

Winter Coupe Québec (Senior and PARA) Montreal, March 15 to 17, 2019

Goal: The *Coupe Québec* allows athletes from Quebec to not only compete among each other, but to also compete with national and international athletes.

Targeted swimmers

- **Women:** Senior
- **Men:** Senior

IMPORTANT: The age group is determined by the age of the swimmer/paraswimmer on the first day of the competition.

Duration of the meet: 3 days

Format: Prelims and finals are swum in a 50m pool.

Sanction: The championship is sanctioned by the *Fédération de natation du Québec (FNQ)*.

Rules: Swimming Canada and *FNQ* rules as well as the “Règlement de sécurité de natation en bassin de la Fédération de natation du Québec” apply to all participants.

Swimmers Eligibility

- Competitive registered swimmers at the FNQ are eligible.
- Swimmers from outside Quebec must be registered with their own swimming federation.
- Swimmers must have at least 2 *Coupe du Québec* qualifying times in 2 different events.
- Swimmers can only swim in events they qualified in.
- Time Registration times must be proven, and proof of time will be required at the time of sending entries.
- Qualification times must have been swam during a sanctioned meet (by FNQ or another FINA affiliated organisation) between the 1st of September 2017 and the registration deadline.

Paraswimmers Eligibility (S1-S14)

- Para-swimmers with 13 years of age and over who are registered at the FNQ are eligible and classified as Level 2. Para-swimmers from outside Québec must be affiliated with their own swimming federation.
- 11-12 year old para-swimmers who have 2 Can-Am qualifying times can take part.
- Must have attain at least two para-swimming provincial qualifying times *Coupe du Québec*.
- A para-swimmer may participate to any event of the Para-swimming program in prelims.
- A para-swimmer with only a SB (SB9) classification is eligible to only swim as a para-swimmer in the breaststroke events. For all other events, he must respect the rules of a generic swimmer or swim exhibition with para-swimmers

Participation fees:

\$ 16.09 + tx = \$18.49 fixed participation fee per swimmer

\$ 59.14 + tx = \$68 including all individual events

\$ 10.44 + tx = \$12 for a relay event

Number of events:

- No limit on the number of individual events per swimmer
- There will be no bonus event.

Execution of the competition:

Departures will be from starting blocks according to FINA FR 2.3 and SW 4.1.

Swimming individual events

- All events will be swim senior from the slowest to the fastest except the 800 / 1500m freestyle who will be swim from fastest to slowest.
- SW 3.1.1.1 does not apply.
- There will be finals A and B for all events from 50m to 400m.
- The final A of one event will be followed by the final B of this same event.*
- The medal ceremony for the first three swimmers in the A final will take place during the B final of the same event.

Para-swimming individual events

- All para-swimming events will swim senior from slowest to fastest in prelims.
- There will be A finals in each of the para-swimming events of the program.
- For para-swimming events, finalists will be determined according to the latest WPS Performance Score Tables regardless of their class.
- The finals are only available for qualifying events in the para-swimmer's class (see link under the event table on page 5).

800 / 1500m free:

- The 800m and 1500m events are "final by time" events
- The top 10 fastest **proven times in a long course pool** in the 800m freestyle women will swim in their own lane. This heat will be swum during finals.
- The top 10 fastest **proven times in a long course pool** in the 1500m freestyle men will swim in their own lane. This heat will be swum during finals.
- The following swimmers will swim senior from fastest to slowest in the morning prelims.
- There will be alternation between a heat of 800m free women and a heat of 1500m men.
- As much as possible, the 800-1500m freestyle events will have 1 swimmer per lane. On the other hand, if the preliminaries time estimate is considered too long, the organizing committee has the freedom to match two heats per lane.

* **Short-course times will be considered only if there are less than 10 proven times in a large pool.**

Para-swimming Events:

The scoring chart used for Para-swimming rankings will be: KNZB Points Table NED + Para 2018

Relay events:

- Each swimmer can only participate in one relay per session.
- Relay score is the same as for individual events
- Clubs associations can be made for relays. They will however swim exhibition and will not earn points to any of the team.
- Relays are “final by time” events.

Modification period for the relay swimmers order:

The names and order of the relay swimmers can be changed up to 30 minutes before the start of the session. Members of a relay team and the starting order must be registered before the last deadline for scratches. The exact time of the end of the modification period will be found in the technical package and / or announced on the pool (CSW 10.13.1).

Registration of exhibition relays

The exhibition relays must be registered on site with the race clerk.

Period of scratches for individual events:

	Friday	Saturday	Sunday
Morning	30 minutes before the start of the session	30 minutes after the end of the Friday evening session	30 minutes after the end of the Saturday evening session
Evening	30 minutes after the end of the Friday morning session	30 minutes after the end of the Saturday morning session	30 minutes after the end of the Sunday morning session

For the 800m and 1500m events, there will be a "positive check-in" ending 30 minutes before the start of the Sunday morning session.

Team ranking:

The score of each team will be calculated according to the following scale:

- For a 10 lanes pool:
 - **Final A:** 30-25-22-20-19-18-17-16-15-14
 - **Final B:** 10-9-8-7-6-5-4-3-2-1
- In “finale by time” events, the first 20 swimmers (or relay teams) will receive points according to the following scale:
 - **Top 20:** 30-25-22-20-19-18-17-16-15-14-10-9-8-7-6-5-4-3-2-1
- There will be two separate team rankings, one in generic swimming and one in para-swimming

Awards

- The first three of each individual and relay events will receive a medal (bronze-silver-gold).
- A \$80 bursary will be awarded to the winner of each individual event including para-swimmers.

Swimmers ranking in the senior circuit:

12 athletes (6 guys and 6 girls) will be rewarded at the end of the *circuit senior* and the *Coupe du Québec* (Senior and PARA) according to the following procedure:

- During the three legs of the *circuit senior* and the winter *Coupe du Québec* (Senior and PARA), FINA scores obtained in the two best events of each swimmer will be added. The best swimmer's event is the one in which he gets the best FINA score.
- Bonus points will be added, according to the ranking obtained in selected events, according to the following scale:

Ranking obtained	Bonus points
	4 th LEG: Final (<i>Winter Coupe du Québec</i>)
1st place	600 points
2nd place	550 points
3rd place	500 points
4th place	450 points
5th place	400 points
6th place	350 points
7 th place	300 points
8 th place	250 points

- The bonus points for the *Coupe du Québec* (Senior and PARA) will be awarded to A finalists only.
- Overall Ranking: Each of the 12 overall winners will receive performance support for the 2019 Canadian Trials:
 - \$ 350 minimum assistance with the purchase of any racing swimsuit.
 - Racetek race analysis service during Canadian trials.
 - Massage therapy service during Canadian trials.

Classification after the three legs of the “circuit senior”: [Link](#)

OTHER INFORMATION ABOUT THE ORGANIZATION OF THE COMPETITION

COACHES: DO NOT CONVERT TIMES

For competitions in 25m, all times submitted in 25m will be ranked first, followed by all times in 50m. No conversion of time will be realized during this championship.

For competitions in 50m, all times submitted in 50m will be ranked first, followed by all times in 25m. No conversion of time will be realized during this championship.

Time trial: No time trial is allowed by the *Fédération de natation du Québec*.

Events table

Vendredi			SESSIONS PRÉLIMINAIRES			Dimanche		
Échauffement		8h à 8h50	Échauffement		8h à 8h50	Échauffement		8h à 8h50
Début de la compétition		9h	Début de la compétition		9h	Début de la compétition		9h
Femmes	Épreuves	Hommes	Femmes	Épreuves	Hommes	Femmes	Épreuves	Hommes
1	200 papillon	2	13	100 libre	14	23	200 libre	24
3	50 libre	4	107	100 libre PARA	108	117	200 libre PARA	118
101	50 libre PARA	102	15	200QNI	16	25	50 papillon	26
5	400 QNI	6	109	150 QNI PARA*	110	119	50 papillon PARA	120
7	200 dos	8	111	200QNI PARA	112	27	100 brasse	28
9	50 brasse	10	17	100 papillon	18	121	100 brasse PARA	122
103	50 brasse PARA	104	113	100 papillon PARA	114	28	100 dos	30
201	4 x 100 relais QN mixte*		19	200 brasse	20	123	100 dos PARA	124
11	400 libre	12	21	50 dos	22	31	800/1500m libre**	32
105	400 libre PARA	106	115	50 dos PARA	116			
			204	4 x 100 relais libre*	205			
Vendredi			SESSIONS DES FINALES			Dimanche		
Échauffement		16h à 16h50	Échauffement		16h à 16h50	Échauffement		16h à 16h50
Début de la compétition		17h	Début de la compétition		17h	Début de la compétition		17h
Femmes	Épreuves	Hommes	Femmes	Épreuves	Hommes	Femmes	Épreuves	Hommes
1	200 papillon	2	13	100 libre	14	31	800 libre	
3	50 libre	4	107	100 libre PARA	108	23	200 libre	24
101	50 libre PARA	102	15	200QNI	16	117	200 libre PARA	118
5	400 QNI	6	109	150 QNI PARA*	110	25	50 papillon	26
7	200 dos	8	111	200QNI PARA	112	119	50 papillon PARA	120
9	50 brasse	10	17	100 papillon	18	27	100 brasse	28
103	50 brasse PARA	104	113	100 papillon PARA	114	121	100 brasse PARA	122
11	400 libre	12	19	200 brasse	20	29	100 dos	30
105	400 libre PARA	106	21	50 dos	22	123	100 dos PARA	124
202	4 x 200 relais libre*	203	115	50 dos PARA	116		1500 libre	32
			206	4 x 50 relais libre*	207	208	4 x 50 relais QN Mixte*	

**Épreuves nagées en finale par le temps. La meilleure vague du 800 et du 1500 ne nageront le soir lors de la session des finales. Les autres vagues se nageront en alternance F et H lors des préliminaires

Qualification Times

<http://www.fnq.qc.ca/disciplines/disciplines-guide-technique/>



Organizing committee

Meet manager

Name: Nicole Normandin
Phone number : 438-837-6151
Email: fnq_coupeduqc_hiver@outlook.com

Meet venue

Complexe sportif Claude-Robillard
1000 avenue Émile-Journault, Montréal. QC H2M 2E7

Amenities

One 50m pool, 10 lanes
Electronic timing

Coach meeting

Friday March 15th at 8:50am

Registration

The events file is available on the website
<https://www.swimming.ca/Listedescompetitions.aspx>
All club registrations will have to be deposited on this same website in the
"submit entries" column before the registration deadline.

The registration deadline is March 4, 2019.

The person responsible for registration is:

Name: Jonathan Lacharité (member of the FNQ delegated support team)

Téléphone : 514-445-5475

Email: fnq_coupeduqc_hiver@outlook.com

The payment must be made before the beginning of the competition to the
race clerk.

Please make the check payable to: CAMO Natation

Officials manager

Name: Maryse Charbonneau
Phone number: 450-669-3724
Email: officielcamo@gmail.com