



2024 KEN DEMCHUK INTERNATIONAL INVITATIONAL November 29-December 1, 2024

This Long Course competition is open to Swimming Canada registered swimmers, US Paralympic Committee recognized swimmers, and foreign swimmers with a 2024 WPS License who also meet the qualifying standards for the competition. This event is governed by the current WPS technical rules. Competition Rules or procedures contained in this Meet Information package supersede those found within the WPS.

Sanction/Approval - Sanction is provided by Swimming Canada and approved by WPS with all current Swimming Canada and WPS Technical rules applying.

Competition Hosts - Swimming Canada and Whitby Swimming

Venue

Markham Pan Am Centre
16 Main Street, Unionville ON L3R 2E4

10-lane 50m Competition Pool

KEY DATES

Entry Deadline	Tuesday, November 5, 2024, by 23:59 PST	
Registration	Wednesday, November 27, 2024	Thursday, November 28, 2024
	7:30am – 9:30am 1:30pm – 3:30pm	7:30am – 9:30am 1:30pm – 3:30pm
	Club representatives and coaches are required to register their club at the registration desk to receive accreditation. All coaches and support staff must register themselves in person.	
Pre-Event Training	Wednesday, November 27, 2024	Thursday, November 28, 2024
	8:00am – 10:00am 2:00pm – 4:00pm	8:00am – 10:00am 2:00pm – 4:00pm
Technical Meeting	Thursday, November 28, 2024, at 4:00pm at Markham Pan Am Centre – Multipurpose Room 1	
Competition Times	Heats: 8:00am warm-up / 9:30am start Finals: 3:30pm warm-up / 5:00pm start	

If clubs/NPCs are interested in additional pre-meet training times outside of those listed above, they should contact Rebecca Cheverton (rcheverton@swimming.ca).

ORGANIZING COMMITTEE

Swimming Canada Events Manager	Rebecca Cheverton	rcheverton@swimming.ca
National Meet Director	Lyne Laprade	lynelaprade@gmail.com
National Meet Referee	Jeff Holmes	jeff_holmes@bell.net
Meet Entry Coordinator	Trevor Cowan	tcowan@swimming.ca
Chair- Local Organizing Committee	TBC	
Relay Coordinator	Michael Edey	medey@swimming.ca



SAFE SPORT

Swimming Canada believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Swimming Canada is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures.

Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to also discourage deck changing and help keep the sport safe for everyone involved.

Photography/Videography

- a. In order to minimize risk, all photographs and video taken at Swimming Canada sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- b. The full details on the Event Photography and Videography Procedure can be found [HERE](#)

QUALIFYING STANDARDS

[Ken Demchuk International Invitational Qualification Standards](#)

Swimmers must have at least one Ken Demchuk International Invitational Minimum Qualifying Standard (MQS) in their sport class.

Qualification Period

Times performed Long Course or Short Course Metres since **September 1, 2023**, are eligible for all event entries.

Once a swimmer has qualified with one or more MQS time in their sport class, they may enter any event on the event program as long as they have equaled or bettered either the MQS or the MET.

Entries must be submitted in the course swum (LCM or SCM). Meet Management will convert times for seeding purposes.

Classification Status for Entry

Canadian competitors must have a minimum of a level 2 classification status. Foreign swimmers, regardless of nation, must appear on the 2024 Summer Classification Master List.

ENTRY FEES & INFORMATION

Entry Fee - \$140 CAD per Swimmer

Entry Fee after the Entry Deadline** - \$190 CAD

Foreign Coaches/Support Staff - \$125 CAD

Change Fee - \$100 CAD per change or correction

Late Support Staff or Coach Entry Fee - \$100 CAD



****New qualifiers between the entry deadline and Technical meeting are only charged the entry fee.**

Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers, USA clubs and foreign teams will receive an email invoice for all fees owing. Invoices must be paid upon receipt and no later than **November 26, 2024**, in order for entries to be considered final. Please note: The team that enters the swimmer is responsible for paying that swimmer's fees.

Entry Process

All competition entries including relays must be submitted via the following Jotform:
<https://form.jotform.com/242963639472064>

The meet entry file can be found on the [2024 Ken Demchuk International Event Page](#).

Swimmers are permitted to enter a maximum of 7 individual events (excluding time trials.)

All Canadian and USA club coaches attending the event must be included in the club entry submission to receive accreditation. Foreign coaches are asked to refer to the [Accreditation Policy](#) to ensure they are properly registered.

All foreign clubs and teams (including Unattached Canadian swimmers) may go to the entry page and select either "Out of Country" or "UNCAN" as their Province. This will allow them to enter coaches, support staff and upload an entry file.

Eligible events

50 FR [S1-S14], 100 FR [S1-S14], 200 FR [S1-S5, S14], 400 FR [S6-S13]
50 BK [S1-S5], 100 BK [S1, S2, S6-S14]
50 BR [SB1-SB3], 100 BR [SB4-SB9, SB11-SB14]
50 FL [S2-S7], 100 FL [S8-S14]
150 IM [SM1-SM4], 200 IM [SM5-SM14]

Available Time Trial events (Separate Gender events) – See Time Trial Section

Open 200m breaststroke
Open 200m backstroke
Open 200m butterfly

If an event is not offered for a specific Sport Class, an athlete may enter the event and be eligible for finals in the higher sport class within the same impairment group (1-10, 11-13), provided that the athlete has attained the MET for the event in the higher sport class. For example, an SM4 swimmer wishing to swim the 200 IM, may do so provided they have the MET in the 200 IM in the SM5 sport class. Please send an email to the entry coordinator (tcowan@swimming.ca) to identify if your swimmer will be swimming in a higher sport class and indicate for which events. "Swim Up" performances will be scored, ranked, and qualified for finals in the sport class of the event.

Athletes with sport class NE SB9 NE are eligible to enter up to a maximum of 2 events in the S/SM10 sport class events provided they meet the S/SM10 MET in each event. These swims will be exhibition only and will be swum in the preliminary session.

Para swimmer devices / Bathing suit modifications



Paralympic Program equipment i.e., starting devices, tapping devices and bathing suit modifications (as per swimmers' codes of exception) must be approved prior to their use in competition. This can be done at the end of the technical meeting or during warm up prior to the start of the meet.

Late Entries, Changes and Corrections

Changes and corrections can be made up to the meet entry deadline without penalty. Late entries will be accepted until the technical meeting for the fee outlined in the Entry Fee section. After acceptance, any changes will incur a \$100 fee per change.

Athletes achieving their first qualifying swim between November 6-28, 2024 may be added without penalty, and only the base entry fee will apply. New qualifying swims that are performed after the entry deadline, achieved between November 6-28, 2024, are exempt from the \$100 change fee and may be added without penalty.

Foreign Swimmers

Foreign swimmers with a WPS Sport Class Status "New" must provide Codes of Exception via email to the Meet Entry Coordinator (tcowan@swimming.ca).

Proof of Times

All entries will be proven via the on-line entry system. Any non-validated times in your meet entry submission report must be proven by the meet entry deadline. For times not available on swimming.ca, swimrankings.org or paralympic.org, please e-mail the proof of time details to the Meet Entry Coordinator (tcowan@swimming.ca).

It is the responsibility of the club to prove any entry times. Unproven entry times will result in swimmer's removal from the event.

ADMINISTRATIVE INFORMATION

Psych Sheets

Psych sheets will be posted on Swimming Canada's website following the meet entry deadline.

Scratches

All scratches after the entry deadline must be submitted through the [online scratch form](#) for the event.

Scratch deadlines

Preliminary & Timed Final events

Friday Preliminaries and timed finals events: 30 minutes following the conclusion of the Technical Meeting.
Saturday and Sunday Preliminaries and timed final events: Scratch deadline will be 5:30pm, Friday and Saturday, during Finals the previous evening.

Finals

60 minutes following the completion of the Preliminary events (excluding timed final events).

Penalty

All penalties must be paid in accordance to Swimming Canada rule SNC 3.4.

Support Staff

Please note that WPS Rule 10.8.1 will be in place for support staff. Support Staff are not permitted to coach or massage Athletes. When on the pool deck or in the call room, Support Staff are not permitted to use or visibly carry stopwatches, radio communication devices, backpacks or bags.



d/DEAF OR HARD OF HEARING ACCOMMODATIONS

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

- non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Facility or Swimming Canada-Provided Strobe Light: An external strobe light is available at this competition

Clubs are to contact Meet Management by the Entry Deadline of the need for accommodation. Support Staff must be included in the submission of entries process.

Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

COMPETITION INFORMATION

Protective Medical Taping

Please note that WPS rule 6.6.2.1 will be in place for protective medical taping.

Warm-up Safety Procedures

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in place. The full document can be viewed [here](#).

Backstroke ledges will be available during warm-up in sprint lanes.

Starts

Starts will be conducted as per WPS Appendix 2, rule 1.2.3.1 and WPS 11.1.

Backstroke Ledges

Backstroke ledges will be available for use. Swimmers, or their approved support staff, shall be responsible for setting up the device.

Official Splits

Any coach wishing to request a time for an interval shorter than the total distance of the event shall advise the Administration Desk 30 minutes prior to the commencement of the session in question, by submitting an Official Split Request form. This form can be found at the Administration Desk on deck.

Preliminaries & Timed-Finals

Preliminary and timed-final heats will be swum in 8 lanes or less, senior seeded. The final decision will be made after the entry deadline in order to adjust session lengths.

Seeding

Preliminary and timed-final events for each gender shall be seeded by time, regardless of Sport Class. There will be no circled seeding; it will be straight seeded heats slowest to fastest.

Finals

All Finals heats will be swum in 10 lanes. There will be an A final only.

Athletes must achieve top 10 in their sport class, during preliminaries, to advance to finals. Finals will be seeded by sport classification, or as defined in the seeding and running of the A final. Athletes competing in "Swim Up" events will be ranked according to the sport class of the event when determining advancement to finals.



Swimming Canada reserves the right to combine sport classes in the Finals session, with a single lane between sport classes. (To be confirmed at the Technical Meeting)

Swim-offs

All swim-offs are to be run by the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.

Time Trials

Time trials eligible events are the 200m Breaststroke, 200m Backstroke and 200m Butterfly; these events are open to all swimmers, already entered in the meet, regardless of sport class. First come, first serve.

A maximum one-hour session will be held following the preliminary session each day. (Entry process TBC at technical meeting).

Proof of time and/or time validation will not be in place for the time trials. Time Trials do not count towards the 7 individual event maximum.

No requests for official splits will be accepted during Time Trials.

Entries close at the start of the preliminary session each morning. After entries close, any swimmer that no-shows for their Time Trials event will be fined in accordance to Swimming Canada rule SNC 3.4. Time Trials are timed final events and subject to the penalty fee.

Relays

All relays will be swum at the end of finals. Relay teams may be comprised of swimmers from the same country, and swim as exhibition. Events offered will be:

Mixed 20pt 4 x 50m Freestyle, S1-S10	Mixed 49pt 4 x 100m Medley, S11-S13, SB11-SB13
Mixed 20pt 4 x 50m Medley, S1-S10, SB1-SB9	
Mixed 34pt 4 x 100m Freestyle, S1-S10	Mixed S14, 4 x 100m Freestyle
Mixed 34pt 4 x 100m Medley, S1-S10, SB1-SB9	Mixed S/SB14, 4 x 100m Medley
Mixed 49pt 4 x 100m Freestyle, S11-S13	

Relay Initiative: Swimming Canada Staff will coordinate exhibition relays for Canadians unable to field their own club and/or provincial relays. Coaches interested in having their swimmer(s) entered in these relays should contact Mike Edey (medey@swimming.ca) ideally before the Entry Deadline and no later than the Technical Meeting. Inquiries must be received from a coach or Provincial Section representative.

If you have submitted relays through the entry process, please follow up with the Relay Coordinator to support relay development at the meet. For any questions regarding this process, contact the Relay Coordinator (medey@swimming.ca).

AWARD & SCORING INFORMATION

A medal will be presented to the first-place finisher in each sport class per event in the Finals session.

Female and Male Swimmer of the Day awards based on the top individual scoring swim from the groups below, for finals events only, using Canadian Paralympic Points Chart.

Day 1: S/SB/SM 6,7,8,11,12

Day 2: S/SB/SM 1,2,3,4,5

Day 3: S/SB/SM 9,10,13,14

Swimmer of the Day awards will be awarded at the start of finals the following day, and after the Finals session on Sunday.



Canadian Female and Male Swim of the Meet, based on the Canadian Para Swimming Point System. This will be presented at the conclusion of the meet.

There will not be awards for Relays.

ACCREDITATION INFORMATION

This section has been removed and is now covered under its own policy. It is the responsibility of all relevant parties to review the Swimming Canada National Events Accreditation Policy for detailed information. You can access the policy here: <https://www.swimming.ca/event-resources/>.

All Canadian club & varsity coaches attending the meet **must** have their name and information submitted in the club's entry submission. If a varsity coach will **not** be submitting entries for their athletes but will be attending the meet, please contact rcheverton@swimming.ca to be added to the accreditation list. As well, varsity coaches attending without submitting entries must fill out [this form](#) to identify the swimmers they will be coaching at the competition.

Any coaches who will have swimmers attending and reporting to an alternate coach are required to advise Swimming Canada using [this form](#).

DOPING CONTROL

Participants registered for this event must be aware that doping control may be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with the Canadian Anti-Doping Program. All athletes attending this event must bring picture identification in order to verify identity upon selection.

To avoid a positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

- **Check your medications:** Use the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments you are using are banned by the WADA Prohibited List.
- **Review your medical exemption requirements:** If you require the use of a banned medication for a legitimate medical reason visit (<http://cces.ca/medical-exemptions>) to obtain information and instructions about how to apply for a medical exemption.
- **Learn about the doping risks associated with supplements:** Do not use supplements or take significant precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Find out more at <http://cces.ca/supplements>.
- **Review the sample collection procedures:** This short video will take you step-by-step through doping control (<http://cces.ca/sample-collection-procedures>).
- **Contact the CCES with any questions:**
 - Email: info@cces.ca
 - Call toll-free: 1-800-672-7775
 - Online: www.cces.ca/athletezone

SITE INFORMATION

Hospitality – Officials & Coaches - A hospitality room will be available for officials and coaches for snacks and refreshments. Meals are reserved for Officials only.

Parking - Parking is available at no charge at the facility and offers 5 accessible parking spaces.

Lockers - Day Use Lockers are available.

SWIMMING CANADA NATATION



Other Competition Information - The location for lactate testing, ice baths and massage therapy will be outlined during the Technical Meeting.

TRAVEL INFORMATION

Hotel Accommodations – <https://www.swimming.ca/hotels/>

Swimming Canada Rental Car Partner - AVIS Rent a Car - for bookings visit <https://www.swimming.ca/travel-tools/>



2024 KEN DEMCHUK INTERNATIONAL INVITATIONAL Program of Events

PRELIMINARIES WARM UP 8:00-9:15 AM START 9:30 AM				FINALS WARM UP 3:30-4:45 PM START 5:00 PM			
DAY 1 (FRIDAY)							
1	200m Freestyle (S1-S5, S14)	2	1	200m Freestyle (S1-S5, 14)	2		
3	400m Freestyle (S6-S13)	4	3	400m Freestyle (S6-13)	4		
5	50m Butterfly (S1-S7)	6	5	50m Butterfly (S1-S7)	6		
7	100m Backstroke (S1-S2, S6-S14)	8	7	100m Backstroke (S1-S2, S6-S14)	8		
101	200m Breaststroke (Time Trial)	102	9	Mixed 20pt 4x50m Free Relay (S1-S10)			
			10	Mixed 34pt 4x100m Free Relay (S1-S10)			
			11	Mixed 49pt 4x100m Free Relay (S11-S13)			
DAY 2 (SATURDAY)							
13	50m Backstroke (S1-S5)	14	13	50m Backstroke (S1-S5)	14		
15	100m Butterfly (S8-S14)	16	15	100m Butterfly (S8-S14)	16		
17	150m Medley (SM1-SM4)	18	17	150m Medley (SM1-SM4)	18		
19	100m Freestyle (S1-S14)	20	19	100m Freestyle (S1-14)	20		
103	200m Butterfly (Time Trial)	104	21	Mixed 34pt 4x100m Medley Relay (S1-S10 & SB1-SB9)			
			22	Mixed 49pt 4x 100m Medley Relay (S11-S13 & SB11-SB13)			
			23	Mixed S14, 4x100m Free Relay			
DAY 3 (SUNDAY)							
25	50m Breaststroke (SB1-SB3)	26	25	50m Breaststroke (SB1-SB3)	26		
27	200m Medley (SM5-SM14)	28	27	200m Medley (SM5-SM14)	28		
29	50m Freestyle (S1-S14)	30	29	50m Freestyle (S1-S14)	30		
31	100m Breaststroke (SB4-SB9, SB11-SB14)	32	31	100m Breaststroke (SB4-SB9, SB11-SB14)	32		
105	200m Backstroke (Time Trial)	106	33	Mixed 20pt 4x50m Medley Relay (S1-S10 & SB1-SB9)			
			34	Mixed S/SB14, 4x100m Medley Relay			

This document has been prepared in English and translated to French. Where there is a discrepancy between the two versions, the English version shall be applied.