - previously referred to as “A” standards*)
 1. Automatic selection to two (2) per event (both nominees must be under the OQT Olympic)
- Standard Times (*OST – previously referred to as “B” standards*)
 1. After OQT's, relay teams and “Universality Places” have been confirmed – OST's will be allocated
 2. June 18th – qualifying period for OST's ends
 3. June 20th – FINA to send an official “*OST letter of invitation*” to NF's
 4. June 25th – Swimming Canada to notify FINA of competing OST swimmers
 5. Procedure for determining OQT's:
 - a. *Once total number of OST positions is known, all OST's will be ranked by gender and by event*
 - b. *Round 1 - The top swimmer in each event and each gender will be advanced*
 - c. *Round 2 – the next ranked swimmer in each event and each gender will be advanced; etc*
 - d. *When less than 13 places remain, FINA points will be utilized to rank the remaining events for selection*
- All OQT & OST swimmers will be announced as nominees immediately upon completion of their race

OLYMPIC SWIMMER NOMINATIONS



Canadian Olympic Committee Nomination Process:

- July 4th – deadline for Swimming Canada to submit nomination certificates
- July 5th – COC TSC review and approval of NSF nominations
- July 9th – COC Olympic Team announcement

OLYMPIC SWIMMER NOMINATIONS... con't



Olympic Relay Nomination Standards:

Freestyle:

- | | |
|----------------------|---------|
| 1. Men's 4x100 F/R | 3:15.35 |
| 2. Men's 4x200 F/R | 7:13.31 |
| 3. Women's 4x100 F/R | 3:39.48 |
| 4. Women's 4x200 F/R | 7:57.15 |

Alternate Positions (5th Place):

- | | |
|----------------------|---------|
| 1. Men's 100m Free | 49.12 |
| 2. Men's 200m Free | 1:48.42 |
| 3. Women's 100m Free | 54.87 |
| 4. Women's 200m Free | 1:58.93 |

Medley:

- | | |
|----------------------|---------|
| 1. Men's 4x100 M/R | 3:36.19 |
| 2. Women's 4x100 M/R | 4:00.90 |

OLYMPIC RELAY NOMINATION STANDARDS

Eligibility:

1. Certification: NCCP Level 4 and member of CoC OR CoC Charter Professional Coach as of Mar 27, 2012
2. Resident in Canada and employed as a swimming coach since Sep 1, 2011
3. Must sign a Staff Code of Conduct prior to official nomination (Apr 15, 2012)

Nomination:

1. Nominated Swimmers performances will be ranked against the FINA 2011 World Rankings
 2. Coaches shall be nominated in rank order to a ratio of 1 coach per 4 swimmers
 3. Utilizing world rankings suggest ties are more likely – the tie breaking system will utilize secondary performances with nominated secondary performances taking priority
- The Head Coach has been appointed – Randy Bennett

Personal Coaches:

1. Non-selected coaches will be invited to participate in the preparation of their athlete in conjunction with the Swimming Canada Personal Coach Program
2. Please see Josey Corbo for more information regarding personal coach opportunities

OLYMPIC COACH NOMINATIONS

Barcelona and Canet:

Eligibility:

1. Year of Birth 1993 and later
2. Canadian passport or Permanent Residence card as of Mar 27, 2012
3. Registered with Swimming Canada
4. Signed Code of Conduct
5. Eligible Performances: Olympic Trials “A” final performances only

Selection:

1. Age eligible performances will be ranked against the 2011 FINA World Rankings
2. The top 8 swimmers will be selected with a maximum of 5 swimmers in any one gender
3. Coach Selection: one coach each selected from the men’s and women’s selection – based on 2011 FINA World Rankings (not yet published)

More information:

- Please don’t hesitate to chat with Ken McKinnon (National Junior Coach)

MARE NOSTRUM JUNIOR TOUR SELECTION

- 
- Para-swimming National Team Physiologist Shane Esau will be performing **lactates** and **collecting data** on para-swimmers following races and swim downs as necessary
 - Para-swimming National Team Sport Psychologist Dr. Krista Chandler will be doing **post-race evaluations** for all participating para-swimmers following races
 - **Race Analysis** – RaceTek will be providing race analysis as they typically do for National Competitions, please see Ken Olson for details

PARA-SWIMMING IST SERVICING

Introduction:

- **Selection Committee Members:** Chair – Carla Qualtrough, Andrew Craven, Vince Mikuska, Elisabeth Walker-Young and Darda Sales
 1. Selection Committee will review all nominations following Trials and again once final team size is announced in June
 2. Projected Team Announcements mid- late June 2012
- **Competitions:** Paralympic Team Nominations; Target 2016 Rio Tour Fall 2012 TBA

Eligibility - Paralympic:

1. Foreign and non-eligible swimmers 'finals' placements
2. Valid passport as of March 27, 2012
3. Hold a valid IPC International Sport Class and IPC Swimming License
4. Signed Criteria Acknowledgement form
5. Registered with Swimming Canada

SELECTION COMPETITIONS & PARALYMPIC ELIGIBILITY

SNC Selection Process:

1. All eligible swimmers who equal or better a minimum qualifying standard (Senior or Rising Star as outlined in the Nomination Criteria document) during the 2012 London Paralympic Trials will be eligible for nomination to the 2012 Canadian Paralympic Team
2. Senior Swimmer – any swimmer who has attended a Paralympic Games in swimming previously
3. Rising Star Swimmer – any swimmer who has not attended a Paralympic Games in swimming previously
4. Final Team sizes (men and women) of the 2012 Canadian Paralympic Swimming Team will be communicated to SNC by IPC Swimming on June 4th, 2012
5. All performances will then be ranked against the amended IPC World Rankings Aug 15, 2010-March 15, 2012 (adjusted to 3 per country per class) until the men's and women's team complement is filled
6. Final team selection will be completed when IPC Swimming has completed all the slot allocation processes

PARALYMPIC SWIMMER NOMINATIONS



CPC Nomination Process:

- Step 1 - Swimming Canada to submit nomination certificates
- Step 2 - CPC TSC review and approval of NSF nominations
- Step 3 - CPC Paralympic Team announcement

PARALYMPIC SWIMMER NOMINATIONS... con't

Eligibility:

1. Fully certified NCCP Level 3 or equivalent 'Comp Dev Coach' and member of Coaches of Canada
OR Charter Member of Coaches of Canada as of Mar 27, 2012
2. Resident in Canada and employed as a swimming coach since Sep 1, 2011
3. Must sign a Staff Code of Conduct prior to official nomination (Apr 15, 2012)

Nomination:

1. Nominated performances by swimmers nominated to the 2012 London Paralympic Games swimming team shall be ranked according to the Amended IPC Swimming World Rankings (adjusted to 3 per country per class) for the period August 15, 2010 – March 15, 2012
 2. Coaches shall be nominated in rank order until the complement of 3 coaches is filled
 3. Utilizing world rankings suggest ties are more likely – the tie breaking system will utilize secondary performances with nominated secondary performances taking priority
- The Head Coach of the 2012 Paralympic Team is Craig McCord

Personal Coaches:

1. Non-selected coaches may be invited to participate in the preparation of their athlete in conjunction with the Swimming Canada Personal Coach Program
2. More info on this program will be made available once the final team is determined, please contact Craig McCord if you have interest in this program

PARALYMPIC COACH NOMINATIONS

Have a great meet!



more info: www.swimtrials.ca



We inspire Canadians through world leading performances to embrace a lifestyle of swimming, sport, fitness and health.