

2024



SWIMMING

CHAMPIONSHIPS

INFORMATION BULLETIN #2



Section 1: GENERAL INFORMATION

Host: McGill University, Athletics and Recreation

514-398-7003

Site: Pointe Claire Aquatic Centre

514-630-1202

60 Maywood Avenue, Pointe-Claire, Qc H9R 0A7

POSITION	NAME	PHONE	E-MAIL
Announcer	Jean-Francois Potvin		Jf.potvin@me.com
Awards & Ceremonies	Jill Barker	514-220-4352	lisen.moore@mcgill.ca
Championship Convenor	Lisen Moore	514-398-7003 514-817-9733	lisen.moore@mcgill.ca
Communications & Marketing	Stephanie Malley	514-867-3040	stephanie.malley@mcgill.ca
Community Outreach	Dana Carleton	514-975-5679	dana.carleton@mcgill.ca
Entries Coordinator	Carole Thomas		carole_thomas56@hotmail.com
Event Operations	Lisen Moore	514-398-7003	lisen.moore@mcgill.ca
Hospitality/VIP Services	Maggie Chrzaszcz	514-398-7003	malgorzata.chrzaszcz@mcgill.ca
Photographer & Creative Lead	Matt Garies	514-726-4749	matthew.garies@affiliate.mcgill.ca
Medical	Julie Gardiner	514-398-2355	julie.gardiner@mcgill.ca
Meet Manager	Sylvie Potvin		sylviepotvin2@yahoo.ca
Officials Coordinator	Simon Roughley		simon.roughley@johnabbott.qc.ca
Social Media & Digital	Evelyn Silverson-Tokatlidis	647-533-4018	evelyn.silverson-tokatlidis@affiliate.mcgill.ca
Sponsorship	Jeremiah Gordon	514-398-1436	jeremiah.gordon@mcgill.ca
Sports Information & Media Accreditation	Earl Zukerman	514-398-7012	earl.zukerman@mcgill.ca
Technical	Zachary Pilling	438-354-3692	zachary.pilling@mcgill.ca
Ticketing	Dana Carleton	514-975-5679	dana.carleton@mcgill.ca
Volunteers	Zachary Pilling	438-354-3692	zachary.pilling@mcgill.ca
U SPORTS Delegate	Tara Hahto	416-809-6396	thahto@usports.ca

2. Practice/Meeting Schedule

Practice times are all EST.

Monday, March 4, 2024

4:00 p.m. - 6:00 p.m.	Team Practices	10 lanes short course
6:00 p.m. - 8:00 p.m.	Team Practices	20 lanes short course

Tuesday, March 5, 2024

9:00 a.m. - noon	Team Practices	10 lanes long course
4:00 p.m. - 7:00 p.m.	Team Practices	10 lanes long course

Wednesday, March 6, 2024

9:00 a.m. - noon	Team Practices	20 lanes short course
4:00 p.m. - 7:00 p.m.	Team Practices	20 lanes short course

Meetings

Technical Meeting	Wednesday, March 6, 2024,	noon - 1:00 p.m.	Rm: Conference Polyvalente
Coaches Association	Wednesday, March 6, 2024,	1:00 p.m.-3:00 p.m.	Rm: Conference Polyvalente

3. COMPETITION SCHEDULE

Note: The competition takes place at [Pointe Claire Aquatics Centre](#). The event order shall be the even year order as designated in the [playing regulations](#).

Thursday, March 7, 2024

8:00 a.m. - 9:20 a.m.	Warm-ups	20 lanes short course
9:30 a.m.	Heats	10 lanes short course
9:30 a.m. - noon	Warm-up/Cool-down	10 lanes short course
4:00 p.m. - 5:15 p.m.	Warm-ups	10 lanes long course
5:15 p.m. - 5:30 p.m.	Opening Ceremonies	
5:33 p.m.	Finals	10 lanes long course
5:30 p.m. - 8:00 p.m.	Warm-up/Cool-down	6 lanes long course

Friday, March 8, 2024

8:00 a.m. - 9:20 a.m.	Warm-ups	20 lanes short course
9:30 a.m.	Heats	10 lanes short course
9:30 a.m. - noon	Warm-up/Cool-down	10 lanes short course
4:00 p.m. - 5:20 p.m.	Warm-up	10 lanes long course
5:30 p.m.	Finals	10 lanes long course
5:30 p.m. - 8:00 p.m.	Warm-up/Cool-down	6 lanes long course

Saturday, March 9, 2024		
8:00 a.m. – 9:20 a.m.	Warm-ups	20 lanes short course
9:30 a.m.	Heats	10 lanes short course
9:30 a.m. – noon	Warm-up/Cool-down	10 lanes short course
2:00 p.m.	Distance Events Warm-ups	10 lanes long course
3:00 p.m. – 4:30 p.m.	Distance Event Slow Heats	10 lanes long course
4:00 p.m. – 4:30 p.m.	Long Course Warm-up	6 lanes long course
4:30 p.m. – 5:15 p.m.	Long Course Warm-up	10 lanes long course
5:30 p.m.	Finals	10 lanes long course
5:30 p.m.– 8:30 p.m.	Warm-up/Cool-down	6 lanes long course

Day One – HEATS

Women's 200 Free
 Men's 200 Free
 Women's 100 Breast
 Men's 100 Breast
 Women's 100 Fly
 Men's 100 Fly
 Women's 50 Back
 Men's 50 Back
 Women's 400 IM
 Men's 400 IM

Day Two – HEATS

Women's 50 Free
 Men's 50 Free
 Women's 200 Breast
 Men's 200 Breast
 Women's 400 Free
 Men's 400 Free
 Women's 100 Back
 Men's 100 Back
 Women's 200 IM
 Men's 200 IM
 Women's 50 Fly
 Men's 50 Fly

Day One – FINALS

Women's 200 Free
 Men's 200 Free
 Women's 100 Breast
 Men's 100 Breast
 Women's 100 Fly
 Men's 100 Fly
AWARDS BREAK
 Women's 50 Back
 Men's 50 Back
 Women's 400 IM
 Men's 400 IM
AWARDS BREAK
 Women's 4 x 100 FR Relay
 Men's 4 x 100 FR Relay
AWARDS BREAK

Day Two – FINALS

Women's 50 Free
 Men's 50 Free
 Women's 200 Breast
 Men's 200 Breast
 Women's 400 Free
 Men's 400 Free
AWARDS BREAK
 Women's 100 Back
 Men's 100 Back
 Women's 200 IM
 Men's 200 IM
 Women's 50 Fly
 Men's 50 Fly
AWARDS BREAK
 Women's 4 x 200 FR Relay

Men's 4 x 200 FR Relay
AWARDS BREAK

Day Three – HEATS

Women's 200 Fly
Men's 200 Fly
Women's 50 Breast
Men's 50 Breast
Women's 100 Free
Men's 100 Free

Day Three – FINALS

Women's 200 Fly
Men's 200 Fly
Women's 50 Breast
Men's 50 Breast
Women's 100 Free
Men's 100 Free
AWARDS BREAK

Women's 200 Back
Men's 200 Back
Women's 800 Free (slower heats)
Men's 1500 Free (slower heats)

Women's 200 Back
Men's 200 Back
Women's 800 Free (fastest heats)
Men's 1500 Free (fastest heats)
AWARDS BREAK
Rookie of the Year (M/W)
Coach of the Year (W/M)
Women's 4 x 100 MED Relay
Men's 4 x 100 MED Relay
AWARDS BREAK
Swimmer of the Year (M/W)
Team Champions (M/W)

Section 2: Participating Teams Information

1. PROCEDURES

See [playing regulations](#) for procedure reminders.

Entries

Preliminary entries must be sent by noon on **Friday, March 1, 2024**.

Final or amended entries must be sent by noon on **Monday, March 4, 2024**.

2. MEDIA INFORMATION

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 the McGill Athletics &

Recreation Sports Information Officer, Earl.Zukerman@mcgill.ca. This information will be shared with the Championship announcer.

PHOTOGRAPHY / VIDEO SERVICES

McGill Athletics will be providing complete coverage of the event with their photography and videography team - including a promotional photoshoot, arrivals / heats content, finals coverage, and medal ceremonies. Photos will be available over the course of each day through an all-access link which McGill Athletics will provide. The link will include a folder structure by day > event, and will include both high-res and social media (3000px) versions.

Promotional photoshoot: McGill Athletics is requesting **two student-athletes** per participating school (preferably one student-athlete from each Men's and Women's competing group) to be available for a 5 minute photoshoot, on the evening of March 4 or the day of March 5. This will take place on the pool deck. Competition gear requested, along with any team specific items (i.e. flags or signs). Exact times and availability to be confirmed prior to the event.

Upon the conclusion of each photoshoot, the two student-athletes from each school will be gifted a banner from McGill Athletics with their school's athletics logo, to be hung on the north wall of the pool. This will be filmed as social media content, and an edited video will be shared prior to the start of the event.

Arrivals / heats / finals coverage: Action, events, and moments will be captured throughout each day and will be shared on the @mcgillathletics social channels, as well as added to the shared folder. Finals coverage will include one photo of the digital screen and one wide shot, prior to each race, for identification purposes. Video highlights will be cut daily and posted by McGill Athletics with appropriate tagging when possible. At the end of each day, a short highlight video will also be shared by @mcgillathletics social channels. All edited video clips will be provided to the shared folder after the conclusion of the event.

Medal ceremonies: There will be **no podium access** for team participants nor university staff. Photos will be available to all participating schools to download 15 minutes after each presentation in the folder link.

3. CHAMPIONSHIP HOTELS

U SPORTS policy 20.40.3.4.1: All participating teams and team personnel attending a U SPORTS Championship requiring accommodation must stay at a U SPORTS Championship designated host hotel. Please note, each hotel has a room block release date listed below.

Host Hotel: *Embassy Suites by Hilton Montreal airport Pointe-Claire*
6300 Transcanadienne, Pointe-Claire, QC H9R 1B9
Contact: Véronic Latulippe Phone: 514-693-3082

Veronic.latulippe@hilton.com

Rate: Single \$229.00 + tax
 Double \$229.00 + tax
 Triple \$259.00 + tax
 Quad \$289.00 + tax
(Rate includes hot and cold buffet breakfast with omelet station)

Distance from Pointe-Claire Aquatics Centre: 4 km
Distance from the Montreal Trudeau Airport: 11 km

Host Hotel: *DoubleTree by Hilton Pointe-Claire Montreal airport West*
6700 Transcanadienne, Pointe-Claire, QC H9R 1C2

Contact: Véronic Latulippe Phone: 514-693-3082
Veronic.latulippe@hilton.com

Rate: Single \$224.00 + tax
 Double \$234.00 + tax
 Triple \$244.00 + tax
 Quad \$254.00 + tax
(The rate includes hot and cold buffet breakfast, access to pool and whirlpool.)

Distance from Pointe-Claire Aquatic Centre: 3 km
Distance from the Montreal Pierre-Elliott Trudeau International Airport: 11 km
Additional Amenities: Complimentary wireless internet, complimentary access to fitness centre, complimentary airport shuttle, complimentary parking.

All Participant Hotels – Block release dates

Room blocks are available until February 4, 2024. After this date availability and prices are not guaranteed. Teams must provide a rooming list 14 days prior to arrival. Should a guaranteed reservation be cancelled less than 48-hours before the arrival date, the room will automatically be cancelled for the next day and the first night will be charged to the guarantor. The hotel cannot guarantee that your group will all be on the same floor.

4. TRANSPORTATION

DIRECTIONS FROM THE AIRPORT TO THE CHAMPIONSHIP

From Montreal Pierre Elliott Trudeau International Airport to the Pointe-Claire Aquatic Centre:

[Directions](#)

From Montreal Pierre Elliott Trudeau International Airport to the Embassy Suites:

[Directions](#)

From Montreal Pierre Elliott Trudeau International Airport to the Doubletree:

[Directions](#)

ON-SITE TRANSPORTATION

Hertz is excited to offer U SPORTS Swimming Championship teams a guaranteed allotment and negotiated rates Montreal in March 2024. See Hertz rental information in Addendum one on page 11.

5. REGISTRATION AND ACCREDITATION

By Friday, March 1st at 5:00 p.m. EST request your **team accreditation** by using the following [link](#) to the Google form.

ACCREDITATION

All attending Sports Information Directors or visiting media request pool-level accreditation directly to Earl Zukerman, earl.zukerman@mcgill.ca.

All attending photographers or videographers request pool-level accreditation directly to Matt Garies, matthew.garies@affiliate.mcgill.ca

TEAM ACCREDITATIONS

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

- One to 15 swimmers: Three accreditations
- 16 to 30 swimmers: Five accreditations
- 30 or more: Seven accreditations

ACCREDITATION PICK-UP

Your team accreditations will be available for pick up starting Tuesday, March 5, 2024, between 3:00 p.m. and 5:00pm in the Pointe-Claire Aquatics Centre lobby, and then again prior to the technical meeting on Wednesday, March 6, 2024.

7. SPONSORSHIP & Partners

U SPORTS SPONSORS

We encourage hosts and participating teams to help grow these important partnerships. A complete list to be shared at the technical meeting.

- Ville de Pointe-Claire | Pointe Claire Aquatic Centre
- Ville de Montréal

- Natation Québec
- DoubleTree by Hilton Pointe-Claire Airport West
- Embassy Suites by Hilton Montreal Airport Pointe-Claire

8. TECHNICAL INFORMATION

VENUE

Pointe-Claire Aquatic Centre 514-630-1202

60 Maywood Avenue

Pointe-Claire, Quebec H9R 0A7 [See the map](#)

- Ten (10) lane x 25 m heats / 50 m competition pool
- Six (6) lane x 50 m warm-up pool available during Finals

SCORING and RESULTS

Rules and Regulations for the competition are located [here](#). Results will be available on Splash Meet Manager.

9. MEDICAL SERVICES

Contact: Julie Gardiner

Head Physiotherapist & Manager, McGill Sport Medicine Clinic (Julie.gardiner@mcgill.ca)

On-site coverage

Lifesaving staff will be available on-deck for first responder and/or emergency care during the meet. Emergency and 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. Student-athletes/teams requiring the services of a designated therapist are requested to contact Julie Gardiner in advance of the meet (there will be a charge for this service). No physician on-deck.

10. HOSPITALITY ROOMS

VIPs/COACHES, OFFICIALS

There will be a coaches and an official room on the pool deck with complementary food and drinks.

SECTION 3 THE FANS CORNER

1. CITY GUIDE

A. ABOUT THE CITY

The arrival of French settlers in Pointe-Claire began in 1698-1699. By 1706, clearing had progressed sufficiently for a road to be built along the shore from La Présentation to the tip of the island. Click [here](#) for additional history on Pointe-Claire, QC.

B. POINTE-CLAIRE RESTAURANTS & BARS

A listing of restaurants, bistros, bars and cafés can be found [here](#).

Information on grocery stores can be found [here](#).

Costco is located [here](#).

Ye Olde Orchard Pointe Claire [here](#).

2. FAMILY & FRIENDS ACCOMMODATIONS

The Championship host hotel partners have extended a promotional opportunity for both friends and families attending the 2024 national Championship through Double Tree.

How to book?

Option 1 - Reservation by phone at 514-697-7110 - Group code: **CDTZPO**

Option 2 - Booking link: [McGill Swimming Nationals - Parents block](#)

Please ensure to adjust the number of guests in the room.

*Reservation cut-off date: **February 6, 2024.***

3. TICKETING INFORMATION

Please note tickets are only required for the final sessions. Preliminaries will be open to the public on a first come first served basis. Tickets are available online at McGill Athletics and Recreation [Box Office](#). There will be no tickets sold at the door.

Championship Pass (Three days – all sessions): \$50.00

General Admission, pre-purchase (One day – all sessions): \$18.00

General Admission, day-of event purchase (One day – all sessions): \$20.00

VIP Championship pass (Three days – all sessions, preferred seating and non-alcoholic refreshments included): \$65.00

4. ON-SITE FAN INFORMATION

A. ACCESS & PARKING

Parking is available free of charge at the Pointe-Claire Aquatic Centre, outside the Bob-Birnie [arena](#).

HERTZ IS THE PROUD OFFICIAL CAR RENTAL SUPPLIER FOR U SPORTS SWIMMING CHAMPIONSHIPS 2024

Hertz is excited to offer **U SPORTS Swimming Championships teams** guaranteed allotment and negotiated rates Montreal in March 2024.

- Each team is to provide their vehicle needs on the attached Excel spreadsheet with all information requested. (Please follow example in **red**). The negotiated rate for a seven-seater minivan is \$80/day plus applicable taxes and surcharges.
- To expedite pickup on March 4, it is strongly encouraged that every primary driver enrolls in our Hertz Gold Plus Rewards loyalty program and provide their Gold# on the booking manifest. Primary drivers can enroll by clicking [HERE](#)
- Completed booking manifests must be returned to Val Dekkers at vdekkers@hertz.com no later than February 4, 2024.
- Once bookings are completed by the Hertz team, booking manifest will be returned to each team with the confirmation numbers. No changes will be accepted within 14 days of the event.

PREFERRED RATES FOR FRIENDS & FAMILY

- Hertz is pleased to extend preferred car rental rates to U SPORTS friends and family traveling to support their student-athletes.
- Click [HERE](#) to book your car for the event
- Each driver will be required to present a valid driver's license and credit card upon arrival.

ADDENDUM 2 GRADUATING SENIORS

To allow our committee to prepare for the presentation of your graduating seniors, please send the information below to Zachary.Pilling@McGill.ca no later than **February 27, 2024 (new date)**.

We will accept this in a Word or Excel document. This will help with our package the gifts by team.

A team list will also be available at the technical meeting that you can add or remove names.

1. Name of university
2. First name and last name of graduating student-athlete(s)
 - a. Pronunciation
3. Academic program of study
4. Year of eligibility

ADDENDUM 3 SCHEDULE OF CEREMONIES

Ceremonies

McGill Athletics will be providing complete coverage of the event with their photography and videography team - including a promotional photoshoot, arrivals / heats content, finals coverage, and medal ceremonies. Photos will be available over the course of each day through an all-access link which McGill Athletics will provide. The link will include a folder structure by day > event, and will include both high-res and social media (3000px) versions.

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A-Finals

The swimmers in the A-Finals report to the Call Room located behind the towers, to be marshaled on deck to the starting blocks. The All-Canadian Certificates will be mailed to the recipients' university post meet. The call room will be reconfirmed at the technical meeting.

Medal ceremonies: There will be **no podium access** for team participants nor university staff. Photos will be available to all participating schools to download 15 minutes after each presentation in the folder link.

Major Awards and Opening Ceremonies Run of Show

All-Canadians – M/W (throughout meet schedule). The All-Canadian Certificates will be mailed to the recipient's university post meet.

Thursday, March 7, 2024

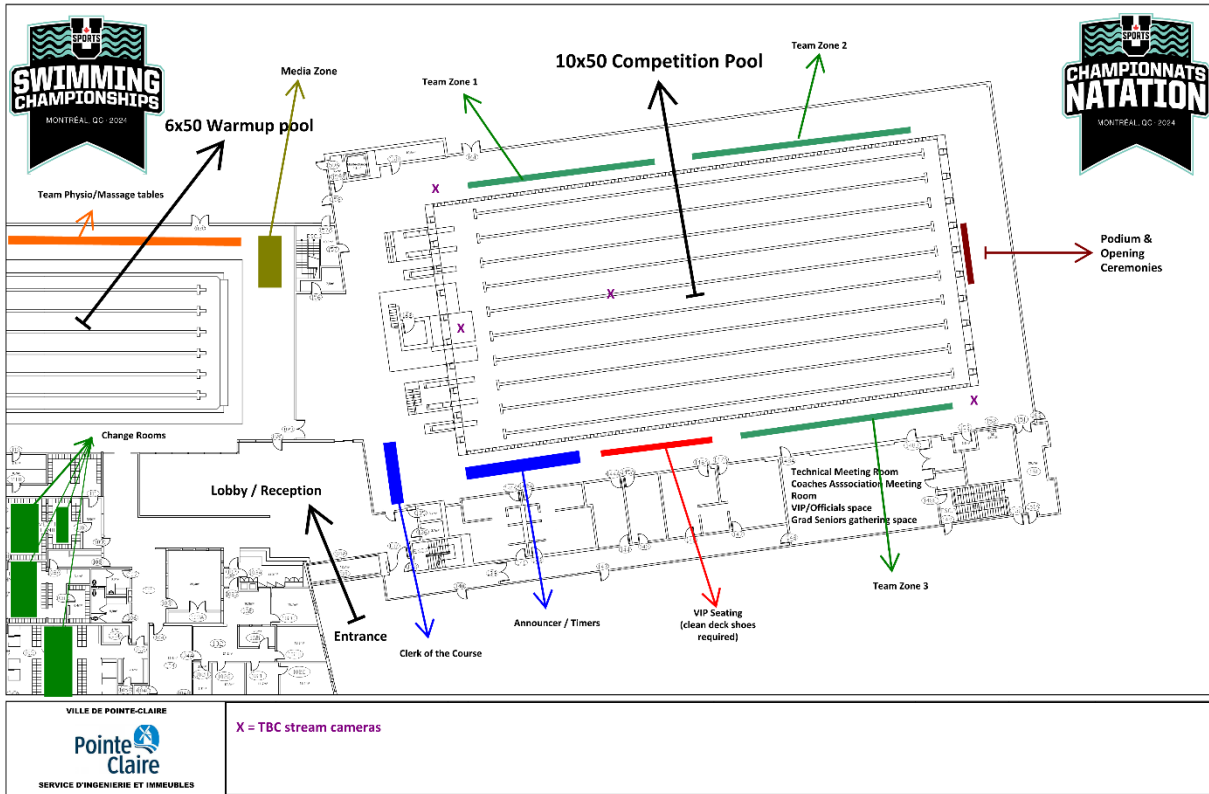
- 5:15 p.m. Opening Ceremonies
- Land acknowledgment
 - Words of welcome
 - National Anthem
- 5:25 p.m. Community Service Award Winners – M/W

Saturday, March 9, 2024

- 5:15 p.m. Graduating Seniors March
- 8:00 p.m. Coach of the Year – M/W
- Rookie of the Year – M/W
- Outstanding Swimmer of the Year – M/W
- 8:15 p.m. Women's Team Champions
- 8:25 p.m. Men's Team Champion

The official Competition Schedule can be found in the U SPORTS Playing Regulations.

ADDENDUM 4 **DIAGRAMS (subject to change)**





6x50 Warmup pool

Media Zone

Team Physio/Massage tables

Lobby / Reception

Officials access to cafeteria

Officials Cafeteria

Student-athlete activation space

McGill Host Committee Alumni

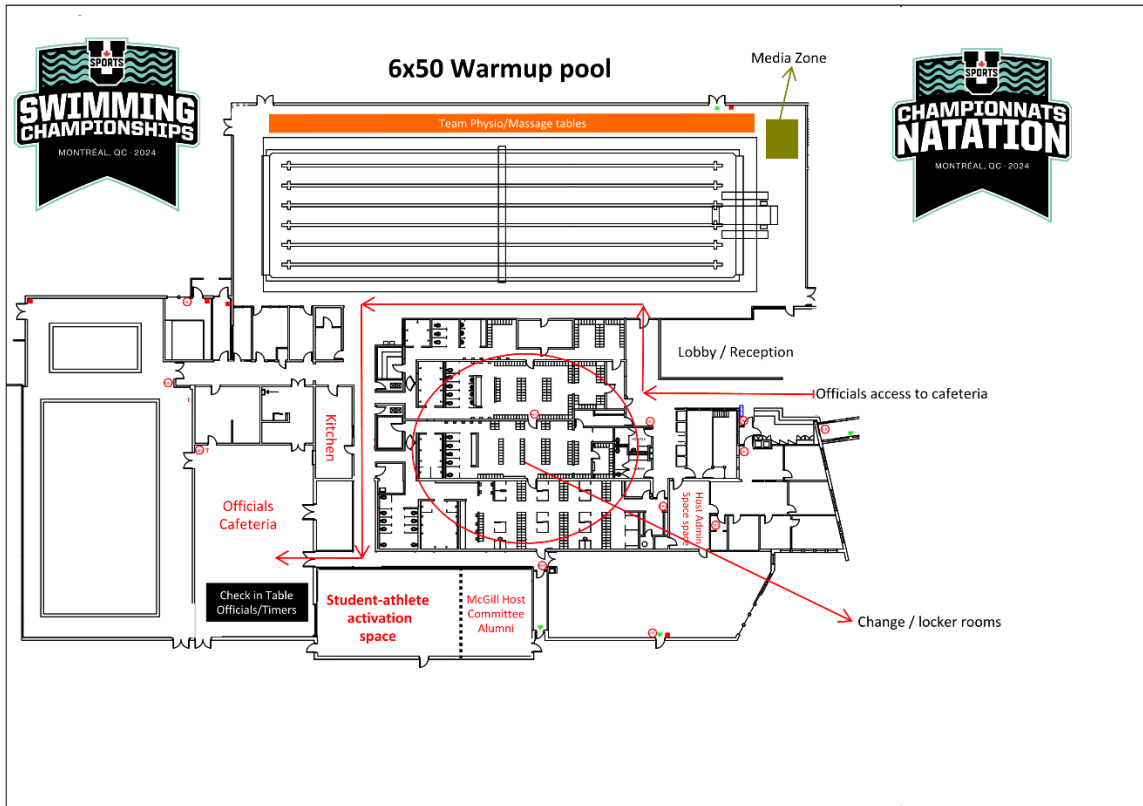
Change / locker rooms

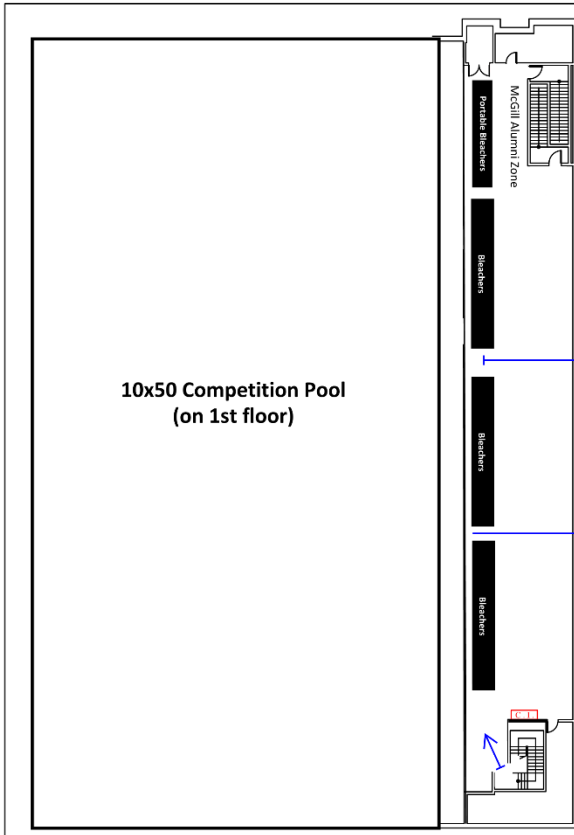
Check in Table Officials/Timers

Kitchen

Host Admin

Spec room





2nd Floor Spectator Zone

Stream Camera

TBC Racetek

Entrance to 2nd Floor Mezzanine from 1st Floor