



PLAYING REGULATIONS: MEN'S AND WOMEN'S SWIMMING

1. SPORT FORMAT

Canada West will follow the U SPORTS Playing Regulations. Meets will follow SNC rules as outlined in the SNC handbook. This document provides additional regulations that will also be followed or supersede a U SPORTS Playing Regulation.

2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

- 2.1. An institution's competitive roster for the Canada West Championships, shall be limited to eighteen (18) men and eighteen (18) women. There is no limit to the number of contestants from one university that may enter an event at the Canada West Championship. The limit to the number of relay teams per institution shall be one relay team per event.
- 2.2. In order to be eligible to compete at the U SPORTS championship, the athlete must compete at the Canada West Championship unless one of the following occurs:
 1. The Canada West Eligibility Review Officer makes an appropriate ruling regarding the exemption for athletes who are competing at an international level competition at selected National team activities if the international activity falls within 10 days of the end of the Canada West Championships. This exception from attending Canada West will cover 10 days prior to the start of the international competition and the 10 days after. Athletes in National Training Centre's or National Academy activities are exempted only if they meet one of the mentioned exemptions above. Requests for exemptions, along with appropriate documentation, must be provided to the Canada West office at least one-week prior to the Canada West Swimming Championship. All approved exemptions must be circulated to all Canada West swimming schools.
 2. The Canada West Eligibility Review Officer receives medical certificate documentation of illness submitted by the Athletic Director or designate within seven (7) days after the start of the Canada West Championship which contains the following information:
 - a) Diagnosis
 - b) Date of onset of the injury/illness which prevented the athlete from competing the Canada West Championship.
 - c) Recommended Treatment/Intervention
 - d) Prognosis, with approximate date of clearance for athletic competition.
 - e) Any other information relevant to the appeal.

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- f) Physician signature, Physician's clinic stamp or letterhead/prescription pad
 3. A swimmer has met U SPORTS Standard but was excluded from the Canada West Championship because of the 18-swimmer limit outlined in 2.1.
 4. A swimmer who was excluded by their institution from the Canada West Championships and who had not achieved the qualifying time for U SPORTS Championships by the entry deadline for that year's Canada West Championship shall be eligible for the U SPORTS Championships, even where their institution had not reached the 18 men or 18 women Canada West roster threshold.
- 2.3. As swimming's competitive season is split over two terms, if a student-athlete becomes ineligible to compete at the Canada West championship as result of failing to maintain a full-time academic course load in the fall term, an exemption may be submitted to the Eligibility Review Officer by an institution on behalf of the student-athlete.

The exemption would request that the athlete be eligible for participation in the U SPORTS Championships pending confirmation of the following information:

1. Provision of the student-athlete's academic transcript indicating the withdrawal from full-time registration in the fall term
2. Confirmation of full-time registration in the winter term
3. Evidence that the student-athlete has achieved U SPORTS standard as per the U SPORTS Playing Regulation 3.3.

Requests for exemptions, along with appropriate documentation, must be submitted by the Athletic Director or designate to the Eligibility Review Officer by no later than the Friday preceding the U SPORTS Championships to allow for decision prior to the Monday meet entry deadline the week of the U SPORTS Championships. All approved exemptions must be circulated to all Canada West swimming schools.

3. LEAGUE / SEASON FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

- 3.1. Time standards shall be circulated annually by the upcoming Canada West Championship host institution to all coaches and Athletic Directors by October 1st. The Canada West Championship meet standards will be 107.5% of the U SPORTS Standards for the competitive year.
- 3.2. For all events and all sexes, standards are based on 25 meter course.
- 3.3. Dual Meets shall be scored as follows:
Individual Events 5-3-1 and Relay Events 7-0, Or
Individual Events 7-4-3-2-1 and Relay Events 9-4-2

- 3.4. Host institutions are to provide a scoreboard to display the running score throughout the meet.

4. PLAYOFF / CHAMPIONSHIP FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

- 4.1. The Canada West Championship should be held on the third or fourth weekend in November. See Appendix A for the Order of Events.

4.2. QUALIFICATION

1. The host university shall upload the entry file and technical package to the Swim Canada Meet List website <https://www.swimming.ca/MeetList.aspx> by October 1 prior to the Conference Championship. The host university shall send email notification to each coach indicating the files are available.
2. To be eligible to compete in the Canada West Championship:
 - a) A competitor must be academically eligible as per the circulation of the institution's eligibility certificate
 - b) A competitor must have posted a qualifying time on or after October 1st of the year preceding the Canada West Championships (i.e.: on or after October 1, 2022, for the November 2023 Canada West Championships).**
 - c) Times posted by a competitor on or after October 1, 2021, may be used for seeding purposes for the November 2023 Canada West Championships.**
 - d) To be eligible to compete in the Canada West Championship, a competitor must have attained at least one cut-off standard time in an individual event. If only three swimmers from an institution qualify for either the men's or women's section of the Canada West Championship, a fourth swimmer may be added to swim in relays only, even though the fourth athlete may not have achieved the cut-off standard time in an individual event. All athletes must qualify as an eligible representative of their institution.

4.3. ENTRY REGULATIONS

1. The meet director must receive Canada West Championship entries by ~~9:00~~ **12:00** pm (PST) on the Friday (7 days) prior to the competition weekend. **Final or amended** entries for individuals who are "late qualifiers" (achieving a qualifying time between the Friday and ~~Wednesday~~ **Tuesday** prior to the championships) will be permitted up until 12:00 Noon (PST) on the ~~Wednesday~~ **Tuesday** prior to the weekend competition **and will not be subject to change or late fees.**

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2. Each competitor may pre-enter a maximum of six (6) individual scoring events and one (1) exhibition event.
 - a) At least one of the pre-entered events must be an event in which the qualifying standard has been achieved; however, it need not be one of the events in which the athlete competes. Each competitor may only compete in a maximum of four individual scoring events.
 - b) Each swimmer may also enter one (1) event as exhibition. This exhibition swim must be indicated by the coach on the submitted entries by marking the swim as EXHIB in Hytek at the entry deadline and cannot be changed once entered. Exhibition entries are to be seeded.
3. Contestants once officially entered, must complete all consolation finals and finals for which they qualify. This applies to individuals and relay teams except in the case of disqualification under the false start rule or contestants having duly scratched. Failure to compete for any reason shall disqualify any performances for the balance of that day. In the case of disqualification on this basis, the points scored by other teams shall not be altered.
4. Changes to the Canada West Championship entries, except existing entries in exhibition events, are permitted after the entry deadline, and up to the Technical Meeting, providing a \$50.00 administration fee per change is paid to the Host Organizing Committee and the entry is declared at the Technical Coaches' Meeting. (i.e. person "A" out of the 50m Free into the 100m Free is one change). A new entry into an exhibition event can be added at the technical meeting subject to the \$50.00 administrative fee.
 - a) Exception:
 - In the case of certified illness or injury, the alternate(s) are permitted to swim. The removed swimmer cannot swim again that day.
 - **Replacement of swimmer on the roster and not individual events are not subject to the \$50.00 administration fee.**
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.
6. Student-athletes are not required to complete a positive check-in or report to a marshalling area for A or B Finals.
7. All entries must pass validation once uploaded to the Swim Canada website. Once the entry deadline has passed, a Master List of Entries (Psych Sheets) shall be distributed prior to the Technical Meeting. If a swimmer's entry time is challenged at the Technical Meeting, that coach must provide a proof of time, electronic or otherwise, to confirm the swimmer's entry time. If the coach cannot confirm the time, the change in entry is subject to the \$50.00 administration fee noted in 4.3.5.

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8. Relay entry times shall only be proven relay times achieved during the qualification period or a cumulative of four (4) standing starts. If four standing starts are used, only swimmers in attendance at the current Canada West Championships can be used for the purposes of entry and each performance will require a proof of time, electronic or otherwise.
9. Relay complement names are to be submitted 30 minutes prior to the first scheduled relay start time of the session. Changes may be made up to this point.
10. Heat sheets for time final events shall be posted thirty minutes after the scratch deadline.
11. For seeding purposes, all short course yard times **and long course meter times** shall be converted at the current HyTek meet manager default factor ~~while long course meter times shall be converted at 3%.~~ All times will be converted by the meet management. All entries and proof of times must be provided to meet management in the course they were achieved in. Coaches will not convert entry times.
~~For qualification purposes all short course yards and long course meters qualifying standards shall be determined by using the current Hytek meet manager default factor as of March 1st immediately following the previous U SPORTS Championships. No conversions will be accepted for qualification. For seeding purposes all times will be converted by the meet management using the current Hytek meet manager default factor. All entries and proof of times must be provided to meet management in the course they were achieved in. Coaches shall not convert entry times.~~

4.4. SCORING

1. Stroke 50's are scoring events and are given full event status.
2. The total number of scoring events competed by an individual, including relays, shall be a maximum of seven events; four individual scoring events and three relay swims.
3. Contestants shall qualify for finals on the basis of official times.
 - a) In an eight (8) lane pool, the eight (8) fastest shall qualify for the championship final. The consolation final shall consist of those contestants or teams that qualified as the ninth (9) to sixteenth (16) fastest, inclusive, on the basis of the heats.
 - b) In a ten (10) lane pool, the ten (10) fastest shall qualify for the championship final. The consolation final shall consist of those contestants or teams that qualified as the eleventh (11) to twentieth (20) fastest, inclusive, on the basis of the heats.
4. The 800m and the 1500m shall be held as timed finals with the fastest complete heat swum at the beginning of Session 2. All other heats are to be swum at the end of Session 1, starting with the fastest remaining Women's 800 Free heat, then the fastest Men's 1500 Free heat, and alternating until completion.

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5. Scoring for Individual Events shall be:
 - a) 8 lanes shall be scored to sixteen (16) places:
 - 20, 17, 16, 15, 14, 13, 12, 11 in the Championship Final
 - 9, 7, 6, 5, 4, 3, 2, 1 in the Consolation Final
 - b) 10 lanes shall be scored to twenty (20) places:
 - 24, 21, 20, 19, 18, 17, 16, 15, 14, 13 in the Championship Final
 - 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 in the Consolation Final
6. Scoring for Relay Events shall be:
 - a) 8 lanes shall be scored to sixteen (16) places:
 - 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
 - b) 10 lanes shall be scored to twenty (20) places:
 - 48, 42, 40, 38, 36, 34, 32, 30, 28, 26, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2

4.5. RECORDS

1. Record performances shall be noted automatically as an integral part of the meet recording procedures. It shall be the duty of the Canada West office to publish a current list of records as an appendix to the playing regulations. The host institution will forward a hard copy of the meet records to the Canada West Office immediately following the Championships. See Appendix B for Canada West Records.
2. The performance for which a record is claimed must be made in a race that is a regular part of the Canada West Championship meet. Record times shall be recognized for performances by the contestant who swims the first leg of a relay race, which is a regular part of the meet.

5. PROTESTS

- 5.1. Protests shall be managed in accordance with SNC rules for protests with the following modifications:
 1. The Jury of Appeal will be composed of the following three individuals:
 - a) Host Convenor
 - b) Meet Advisory Referee/Referee
 - c) Host institution coach or designate (a designate must be named if the host institution is involved in the protest)
 2. All protests must be accompanied by a \$50.00 protest fee, refundable only with a winning protest; otherwise the protest fee remains with the host. Protests are submitted to the Host Convenor.

6. UNIFORMS (Also refer to Policy 9 of Canada West Operations Manual)

- 6.1. All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.

7. RULES

See Section 1 above.

8. AWARDS (Also refer to Policy 15 of the Canada West Operations Manual)

Teams competing in the Canada West Championships will be competing for the following trophies:

Men's Championship Trophy	E.W. GRIFFITHS
Women's Championship Trophy	FELSTAD MEMORIAL

8.1. Individual event medal presentations will be made during the Finals Session each day of the championships. In each final session, the order of the presentations shall be after each two events. (B Final, A Final (second event of the session), Awards presentation, B Final, A Final (fourth event of the session) Awards Presentation, and so on for the remaining events of the session.

8.2. All-Stars Team

1. The gold medalists in the men and women's events (including relays) at the Canada West Championship will make up the 1st Team All-Stars. The silver medalists in the men's and women's events (including relays) at the Canada West Championships will make up the 2nd Team All-Stars. They are to be recognized as such at the Canada West Championship.
2. All 5th year athletes and graduating athletes are to be recognized at the start of the Saturday competition at the Canada West Championship.
3. (Rationale: Swimming does not have many opportunities to publicly recognize the fifth-year athletes. Many of the Canada West athletes will not attend U SPORTS Championships.)

8.3. Select and recognize the male and female Swimmer of the ~~Meet~~ **Year**, using the criteria presently in place at the U SPORTS Championship; where criteria in unclear, Canada West will use the current FINA performance charts.

8.4. Select and recognize a male and female rookie of the ~~meet~~ **Year** using the criteria in place at the U SPORTS Swimming Championship; where criteria in unclear, Canada West will use the current FINA performance charts.

8.5. The Canada West Student-Athlete Community Services Award shall be awarded at the Canada West Swimming Championships during the coaches' association meeting. The host institution will forward the nomination form to the coaches at the same time as the championship bulletin.

1. Each school shall nominate a male and female student-athlete for the award. Nominations deadline will be the same as the meet entry deadline.

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2. Coaches shall submit their vote to the host at technical meeting.
 3. Head coach of the male and female shall be responsible for forwarding their nomination form to the U SPORTS Swimming President by the U SPORTS Championship Meet Entry deadline.
 4. Eligibility Criteria:
 - a) The student-athlete must be on the school roster.
 - b) The athlete does not need to be a U SPORTS Championship qualifier but is strongly encouraged to have competed at the Conference championships and be diligently training.
 - c) Examples of Community Involvement:
 - Volunteering
 - Coaching
 - team leadership
 - special community event coordination
- 8.6. Coaches will vote on a Canada West Male and Female Coach(es) of the Year. The host institution will circulate ballots to each head coaches who must return the completed ballot to the host prior to the relays on Sunday afternoon.
- 8.7. Canada West award winners must be formally recognized at the Canada West Championship. It is at the discretion of the host whether the recognition is made at the competition itself or through some other ceremony/banquet, etc. held in conjunction with the Championship.

9. SPORT ADMINISTRATION (Also refer to Policy 9 of the Canada West Operations Manual)

- 9.1. The host institution shall be responsible for officials.
- 9.2. The host shall produce the following at the conclusion of the meet:
 1. Up-dated record lists for insertion into the Playing Regulations.
 2. The host will forward the Hytek meet manager file to next year's host including an up- dated file.
 3. Report to Swim Coaches any need for amendments to the Canada West Playing Regulations that were identified at the Canada West Coaches Association Meeting.
- 9.3. A Spring Canada West coaches conference call will be held the last Tuesday of April at 11:00 AM Pacific Time to review playing regulations, review changes from U SPORTS meeting and confirm that the Meet File has been forwarded to the Host team. The host will also review travel options for Sunday departure, and if required, where feasible, adjust the Sunday schedule to allow for an earlier morning start and afternoon final session (specifically, 12:30-1:50 pm Warm-Ups, 2:00-4:00 pm Finals, Events 25-28). The host, in consultation with the Canada West Office, will coordinate the conference call.

9.4. Coaches' Meeting – Refer to Committees Policy in the Canada West Operations Manual.

10. MEDICAL SUPPORT SERVICES

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team responsibilities.

11. FILM EXCHANGE (N/A)

12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

12.1. Suspended/Ejected Coach or Player

1. **A suspended/ejected coach must adhere to the following (for non-conference, league, and playoffs):**
 - a) **Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.**
 - b) **Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.**
 - **NOTE:** Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.
 - c) **Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.**
2. **A suspended/ejected player must adhere to the following (for non-conference, league, and playoffs):**
 - a) **Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.**
 - b) **Are not allowed within the field of play during competition.**
 - c) **Student athletes suspended can join in the locker room only after the game is complete.**
3. **An athlete that acquires an in-season suspension is ineligible to compete in**

non-conference or exhibition games until the suspension is fulfilled during a conference game.

13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT

Refer to Section 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

14. COACHES' COMMITTEE CHAIR

The Chair Canada West Swim Coaches' Committee will run from April 1 – March 31 and will be two years in length. Chair is responsible for the communication with Canada West office and leadership within the CW Swim Coaches Committee.

Vice-chair position will be the head coach of that institution hosting the championship in a given year and will be responsible for the operations of the Canada West Swim Championships. The term will be one year in length from April 1 – March 31 annually.

Under this model, effective April 30, 2018, the executive would be as follows:

V. Cerny (chair) Term will be April 1, 2018 – March 31, 2020

M. Blondal (University of Calgary) (vice-chair) Term will be April 1, 2018 – March 31, 2019

15. APPENDICES

- A) Canada West Championship Meet Order of Events
- B) Canada West Championships Swimming Meet Records
- C) Swimming Student-Athlete Community Award Nomination Form

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APPENDIX A CANADA WEST CHAMPIONSHIP MEET ORDER OF EVENTS

Friday

SESSION 1

3:00 – 3:50 pm

Warm-ups

4:00 – 5:00 pm

Heats – Events 1 - 8

- #1 Women's 50m Butterfly
- #2 Men's 50m Butterfly
- #3 Women's 50m Backstroke
- #4 Men's 50m Backstroke
- #5 Women's 50m Breaststroke
- #6 Men's 50m Breaststroke
- #7 Women's 800 m Freestyle
- #8 Men's 1500m Freestyle

SESSION 2

5:30 – 7:30 pm

Finals – Events 1 – 10

- #7 Women's 800m Freestyle (Fastest Heat only)
- #8 Men's 1500m Freestyle (Fastest Heat only)

- #1 Women's 50m Butterfly
- #2 Men's 50m Butterfly

Awards for events 7, 8, 1 & 2

- #3 Women's 50m Backstroke
- #4 Men's 50m Backstroke
- #5 Women's 50m Breaststroke
- #6 Men's 50m Breaststroke

Awards for events 3 to 6

- #9 Women's 4 x 200m Freestyle Relay
- #10 Men's 4 x 200m Freestyle Relay

Awards for events 9 & 10

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Saturday

SESSION 3

8:30 – 9:50 am Warm-ups

10:00 – 12:00 noon Heats, Events 11-22

- #11 Women's 50m Freestyle
- #12 Men's 50m Freestyle
- #13 Women's 400m Individual Medley
- #14 Men's 400m Individual Medley
- #15 Women's 100m Butterfly
- #16 Men's 100m Butterfly
- #17 Women's 200m Backstroke
- #18 Men's 200m Backstroke
- #19 Women's 100m Breaststroke
- #20 Men's 100m Breaststroke
- #21 Women's 200m Freestyle
- #22 Men's 200m Freestyle

SESSION 4

3:30 – 4:50 pm Warm-ups

Recognize 5th Year Graduating Athletes

5:00 – 7:30 pm Finals, Events 11-24

- #11 Women's 50m Freestyle
- #12 Men's 50m Freestyle
- #13 Women's 400m Individual Medley
- #14 Men's 400m Individual Medley
- Awards for events 11 to 15**
- #15 Women's 100m Butterfly
- #16 Men's 100m Butterfly
- #17 Women's 200m Backstroke
- #18 Men's 200m Backstroke
- Awards for events 15 to 18**
- #19 Women's 100m Breaststroke
- #20 Men's 100m Breaststroke
- #21 Women's 200m Freestyle
- #22 Men's 200m Freestyle
- Awards for events 19 to 22**
- #23 Women's 4 x 100m Freestyle Relay
- #24 Men's 4 x 100m Freestyle Relay
- Awards for events 23 & 24**

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Sunday

SESSION 5

7:30 – 8:50 am Warm-ups

9:00 – 11:00 am Heats, Events 25-36

- #25 Women's 200m Butterfly
- #26 Men's 200m Butterfly
- #27 Women's 100m Freestyle
- #28 Men's 100m Freestyle
- #29 Women's 200m Individual Medley
- #30 Men's 200m Individual Medley
- #31 Women's 100m Backstroke
- #32 Men's 100m Backstroke
- #33 Women's 200m Breaststroke
- #34 Men's 200m Breaststroke
- #35 Women's 400m Freestyle
- #36 Men's 400m Freestyle

SESSION 6

1:30 – 2:50 pm Warm-ups

As late at 4:00pm – As late as 6:00 pm Finals, Events 25-38

- #25 Women's 200m Butterfly
- #26 Men's 200m Butterfly
- #27 Women's 100m Freestyle
- #28 Men's 100m Freestyle
- Awards for events 25 to 28**
- #29 Women's 200m Individual Medley
- #30 Men's 200m Individual Medley
- #31 Women's 100m Backstroke
- #32 Men's 100m Backstroke
- Awards for events 29 to 32**
- #33 Women's 200m Breaststroke
- #34 Men's 200m Breaststroke
- #35 Women's 400m Freestyle
- #36 Men's 400m Freestyle
- Awards for events 33 to 36**
- #37 Women's 4 x 100m Medley Relay
- #38 Men's 4 x 100m Medley Relay
- Awards for events 37 and 38**
- Recognize Can West 2nd Team All-Stars**
- Recognize Can West 1st Team All-Stars**
- Present Can West Women's and Men's Team Titles**

APPENDIX B



CANADA WEST SWIMMING WOMEN'S CHAMPIONSHIP RECORDS (UPDATED Sept. 7, 2023)

WOMEN'S – RECORDS BY EVENT

EVENT	TIME	NAME(S)	SCHOOL	DATE
50 back	26.84	Danielle Hanus	VIC	Nov. 22, 2019
100 back	57.57	Danielle Hanus	VIC	Nov. 24, 2019
200 back	2:06.98	Ingrid Wilm	UBC	Nov. 25, 2017
50 breast	30.54	Kelsey Wog	MAN	Nov. 25, 2016
100 breast	1:05.07	Kelsey Wog	MAN	Nov. 23, 2019
200 breast	2:22.28	Kelsey Wog	MAN	Nov. 25, 2018
50 fly	25.79	Rebecca Smith	CGY	Nov. 26, 2021
100 fly	57.14	Rebecca Smith	CGY	Nov. 27, 2021
200 fly	2:09.77	Danielle Hanus	VIC	Nov. 26, 2017
50 free	25.10	Rebecca Smith	CGY	Nov. 26, 2022
100 free	53.10	Rebecca Smith	CGY	Nov. 28, 2021
200 free	1:53.93	Rebecca Smith	CGY	Nov. 27, 2021
400 free	4:06.55	Savannah King	UBC	Jan. 27, 2013
800 free	8:26.98	<i>Savannah King</i>	<i>UBC</i>	<i>Jan. 25, 2013</i>
200 IM	2:09.29	Kelsey Wog	MAN	Nov. 26, 2017
400 IM	4:36.29	Erin Stamp	UBC	Nov. 28, 2015

RELAYS

400 free	3:41.36	Eliza Housman Hannah Bennett Avery Movold Rebecca Smith	CGY	Nov. 26, 2022
800 free	7:57.60	Savannah King Brittney Harley Tera Van Beilen Heather MacLean	UBC	Jan. 25, 2013
400 medley	4:01.54	Erin Stamp	UBC	Nov. 23, 2014

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Tera Van Beilen
Jacomie Strydom
Fionnuala Pierse

NOTES:

- denotes record set at 2022 CW Swimming Championships in Lethbridge
- *Italics denote longest standing CW women's records. Savannah King's 800m freestyle record from Jan. 25, 2013.*

WOMEN'S – SWIMMERS WITH MULTIPLE RECORDS

NAME (SCHOOL / NUMBER)	EVENTS	TIME	DATE
Kelsey Wog (MAN / 4)	50 breast	30.54	Nov. 25, 2016
	200 IM	2:09.29	Nov. 26, 2017
	200 breast	2:22.28	Nov. 25, 2018
	100 breast	1:05.07	Nov. 23, 2019
Danielle Hanus (VIC / 3)	200 fly	2:09.77	Nov. 26, 2017
	50 back	26.84	Nov. 22, 2019
	100 back	57.57	Nov. 24, 2019
Savannah King (UBC / 3)	800 free	8:26.98	Jan. 25, 2013
	800 free relay	7:57.60	Jan. 25, 2013
	400 free	4:06.55	Jan. 27, 2013
Erin Stamp (UBC / 2)	400 IM	4:36.29	Nov. 28, 2015
	400 medley relay	4:01.54	Nov. 23, 2014
Tera Van Beilen (UBC / 2)	800 free relay	7:57.60	Jan. 25, 2013
	400 medley relay	4:01.54	Nov. 23, 2014
Ingrid Wilm (UBC / 2)	200 back	2:06.98	Nov. 25, 2017
	400 free relay	3:41.46	Nov. 25, 2017
Rebecca Smith (CGY/ 6)	50 fly	25.79	Nov. 26, 2021
	100 fly	57.14	Nov. 27, 2021
	100 free	53.10	Nov. 28, 2021
	200 free	1:53.93	Nov. 27, 2021
	50 free	25.10	Nov. 26, 2022
	400 free relay	3:41.36	Nov. 26, 2022

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WOMEN'S – RECORDS BY SCHOOL

SCHOOL (NUMBER)	EVENTS	TIME	NAME(S)	DATE	
UBC (6)	INDIVIDUAL (5)				
	800 free	8:26.98	Savannah King	Jan. 25, 2013	
	400 free	4:06.55	Savannah King	Jan. 27, 2013	
	400 IM	4:36.29	Erin Stamp	Nov. 28, 2015	
	200 back	2:06.98	Ingrid Wilm	Nov. 25, 2017	
	RELAY (2)				
	800 free relay	7:57.60	Savannah King Brittney Harley Tera Van Beilen Heather MacLean	Jan. 25, 2013	
	400 medley relay	4:01.54	Erin Stamp Tera Van Beilen Jacomie Strydom Fionnuala Pierse	Nov. 23, 2014	
	MAN (4)	50 breast	30.54	Kelsey Wog	Nov. 25, 2016
		200 IM	2:09.29	Kelsey Wog	Nov. 26, 2017
200 breast		2:22.28	Kelsey Wog	Nov. 25, 2018	
100 breast		1:05.07	Kelsey Wog	Nov. 23, 2019	
VIC (3)	200 fly	2:09.77	Danielle Hanus	Nov. 26, 2017	
	50 back	26.84	Danielle Hanus	Nov. 22, 2019	
	100 back	57.57	Danielle Hanus	Nov. 24, 2019	
CGY (6)	50 fly	25.79	Rebecca Smith	Nov. 26, 2021	
	100 fly	57.14	Rebecca Smith	Nov. 27, 2021	
	100 free	53.10	Rebecca Smith	Nov. 28, 2021	
	200 free	1:53.93	Rebecca Smith	Nov. 27, 2021	
	50 free	25.10	Rebecca Smith	Nov. 26, 2022	
	RELAY (1)				
	400 free relay	3:41.36	Eliza Housman Hannah Bennett Avery Movold Rebecca Smith	Nov. 26, 2022	

MEN'S AND WOMEN'S SWIMMING REGULATIONS



CANADA WEST SWIMMING MEN'S CHAMPIONSHIP RECORDS

(UPDATED Sept. 7, 2023)

MEN'S – RECORDS BY EVENT

EVENT	TIME	NAME(S)	SCHOOL	DATE
50 back	24.45	Markus Thormeyer	UBC	Nov. 23, 2018
		Blake Tierney	UBC	Nov. 25, 2022
100 back	52.44	Josiah Binnema	UBC	Nov. 26, 2017
		Blake Tierney	UBC	Nov. 27, 2022
200 back	1:53.21	Blake Tierney	UBC	Nov. 27, 2021
50 breast	26.63	Apollo Hess	LET	Nov. 25, 2022
100 breast	58.55	Apollo Hess	LET	Nov. 26, 2022
200 breast	2:08.91	Apollo Hess	LET	Nov. 28, 2021
50 fly	23.74	Stephen Calkins	CGY	Nov. 25, 2022
100 fly	51.87	Coleman Allen	UBC	Nov. 23, 2014
200 fly	1:55.61	Coleman Allen	UBC	Nov. 23, 2014
50 free	21.78	Yuri Kisil	UBC	Nov. 25, 2017
100 free	47.31	Yuri Kisil	UBC	Nov. 26, 2017
200 free	1:45.29	Markus Thormeyer	UBC	Nov. 25, 2017
400 free	3:46.82	Keegan Zanatta	UBC	Nov. 23, 2014
1500 free	14:58.05	Eric Hedlin	VIC	Nov. 24, 2017
200 IM	1:59.07	Brian Johns	UBC	Jan. 27, 2006
400 IM	4:12.22	Tristan Cote	CGY	Nov. 25, 2017

RELAYS

400 free	3:17.30	Daniel Boguski Stephen Calkins Liam Dennett Addison Butler	CGY	Nov. 26, 2022
800 free	7:10.37	Yuri Kisil Markus Thormeyer Jonathan Brown Colin Eriks	UBC	Nov. 24, 2017

MEN'S AND WOMEN'S SWIMMING REGULATIONS

400 medley 3:33.39 Tayden De Pol UBC Nov. 28, 2021
 Justice Migneault
 Keir Ogilvie
 Blake Tierney

NOTES:

- No records broken at 2022 CW Swimming Championships in Lethbridge
- *Italics denote longest standing CW men's record. Brian Johns' 200 IM record has stood since 2006.*

MEN'S – SWIMMERS WITH MULTIPLE RECORDS

<u>NAME (SCHOOL / NUMBER)</u>	<u>EVENTS</u>	<u>TIME</u>	<u>DATE</u>
Yuri Kisil (UBC / 3)	50 free	21.78	Nov. 25, 2017
	100 free	47.31	Nov. 26, 2017
	800 free relay	7:10.37	Nov. 24, 2017
Markus Thormeyer (UBC / 3)	800 free relay	7:10.37	Nov. 24, 2017
	200 free	1:45.29	Nov. 25, 2017
	50 back	24.45	Nov. 23, 2018
Coleman Allen (UBC / 2)	100 fly	51.87	Nov. 23, 2014
	200 fly	1:55.61	Nov. 23, 2014
Apollo Hess (LET / 3)	50 breast	26.63	Nov. 25, 2022
	100 breast	58.55	Nov. 26, 2022
	200 breast	2:08.91	Nov. 28, 2021
Stephen Calkins (CGY/2)	50 Fly	23.74	Nov. 25, 2022
	400 free relay	3:17.30	Nov. 26, 2022
Blake Tierney (UBC/3)	400 medley relay	3:33.39	Nov. 28, 2021
	200 back	1:53.21	Nov. 27, 2021
	50 back	24.45	Nov. 25, 2022
	100 back	52.44	Nov. 27, 2022

MEN'S AND WOMEN'S SWIMMING REGULATIONS

MEN'S – RECORDS BY SCHOOL

SCHOOL (NUMBER)	EVENTS	TIME	NAME(S)	DATE
UBC (15)	INDIVIDUAL (12)			
	200 IM	1:59.07	Brian Johns	Jan. 27, 2006
	400 free	3:46.82	Keegan Zanatta	Nov. 23, 2014
	100 fly	51.87	Coleman Allen	Nov. 23, 2014
	200 fly	1:55.61	Coleman Allen	Nov. 23, 2014
	50 free	21.78	Yuri Kisil	Nov. 25, 2017
	200 free	1:45.29	Markus Thormeyer	Nov. 25, 2017
	100 back	52.44	Josiah Binnema	Nov. 26, 2017
			Blake Tierney	Nov. 27, 2022
	100 free	47.31	Yuri Kisil	Nov. 26, 2017
	50 back	24.45	Markus Thormeyer	Nov. 23, 2018
			Blake Tierney	Nov. 25, 2022
	200 back	1:53.21	Blake Tierney	Nov. 27, 2021
	100 breast	59.25	Justice Migneault	Nov. 27, 2021
			RELAYS (2)	
800 free relay	7:10.37	Yuri Kisil	Nov. 24, 2017	
		Markus Thormeyer		
		Jonathan Brown		
		Colin Eriks		
400 medley relay	3:33.39	Tayden De Pol	Nov. 28, 2021	
		Justice Migneault		
		Keir Ogilvie		
		Blake Tierney		
CGY (3)	400 IM	4:12.22	Tristan Cote	Nov. 25, 2017
	50 Fly	23.74	Stephen Calkins	Nov. 25, 2022
	RELAYS (1)			
	400 free	3:17.30	Daniel Boguski	Nov. 26, 2022
			Stephen Calkins	
			Liam Dennett	
			Addison Butler	
VIC (1)	1500 free	14:58.05	Eric Hedlin	Nov. 24, 2017
LET (3)	50 breast	26.63	Apollo Hess	Nov. 25, 2022
	100 breast	58.55	Apollo Hess	Nov. 26, 2022
	200 breast	2:08.91	Apollo Hess	Nov. 28, 2021

**APPENDIX C
SWIMMING STUDENT-ATHLETE COMMUNITY AWARD NOMINATION FORM**



Student-Athlete Community Service Award

STUDENT-ATHLETE COMMUNITY SERVICE AWARD

Name: _____ University: _____

Hometown: _____ Year of Eligibility: _____

Faculty & Program: _____ Year in Program: _____

Stats: (current regular season only) _____

Academic Performance: (please list the most recent performance first)

Community Service: (please list the most recent accomplishments first)

Provide a brief description of the candidates' involvement in paragraph form. (include a quote from coach or AD)

Appendix D

Additional Requirements for Varsity Swim Meets

In addition to the above playing regulations from CanWest and USports, Swim Alberta requires the additional information be added to sanctioned Varsity swim meets in Alberta:

Rules

- The meet will be conducted under published World Aquatics and/or World Para Swimming 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 Usports.

Diving Rules

1. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

Swimwear at Competitions

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Alberta. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.