



2019 FALL WARM UP MEET

October 19 & 20, 2019

to be held at the
Jack Burger Sports Complex
In
Port Hope, Ontario

*** Updated September 26, 2019 to include Rowan's Law Concussion Statement ***

DATE(S):	Saturday and Sunday October 19 & 20, 2019
HOSTED BY:	Northumberland Aquatic Club – Central Region
LOCATION:	Jack Burger Sports Complex 60 Highland Drive, Port Hope, Ontario
FACILITY:	6 Lane, 25-meter competition pool with manual timing Ground floor and mezzanine viewing areas On-deck bleachers for swimmers only Change rooms include accessible/family change rooms Canteen Available NO spectators allowed on pool deck
PURPOSE:	A start of the season meet for all levels of Age Group swimmers. A positive and supportive environment for swimmers new to the sport.
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
SAFETY & LIABILITY:	Swimming Canada and Swim Ontario 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. For additional resources click HERE . Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Rowan's Law – Concussion Management

The *Rowan's Law* requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

Open and Observable Environment

Swimming Canada and Swim Ontario 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.

Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario 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. For full details click [HERE](#)

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

COMPETITION

COORDINATOR: Annette Otter – Level IV – aotter@cogeco.ca

MEET MANAGER: Patti Cumberland = torhaus5@gmail.com

DESCRIPTION: All events are Time Finals.

COMPETITION RULES: Sanctioned by Swim Ontario.
All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

AGE UP DATE: Ages submitted are to be as: October 19, 2019

DIVE STARTS: As per the Facility Rules for Dive Starts, this competition will be conducted as follows
(*choose all applicable*)
☒ Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
☒ from deep end only

RECORDS: ☒ Swim times achieved at this competition will NOT be used for applications of provincial and national records.

MIXED-GENDER: An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Entries without a valid SC registration number and registration status will be declined entry. *(choose appropriate circumstances):*.

- ☒ This is an invitational meet. Participation of this meet is at the full discretion of the host club.
- ☒ Meet Management reserves the right to further limit individual swims to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours.
- ☒ Non-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Non-competitive swimmers will compete as Exhibition
- ☒ Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

ENTRY FEE:

- ☒ Individual Events: \$10.00 each
- ☒ Relay Events: \$14.00 each
- ☒ Please make cheques payable to: Northumberland Aquatic Club (NORAC)

ENTRIES: Entries must be submitted through the SNC online entries system at www.swimming.ca . Meet Management will not accept entries via email. Preliminary entries should be received by Tuesday October 1st, 2019. Online Entry Deadline is Friday October 4th, 2019.

- ☒ Changes to entries will not be accepted after *Date*. After that time, fees will be calculated; no refunds will be granted for missed swims.
- ☒ There are NO Qualifying standards for entry
- ☒ Swimmers may swim maximum of 4 individual events and 1 relay per session.

CONVERSION:

- ☒ Option "B" Entry times can be converted. Please submit converted times:
- ☒ Hy-tek default conversion factor

SCHEDULE OF SESSIONS:

Session #	Date	Prelim/Finals	Warmup	Start	Estimated Duration
1	Saturday Oct 19	Time Finals – all ages	12pm – 12:55pm	1 pm	4 hrs
2	Sunday Oct 20	Time Finals – all ages	11am – 11:55 pm	12 pm	4 hrs

SCHEDULE OF EVENTS: See event list - Appendix A

COACH'S

REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

COACH'S MEETING: A coaches meeting will be held Saturday October 19, 2019 at 11:45 am in the Officials room

SEEDING:

- ☒ Option "A" (times converted by club and/or host)
Seeding will be in order of times entered,
as converted pursuant to the conversion process as per meet package,

followed by swimmers entered with NT (no times).

TIME SPLITS: Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.

DECK ENTRIES: Deck Entries are Exhibition Only. They are not eligible for scoring or awards.
☒ Deck entries will be accepted for empty lanes only (no new heats will be created).
Swimmers entered on deck must have valid proof of SNC registration (number) as an active, registered, competitive swimmer.
☒ \$15 per entry

CHECK IN

AND SCRATCHES: ☒ Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.
☒ No scratch penalty shall be imposed for late or day of scratches.

SCORING: ☒ No Scoring

AWARDS: ☒ The following will be awarded: Ribbons for 1st - 6th for all individual and relay events

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

☒ The meet program will be run on Hy-Tek Meet Manager.

☒ Results will be posted as quickly as possible at the meet.

2019 NORAC Fall Warm Up Meet

Appendix

Event List

Session 1		
Saturday, October 19 th , 2019		
Warm-up: 12:00 PM -- Start:1:00 PM		
101	100m Free	102
103	50m Breaststroke	104
105	200m Backstroke	106
107	MIXED 25m Butterfly 12 & Under	
108	MIXED 25m Free 12 & Under	
109	100m Butterfly	110
111	50m Backstroke	112
113	200m Breaststroke	114
115	200m IM	116
117	400m Free 10 & Over	118

Session 2		
Sunday, October 20 th , 2019		
Warm-up: 11:00 AM -- Start:12:00 PM		
<i>Women</i>		<i>Men</i>
201	100m Breaststroke	202
203	50m Free	204
205	100m Backstroke	206
207	MIXED 25m Backstroke 12 & Under	
208	MIXED 25m Breaststroke 12 & Under	
209	200m Free	210
211	50m Fly	212
213	200m Free RELAY 12 & Under	214
215	200m Free RELAY 13 & Over	216
217	100m IM 12 & Under	218
219	400m IM 10 & Over	220