



2020

SWIMMING

NATIONAL

CHAMPIONSHIP

INFORMATION BULLETIN



**SWIMMING
NATATION**



SECTION 1: GENERAL INFORMATION

1. ORGANIZING COMMITTEE

Address: 3800 Finnerty Road, PO Box 1700 STN CSC, Victoria, BC V8W 2Y2
 Fax: 250.721.8956
 Phone: 250.721.8409
 E-mail: athleticsclerk@uvic.ca
 Web Site: govikesgo.com

POSITION	NAME	PHONE	E-MAIL
Associate Director, Sport	James Keogh	250.721.8411	jkeogh@uvic.ca
Event Coordinator	Bradley Bouchard	250.721.8413	bbouchard@uvic.ca
Meet Manager	Ian Mattock		imattock@gmail.com
Meet Referee	Glenn Grelb		
Medical services	Traci Vander Byl	250.721.6130	vikesat@uvic.ca
Sponsorship	Bianca Chu	250.721.7891	
Sports Information	Tyler Lowey	250.721.8410	vicvikes@uvic.ca
Accreditation	Liam McDonough	250.721.8414	vikeseve@uvic.ca
Ticketing	Brenda Wickware	250.721.6513	bwickwar@uvic.ca
Awards & Ceremonies	Larissa McKinlay	250.721.8414	athevent@uvic.ca
U SPORTS - Manager National Champs	Scott Ring	905-508-3000 #244 Cell : 416-553-6121	sring@usports.ca





2. SCHEDULE OF EVENTS

**All times are local*

Monday, February 17, 2020		
4pm-6pm	Team Practices	8 lanes short course
6pm-8pm	Team Practices	16 lanes short course
Tuesday, February 18, 2020		
9am-12pm	Team Practices	8 lanes long course
4pm-7pm	Team Practices	8 lanes long course
Wednesday, February 19, 2020		
9am-12pm	Team Practices	16 lanes short course
12pm-4pm	Technical Meeting followed by Coaches AGM	
4pm-7pm	Team Practices	16 lanes short course

3. COMPETITION SCHEDULE

****Note: The competition takes place at Saanich Commonwealth Pool.**

Thursday, February 20		
8:00am-9:50am	Warm-ups	16 lanes short course
10:00am	Heats	8 lanes short course
10:00am-12:00pm	Warm-up/Cool-down	8 lanes short course
4:00pm-5:50pm	Warm-ups	8 lanes long course
6:00pm	Finals	8 lanes long course
6:00pm-8:30pm	Warm-up/Cool-down	8 lanes short course

- #1 Women's 200m Free
- #2 Men's 200m Free
- #3 Women's 50m Back
- #4 Men's 50m Back
- #5 Women's 100m Breast
- #6 Men's 100m Breast
- #7 Women's 100m Fly
- #8 Men's 100m Fly
- #9 Women's 400m IM
- #10 Men's 400m IM
- #11 Women's 4 x 100 Free Relay
- #12 Men's 4 x 100 Free Relay





Friday, February 21

8:00am-9:50am	Warm-ups	16 lanes short course
10:00am	Heats	8 lanes short course
10:00am-1:00pm	Warm-up/Cool-down	8 lanes short course
4:00pm-5:50pm	Warm-ups	8 lanes long course
6:00pm	Finals	8 lanes long course
6:00pm-8:30pm	Warm-up/Cool-down	8 lanes short course

#13 Women's 100m Back
#14 Men's 100m Back
#15 Women's 50m Fly
#16 Men's 50m Fly
#17 Women's 400m Free
#18 Men's 400m Free
#19 Women's 200m Breast
#20 Men's 200m Breast
#21 Women's 50m Free
#22 Men's 50m Free
#23 Women's 200m Fly
#24 Men's 200m Fly
#25 Women's 4 x 200m Free Relay
#26 Men's 4 x 200m Free Relay

Saturday, February 22

8:00am-9:50am	Warm-ups	16 lanes short course
10:00am	Heats	8 lanes short course
10:00am-12:00pm	Warm-up/Cool-down	8 lanes short course
TBD (~ 2:00pm)	Distance Events Warm-ups	8 lanes long course
TBD (~ 3:30-5:00pm)	Distance Event Slow Heats	8 lanes long course
4:00pm-5:00pm	Short Course Warm Ups	8 lanes short course
5:00pm-5:50 pm	LC + SC Warm Ups	8 lanes s/l course
6:00pm	Finals	8 lanes long course
6:00pm-8:30pm	Warm-up/Cool-down	8 lanes short course

Parade of Graduates
#27 Women's 800m Free
#28 Men's 50 Breast
#29 Women's 50m Breast
#30 Men's 200m Back
#31 Women's 200m Back
#32 Men's 100m Free
#33 Women's 100m Free
#34 Men's 200 IM
#35 Women's 200m IM





- #36 Men's 1500m Free
- #37 Women's 4 x 100m Medley Relay
- #38 Men's 4 x 100m Medley Relay

Following completion of finals on Saturday, the following awards will be presented:

- U SPORTS 2nd team All-Canadians
- U SPORTS 1st team All-Canadians
- U SPORTS Men's Rookie of the Year
- U SPORTS Women's Rookie of the Year
- U SPORTS Student-Athlete Service Award
- U SPORTS Coach of the Year – Men's Team
- U SPORTS Coach of the Year – Women's Team
- U SPORTS Women's Swimmer of the Year
- U SPORTS Men's Swimmer of the Year
- U SPORTS Women's Championship Trophy and Banner
- U SPORTS Men's Championship Trophy and Banner

4. PRACTICE SCHEDULE

Monday, February 17, 2020

4pm-6pm	Team Practices	8 lanes short course
6pm-8pm	Team Practices	16 lanes short course

Tuesday, February 18, 2020

9am-12pm	Team Practices	8 lanes long course
4pm-7pm	Team Practices	8 lanes long course

Wednesday, February 19, 2020

9am-12pm	Team Practices	16 lanes short course
4pm-7pm	Team Practices	16 lanes short course

Process: For Sunday and Monday practice morning times please contact Saanich Commonwealth Place directly.

Contact: Ann Carmichael: ann.carmichael@saanich.ca





SECTION 2

PARTICIPATING TEAMS

INFORMATION

1. MEETINGS

A. TECHNICAL MEETING

Date: Wednesday, February 19, 2020
Time: 12pm-1pm
Location: Saanich Commonwealth Pool
Room: SCP Douglas Fir Room

B. U SPORTS COACHES MEETING

Date: Wednesday, February 19, 2020
Time: 1pm-3pm (immediately following technical meeting)
Location: Saanich Commonwealth Pool
Room: SCP Douglas Fir Room

2. NEW PROCEDURES

3.11 PROCEDURES AND PROTESTS 3.11.1 ENTRY DEADLINE

1. **Preliminary entries must be sent by 12 Noon Pacific time on the Friday** prior to the start of the U SPORTS Championships.
2. **Final or amended entries must be sent by 12 Noon Pacific time on the Monday** prior to the start of the U SPORTS Championships.
3. Entry changes between the Preliminary and Final deadlines are not subject to any change or late entry fees.
4. Entry lists shall be published by meet management as soon after the FINAL entry deadline as possible.





3.11.2 ENTRIES

The current year of eligibility of each swimmer must be included with the HYTek/Splash files and subsequently included on the entry sheets, preliminary heats sheets, and final sheets.

3.11.3 CHANGES TO ENTRIES

Changes to entries are permitted after the FINAL entry deadline, and up to the start of the U SPORTS Championship Technical meeting providing a \$50.00 administrative fee per change is paid to the Host Organizing Committee and the entry is declared at the U SPORTS Championship Technical meeting (for example: person "A" out of the 50m free into the 100m free is considered one change).

3.11.4 RELAY COMPLEMENT

Names of relay swimmers shall be submitted prior to the start of the session in which that relay is being held. Changes to relay names or order of names may be made by coaches until the beginning of that event, by notification to meet management and the referee

3.11.5 SCRATCH PROCEDURES

1. Meet management shall provide a daily updated team list with individual entry lists and individual event count to each team for scratch purposes
 2. To withdraw swimmers from 'extra' events, scratch cards/sheets for each day's events will be placed in a scratch box by the scratch deadline the evening preceding each competition day as per this schedule:
 - i) For events 1 - 12: The conclusion of the U SPORTS Championship Technical Meeting.
 - ii) For events 13 - 24: 30 minutes after the conclusion of the finals session on the first day.
 - iii) For events 25 - 32: 30 minutes after the conclusion of the finals session on the second day.
 3. Scratch for finals shall be made 30 minutes after the conclusion of heats.
- NOTE: There will be no additional penalties in the U SPORTS Championships beyond missing the event.





3. MEDIA INFORMATION

A. MEDIA

There will be no media conference for this event.

Printed media guides will not be required. Electronic copies can be circulated to both the U SPORTS Office and Vikes Sports Information Officer (vicvikes@uvic.ca) upon qualification for the championship.

B. ACCREDITATION

All attending sports information directors, photographers, videographers and visiting media must request pool-level accreditation. Please e-mail the Vikes Sports Information Officer at vicvikes@uvic.ca no later than Friday, February 13 at 5:00 pm Pacific Time.

Accreditation requests should include media affiliation, type and team affiliated with (if applicable).

C. PHOTOGRAPHY SERVICES

Athletes and teams who would like to request high resolution action photography from the meet can do so by a per-session or full championship package from photographers AP Shutter. Please e-mail Armando Tura at atura@uvic.ca to arrange your photography package.

This is for requests outside of sports information requests.

4. CHAMPIONSHIP HOTEL

U SPORTS policy 20.40.3.4.1:

All participating teams and team personnel attending a U SPORTS Championship requiring accommodation must stay at the U SPORTS Championship designated host hotel.

Preferred Partner Hotel

Host Hotel: Delta Hotels by Marriot Victoria Ocean Pointe Resort

Address: 100 Harbour Road, Victoria, BC V9A 0G1

Website: www.marriott.com/hotels/travel/yyjo-delta-hotels-victoria-ocean-pointe-resort





SWIMMING NATATION

2020 Swimming National Championship

University of Victoria - February 20-22, 2020

Bulletin #3

Phone: 250.360.2999
Fax: 250.360.1041
Email: dan.carling@deltahotels.com
Contact: Dan Carling
Rate: \$169 plus tax and fees
Room Types: Double Queens and King Rooms
Amenities: Complimentary parking (Reference: M-GL9ZJFR)
10% discount on treatments in The Spa onsite for your delegates
(exclude RMT massages)
Free Wifi
Fitness Centre
Indoor pool and whirlpool
Sauna, squash and tennis facilities
Coffee and tea station in room with complimentary bottled water
Lure Restaurant and Bar
Mini fridges in each room; limited microwaves available upon request
Stop for Harbour Ferries by hotel dock
Downtown shuttle daily
Distance from Competition Site: 10 km

Alternate Approved Hotels (Limited Capacity)

Host Hotel: Accent Inn Victoria
Address: 3233 Maple St, Victoria, BC V8X 4Y9
Website: www.accentinns.com/locations/victoria-hotel/
Phone: 250.475.7500
Fax: 250.475.7599
Email: dprice@accentinns.com
Contact: Donna Price
Rate/Room Types: 20 two queen bedded standard @ \$99 plus tax/night
10 two queen/kitchenettes @ \$119 plus tax/night
GROUP ID 5731858 ("University Swimming Championships")
Release date: January 27, 2020
Amenities: Free ample parking
Free Wifi
Free continental breakfast
Free seasonal shuttle service to downtown
Exercise room
Laundry facilities (additional cost)
Distance from Competition Site: 7 km

Host Hotel: Howard Johnson Hotel and Suites Victoria Elk Lake
Address: 4670 Elk Lake, Victoria, BC V8Z 5M2
Website: www.hiexperess.com/victoriabc





Phone: 250.704.4656
Email: agm@hojovictoria.com
Contact: Stephen Crann
Rate: \$149.99 plus taxes and fees (Booking Code: 170220UNI)
Room Type: Two queen bed (limited)
Amenities: Free ample parking
Free Wifi
Complimentary breakfast
Indoor pool
Fitness Center
Pet friendly
Meeting room
Distance from Competition Site: 500 m

5. TRANSPORTATION

A. TRAVEL TO THE CHAMPIONSHIP

DIRECTIONS

From Vancouver to Saanich Commonwealth Place: As you exit the ferry terminal, you will be traveling on the Pat Bay Highway (Highway #17) towards the city of Victoria. The trip to Saanich Commonwealth Place should take about 25-35 minutes depending on traffic. After about 15-20 minutes on the highway you will pass Elk and Beaver Lakes on your right. Take a slight right onto Elk Lake Drive just past Elk/Beaver Lake. Saanich Commonwealth Place is around 2km (5 minutes) from the exit onto Elk Lake Drive. Located on your right at 4636 Elk Lake Drive

From Victoria International Airport

The Victoria Airport is located along Highway 17, about 25-30 minutes north of Saanich Commonwealth Place. For more information about flights, transport options, and services, visit the Victoria Airport website. When leaving the airport, follow the signs to Victoria. Just outside the airport you'll turn onto Highway 17. From here follow the directions from Vancouver above.

6. TEAM REGISTRATION AND ACCREDITATION

A. TEAM ACCREDITATION

Each team will receive a number of staff passes based on the number of entered swimmers:

1 to 15 swimmers: 3 accreditations





16 to 30 swimmers: 5 accreditations

30 & more: 7 accreditations

Additional information on accreditation to be confirmed by U SPORTS.

B. ACCREDITATION PICK-UP

There will be accreditation/team package pick up at Saanich Commonwealth Place beginning Wednesday February 19th 2020

7. TEAM SERVICES

TBC

8. SPONSORSHIP

A. U SPORTS SPONSORS

We encourage hosts and participating teams to help grow these important partnerships.



U SPORTS NATIONAL PARTNERS – PARTENAIRES NATIONAUX U SPORTS

Suppliers – Fournisseurs



Media Partners – Partenaires médiatiques



Supporters – Partisans



Funding partners – Partenaires financiers





B. LOCAL SPONSORS

TBC

9. TECHNICAL INFORMATION

A. VENUE

Saanich Commonwealth Place
4636 Elk Lake Drive
250.475.7600

8 lane x 25 metre/50 metre competition pool
25 metre warm up pool available

B. SCORING & RESULTS

Omega Electronic Timing System
Hy-Tek real Time Results

Rules and Regulations for the competition can be found here
<https://usports.ca/hq/playing-regulations>

10. MEDICAL SERVICES

Contact: Traci Vander Byl vikesat@uvic.ca

On-site coverage

SCP 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.

A certified athletic therapist will be on-call for consult during the meet. Athletes / teams requiring the services of a designated therapist are requested to contact Traci Vander Byl in advance of the meet (there will be a charge for this service). No physician on-deck. See attached detailed medical information.





11. HOSPITALITY ROOMS

A. VIPs/COACHES, OFFICIALS

Location: Aquatics Classroom
Opening times: During competition sessions
Services: Light refreshments available





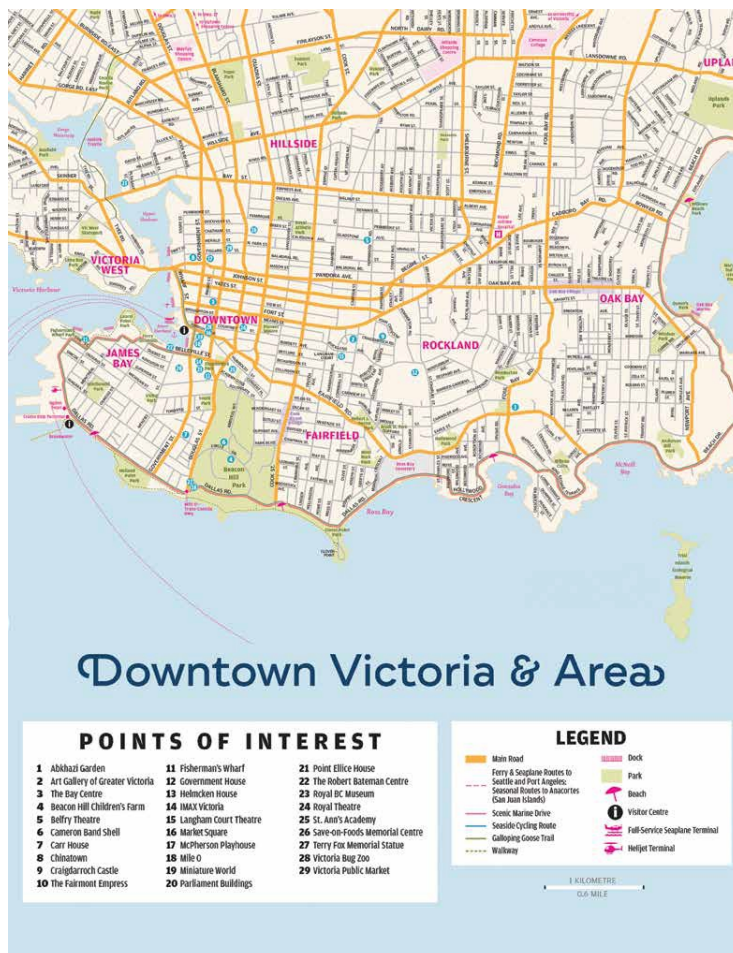
SECTION 3 THE FANS CORNER

1. CITY GUIDE

A. ABOUT THE CITY

Reawaken what drives you by connecting with a Pacific coast setting like you've never experienced before. Disconnect from the hustle and bustle of regular life and reconnect with experiences that feed your soul. Relish in the gift of being present as you relax into Victoria.

B. ATTRACTIONS





C. DOWNTOWN RESTAURANTS & BARS

Victoria's cuisine scene is honest. Our chefs take full advantage of surrounding coastal waters and rich farming regions, which result in food and drink that's uniquely West Coast: diverse, flavorful, locally-sourced and truly inspired.

Full listing for restaurants, bistros, bars, and cafes can be found on [here](#).

D. COMPETITION AREA RESTAURANTS & BARS

Sit Down Restaurants

Romeo's

777 Royal Oak Drive (250) 744.1177
o 11am – 10pm

Med Grill

Royal Oak 4512 West Saanich Rd. (250) 727.3444

The Village Restaurant

5 – 4517 West Saanich Rd. (778) 265.8898

Fireside Grill

4509 West Saanich Road (250) 479.1222

Sharky's Fish and Chips

4517 West Saanich Rd, #4 (250) 727.3110

Little Thai Place 4480 West Saanich Road (250) 477.3377

Grab and Go

Tim Hortons 4440 West Saanich Road

Starbucks 777 Royal Oak Drive

Giovanni's 5-4517 West Saanich Rd.

Café Mexigo 777 Royal Oak Dr. (250) 881.7674

Grocery Stores

Mattick's Farm 5325 Cordova Bay Rd. (250) 658.4700

Country Grocer

Whole Foods

Thrifty Foods 777 Royal Oak Drive (250) 727.7633





E. EXPERIENCES & UPCOMING EVENTS

Greater Victoria is host to many experience and events for the latest information on city festivals and events please visit the Tourism Victoria [calendar](#).

2. FAMILY & FRIENDS ACCOMMODATIONS

Host Hotel: Delta Hotels by Marriot Victoria Ocean Pointe Resort

Address: 100 Harbour Road, Victoria, BC V9A 0G1

Website: www.marriott.com/hotels/travel/yyjo-delta-hotels-victoria-ocean-pointe-resort

Phone: 250.360.2999

Fax: 250.360.1041

Group Rate Link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1569973353609&key=GRP&app=resvlink>

Rate: \$169 plus tax and fees

Room Types: Double Queens and King Rooms

Amenities: Free Wifi

Fitness Centre

Indoor pool and whirlpool

Sauna, squash and tennis facilities

Coffee and tea station in room with complimentary bottled water

Lure Restaurant and Bar

Mini fridges in each room; limited microwaves available upon request

Stop for Harbour Ferries by hotel dock

Downtown shuttle daily

Distance from Competition Site: 10 km

Last Day to Book: Monday January 27, 2020

3. TICKETING INFORMATION

Please note tickets are only required for the final sessions. Preliminaries will be hope to the public on a first come first serve basis. Tickets will be available online at govikesgo.com/tickets and in person at CARSA Membership Services on the University of Victoria campus during building hours as well as 1.5 hours prior to the final session start at Saanich Commonwealth Place. Tickets will be available to purchase beginning January 20th, 2020.

Ticketing inquiries may be directed to **Brenda Wickware** bwickwar@uvic.ca.





Finals Session Tickets	Cost (includes \$1 service fee/ticket)
Adult	\$11
Senior	\$9
Youth (<i>ages 3 - 18</i>)	\$7
Family Pass (<i>2 adult passes, 2 youth passes</i>)	\$29
UVic Student	\$7
UVic Alumni	\$9

Championship Pass (Includes all 3 finals sessions)	Cost (includes \$3 service fee/package)
Adult	\$28
Senior	\$23
Youth (<i>ages 3 - 18</i>)	\$18
Family Pass (<i>2 adult passes, 2 youth passes</i>)	\$75
UVic Student	\$18
UVic Alumni	\$18





4. ON-SITE FAN INFORMATION

A. ACCESS & PARKING

Saanich Commonwealth Place has 2 large parking lots located outside of the building for parking. These lots are monitored by city employees and in order to ensure they are available to those using the facility please ensure you are only parking in the lots while at Saanich Commonwealth Place.

B. SERVICES

Concession services will be available throughout the day at the café located inside Saanich Commonwealth Place. The café contains a variety of hot and cold beverages as well as hot food.

