GO Kingfish

APRIL LONG COURSE MEET

2013

APRIL 27-28, 2013

April Long Course Meet 2013

Location: University of Ottawa Pool, Montpetit Hall, Ottawa, Ontario

Dates: April 27-28,2013

Sessions:

Session	Warm-up	Start	Events
1 Saturday	7:15-8:00 AM	8:15 AM	01-08
2 Saturday	12:30-1:20 PM	1:30 PM	09-16
3 Sunday	7:15-8:00 AM	8:15 AM	17-23
4 Sunday	12:30-1:20 PM	1:30 PM	23-30

Meet format: Long Course

Meet package: The only meet package which will be considered as valid must be the most current version found on www.swimmeet.ca.

Sanctioned: Swim Ontario, with all current Swim Natation Canada rules applying.

Meet Referee: Steve Lavoy

Timing: Open/Timed Finals. Manual timing will be used (along with electronic timing). Meet Management acknowledged the SO policy with banning the future use of split times as official times and 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. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.

Eligibility: Entry is restricted to swimmers registered with Swim Natation Canada who have registered for the 2012-2013 season. Swimmers ID numbers must accompany entries. Entries will be accepted on a first come first serve basis.

Age: Swimmers age is as of the 27th of April 2013 (the first day of the meet).

Facility: The University of Ottawa Pool is an eight lane 50 M pool with a bulkhead in the middle separating the 25 M shallow end from the 25 M deep end. This meet will be single ended. There is a large spectator gallery for viewing.

Events: Swimmers may swim up to **3 individual events per session** for a total of **6 events for the weekend.** The Meet Manager reserves the right to adjust events to ensure the session can be run on time.

Standards: None

Scratches: All scratches must be submitted to the Clerk of Course 30 minutes prior to the start of the session. Deck entries will not be allowed.

Cost: Individual Events $8.00
Please enclose payment with your entries and make cheque payable to:
"**Greater Ottawa Kingfish Swim Club**"

Entries: All entries must be in Hy-tek format and submitted via www.swimmeet.ca.
Entry times must be in long course version, entry times will not be converted.
No entries will be accepted directly by meet management. **Entry deadline is April 20, 2013.**

Meet Management reserves the right to delete swimmer from an entry or results file for incorrect or absent 9 digit ID numbers and/or correct date of birth. Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance in the meet *and where applicable* Foreign swimmers will be exempt from this requirement.

Seeding: Events will be seeded slowest to fastest.

Results: Results will be uploaded to the SNC site within 2 days of finish of meet.

Awards: Ribbons will be awarded: Individual 1st –8th ,

Final results/awards will be divided into the following age groups for individual events:

10 and under	Female & Male
11/12	Female &Male
13/14	Female & Male
15/16	Female & Male
17 and over	Female & Male

Scoring: Individuals points 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Meet Manager:
Peter Champagne
Tel: 613-222-3184
Fax: 819-770-4571
E-mail: pechamp@rogers.com

Warm up Procedures: The meet manager reserves the right to split warm up as required. SNC warm up procedures will be in effect at this meet.

Coaches: There will be a meeting of all coaches with the Meet Manager and/or the Referee Saturday at 7:45AM at the shallow end of the pool.

Food: A canteen will be open for swimmers and families to purchase items. Hospitality will be available to the coaches and volunteers (officials and volunteers room).

Privacy: **Cameras and recording devices** will not be allowed on deck, or in the vicinity of the locker room area at any time during the meet.

Saturday, April 27, 2013

Session 1

Warm up: 7:15 AM Start Time: 8:15 AM

Event #	Event Description	Age
1	200 Free	Mixed 12 and under
2	50 Back	Mixed 12 and under
3	100 Breast	Mixed 12 and under
4	100 Fly	Mixed 12 and under
5	200 Back	Mixed 12 and under
6	50 Free	Mixed 12 and under
7	400 IM	Mixed 12 and under
8	400 Free	Mixed 12 and under

Saturday, April 27, 2013

Session 2

Warm up: 12:30 PM Start Time: 1:30 PM

Event #	Event Description	Age
9	200 Free	Mixed 13 and over
10	50 Back	Mixed 13 and over
11	100 Breast	Mixed 13 and over
12	100 Fly	Mixed 13 and over
13	200 Back	Mixed 13 and over
14	50 Free	Mixed 13 and over
15	400 IM	Mixed 13 and over
16	400 Free	Mixed 13 and over

Sunday, April 28, 2013

Session 3

Warm up: 7:15 AM Start Time: 8:15 AM

Event #	Event Description	Age
17	200 Fly	Mixed 12 and under
18	50 Breast	Mixed 12 and under
19	200 IM	Mixed 12 and under
20	100 Free	Mixed 12 and under
21	50 Fly	Mixed 12 and under
22	100 Back	Mixed 12 and under
23	200 Breast	Mixed 12 and under

Sunday, April 28, 2013

Session 4

Warm up: 12:30 PM Start Time: 1:30 PM

Event #	Event Description	Age
24	200 Fly	Mixed 13 and over
25	50 Breast	Mixed 13 and over
26	200 IM	Mixed 13 and over
27	100 Free	Mixed 13 and over
28	50 Fly	Mixed 13 and over
29	100 Back	Mixed 13 and over
30	200 Breast	Mixed 13 and over

GO Kingfish

VOLUNTEER LIST

It would be appreciated for visiting clubs to help out in the officiating of the meet, **please return the below form with the meet entry*** indicating those people that are gracious enough to assist in helping. Please include a telephone number so that our meet committee may get in contact with them to confirm participation. The club is only too happy to provide the officials with hospitality.

Officials Contact: Warner Miles: email wmiles@sympatico.ca

NAME OF OFFICIAL	PHONE	POSITION QUALIFIED TO OFFICIATE	SESSION (S) PREFERRED

GO Kingfish CLUB INFORMATION SHEET

Club Name _____

Code _____

Phone _____

Fax _____

Address _____

Contact Name _____

Position _____

Coaches Attending _____

Results are requested on _____ disk _____ hard copy

SWIMMERS

Number of swimmers entered: Female_____

Male _____

Total _____

Individual Entries: Female_____

Male _____

Total _____

Relay Entries: Female_____

Male _____

Total _____

FEES

Total number of individual entries: _____ * $ 8.00=_____

Total amount of cheque enclosed _____

Please make cheque payable to: GREATER OTTAWA KINGFISH SWIM CLUB

SWIMMING/NATATION
CANADA

Providing opportunities for fitness and excellence in swimming
L'occasion d'atteindre la bonne forme et l'excellence en notation

SWIMMING/NATATION CANADA

WARM UP PROCEDURES

During the designated warm up period, the meet management shall be responsible for ensuring that all rules are followed. Diving starts shall not be made during the warm up period for any competition or when two-way swimming is in progress, except that the meet manager shall designate a period of time during which the specified lanes shall be used for diving starts. During this designated period, only one-way swimming shall be permitted in the specified diving lanes.

It is incumbent on all participants eg: swimmers, coaches, officials and administration to comply with these procedures.

The meet management shall designate Safety Marshalls who will ensure compliance with these procedures. These marshals shall be responsible for the conduct of the warm up in the competition venue.

The meet management shall provide signs at the end of the pool(s), which will indicated the designated use during the warm up period.

Written notices regarding the warm up time, lane use and no diving shall be posted at the meet.

The following statement shall appear in the meet information: **"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET"** and in the notices.

EQUIPMENT
FLUTTER BOARDS and PULLBUOYS are allowed. Hand paddles and flippers ARE NOT permissible.

INFRACTIONS
Infractions of these procedures may result in the offender(s) being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

NOTE: As a courtesy, coaches should allow backstrokers, to have the "right of way" for safety purposes.

January 1977

Please Note: Breach of pool safety rules by members of a club will be reportedto Swim Ontario
The club may face a fine not to exceed $ 1,500.00

Long Term Athlete Development Strategy & SNC LTADS Policy

The implementation of the Swim Ontario LTADS has been a success over the past four years. Now, Swimming Canada (SNC) is in the process of finalizing a national LTADS policy which will take effect September 1st, 2008. The following information provides some background on the Swim Ontario LTADS; as well, it outlines any (minor) impact the SNC LTADS will have on Swim Ontario members.

To address the different rates of growth which occur between males and females, the Swim Ontario Junior Provincial competition has differentiated age categories between genders. To better address the physiological capabilities and needs of our athletes at each phase of their development, there is a differentiation in what events are offered to each age category.

To reduce the physiological age disparity that 2 year age increments bring, and to provide a fairer playing field for all, single year age increments have been introduced at Junior Provincials for all Girls 14 yrs of age and under and all Boys 15 yrs of age and under. Because scientific research indicates that athletes lock in their skills during the first three to four years of swimming, the emphasis should not be on how fast you swim but how well you swim. Skill development is far more important than winning!

To ensure that swim programs focus on avoiding soft tissue injury caused from repetitive freestyle workouts, improve motor learning skills, increase interest and benefit long term development; Individual Medley (Multi Stroke/Multi Skill) pre-requisite qualifying events were introduced at Junior Provincials. (The 200 IM for Girls 11 yrs & under and Boys 12 yrs & under; and the 400 IM for Girls 12, 13, 14yrs and Boys 13, 14 and 15 yrs.)

Sports physiologists have discovered that age group swimmers are pre-disposed to aerobic training, and derive far greater benefits long term by developing their aerobic capacities as opposed to their anaerobic capacities; an Aerobic oriented pre-requisite event has been introduced at Junior Provincials. (The 400 Free for Girls 10 yrs and under and Boys 11 yrs and under; and the 800 Free for Girls 11, 12, 13 & 14 and Boys 12, 13, 14 & 15.) For tracking purposes, clubs are encouraged to run Sanctioned Time Trials in the 400 and 800 Freestyle for all their age group swimmers.

Swimmers must attain both an Individual Medley (IM) and an Aerobic Free pre-requisite time and at least one (1) Junior Provincial qualifying standard in order to participate at Junior Provincials. (Girls 15-17 and Boys 16-17 are exempt.)

It often takes between 10 and 15 years of the best possible preparation to reach Individual Peak Performance levels. With such a long career ahead, it is far more beneficial to allow swimmers 12 yrs of age and under the free time necessary to participate with friends and family in other sports and social activities, and reduce the unnecessary fatigue that accumulates from participating in heats and finals throughout the season.

Therefore, all 12 & under events for all sanctioned Invitational's and Time Trials within the province of Ontario will be TIME FINAL EVENTS only (see 12 & under rules below).

Swim Ontario 12 & UNDER RULES

1. Regardless of meet format or age categories, all individual and relay events for 12 and under are TIME FINAL (no progression to second swim of the same event)

2. 12 & under may " Swim Up" on relays in both preliminaries & finals at Ontario Jr. Provincial Championships, Ontario Senior Provincial Championships, Ontario Team Championships and Ontario Regional Championships and any SNC designated Meets.

3. 12 and under who qualify, may swim heats and finals of individual events at Ontario Senior Provincials, Canada Games Trials or other SNC designated competitions.

Additional LTADS Recommendations from Swim Ontario

To achieve a province wide strategy it is recommended that Invitational and Regional Championships offer the same event selection as Jr. Provincials. Invitational's do not have to run their meets in the same event order nor do they have to run single year increments. All sanctioned meets need to comply with the 14 and under LTAD policy # 2 as described below.

In order to recognize the need to re-charge our batteries, and re-focus on the Long Course Season, March has been identified as a Refocus/Revitalization Period. No Sanctioned meets or time trials will be permitted during the SO defined revitalization period. SNC or Swim Ontario designated competitions are exempt from this policy.

The recommended swim meet session length, excluding warm-ups, is 4.5 hours. If a meet exceeds this length, you are requested to report that to the Regional Development Programs Coordinator of Swim Ontario at christy@swimontario.com.
For more information on any of Swim Ontario's Programs, including the "Long Term Athlete Development Strategy visit the Swim Ontario website at *www.swimontario.com*

Please note Swim Ontario reserves the right to amend conditions of the LTADS policies.

NEW: SNC National LTAD Policy - 14 & UNDER Rules

1. For pre-Peak Height Velocity (PHV - 14 years and under) age athletes, age groupings for entry time standards, national rankings and awards shall be based on single year increments.
Impact: Swim Ontario already has single age increment standards or "Time Levels" for 14 and under athletes.

2. For Club Invitational, Regional, Provincial and National sanctioning of competitions, a qualification system for swimmers aged 14 & under shall involve a pre-requisite or entry system that is based on individual medley and aerobic freestyle events only. Example: 200 IM AND 400 or 800 FR or 400 IM AND 400, 800 or 1500 Freestyle.
Impact: Swim Ontario's current Junior Provincial Championship qualification system conforms to this SNC LTAD policy. Club Invitational's will adopt a similar entry system; Clubs can choose the IM and aerobic freestyle events and time standard for the pre-requisite qualification. Please note that Swim Ontario regional sanctioning officers will not accept any sanction requests that do not comply.

3. For Swimmers aged 14 & under, at Provincial and National competitions: Award systems will include:

Overall scoring of multiple-event performance across individual medley and aerobic freestyle events using a SNC IM-FREE program.

Recognition of improvement from previous personal best (PB) performances.

Individual awards for individual event performances.

Impact: The Swim Ontario Junior Provincial competition conforms to bullets 1 and 3; however a form of recognition of improvement for PB's (bullet 2) will be developed.

4. For the purposes of obtaining sanction approval, estimated timelines for all competitive sessions be required on the sanction application, and these timelines must be included in the meet information.
Impact: All sanction applications will require estimated timelines to be included in the meet package and should be compliant with total session lengths, excluding warm up, that do not exceed 4.5 hours (see above).

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of "textile" currently is: "Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding."

SHAPE – MEN: swimwear shall not extend above the navel or below the knee. WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers

PROCEDURE MANUAL

SECTION	**Membership**	**PROCEDURE #**	M-001-07
SUBJECT	**Athlete Registration and Proof of Residence for Competitions**	**EFFECTIVE**	September 2009
AUTHORIZED BY	Board Of Directors	**REVISED**	

Support

Swim Ontario Policy

M – 001 … Swim Ontario is a not for profit sport governing body responsible for the organization and regulation of competitive swimming in Ontario.

Swimming Rules of SNC

GR 1.2.1.1 Swimmers entering meets in Canada must comply with all FINA, SNC and PS eligibility rules.

GR 1.1.1.3 The PS may make special rules and regulation for age group and senior events.

This procedure applies to all competitions sanctioned by Swim Ontario. This procedure is aimed at ensuring all athletes in competition are properly registered, insured and that they are residents of the country or province for which they claim residence.

Registration

Ontario Athletes

Meet Managers must ensure that all swimmers are duly and properly registered. At the time of receiving an entry (electronic, paper or deck) from an Ontario athlete, meet managers must secure both

9 digit ID number
date of birth

This is done through www.SwimMeet.ca and the meet entry process. Through this route, meet managers can feel assured that the swimmer is duly registered. Without this information the swimmer registration is suspect and meet managers must confirm the information within a reasonable period of time. Exemptions for Ontario Athletes may be considered, please see Proof of Residence Exemption.

Non-Ontario Athletes/Clubs

The non-Ontario swimmer must be able to prove two things upon demand to compete within the province.

- Registration with a governing body (Swim Alberta, Swim USA for example)
  - Athlete number
  - Date of birth
  - Proof of registration
  - Proof of Insurance

- Residency within the governing body as demonstrated by either the parent or swimmer
  - Tax roll
  - Drivers license
  - Passport
  - Other documentation as accepted by Swim Ontario

This procedure does not apply to the following situations where specific Swim Ontario and SNC rules shall govern:

- Swimmers competing in the OUA/CIS/NCAA.
- National Swimming Centre swimmers.
- Masters swimmers

Procedure

Any meet which has the potential for attracting non-Ontario swimmers must include a notice of registration and residency. All swimmers must be duly registered and residents of the governing body for which they are competing. All swimmers must be in good standing with their respective governing swim body.

All swimmers must be residents of the province/state or country for which they claim registration. Proof of residency may be passport, tax-roll, college residence or other document as deemed acceptable by Swim Ontario and shall be provided within 24 hours of request by Swim Ontario

An affidavit attested by the submitting club is required to be completed and received by the host club prior to competition. A sample of an affidavit which may be used by meet management is attached.

All affidavits attesting to resident and registration compliance must be faxed by the host club to the Swim Ontario offices within 7 days of the completion of the competition.

Swim Ontario Office
Fax: 416-426-7356
Attention: Victoria Corrigan - (victoria@swimontario.com)

Responsibility Action

Meet Manager	Ensure language is included in meet package, non-SNC affidavits are signed and faxed/emailed to Swim Ontario within 7 days of competition completion.
Swim Ontario	Randomly request review of affidavits and act immediately on any concerns
Please note that while every effort is taken to ensure accuracy this procedure may have changed. Please contact Swim Ontario staff for any assistance or additional information.	

Certification of Residence and Registration Status of all Entered Athletes

Athletes competing in Ontario must,

• Have paid for competitive registration status prior to entering the meet.

Non-SNC clubs must register and pay for the registration of their athletes with their respective governing swim body.

• Be residents of the governing body for which they are registered

Exemptions are permitted. Please see Swim Ontario for form and filing information.

All swimmers must be residents of the country, province or state for which they are representing. Proof of residency may be passport, tax-roll or other document as deemed acceptable by Swim Ontario and shall be provided within 24 hours of request by Swim Ontario.

A penalty will be levied against any club found to have entered an athlete in the meet without first registering the athlete and paying for registration or for registering an athlete without proper residency.

Submitting a meet entry without the athlete being properly registered and that registration paid beforehand or without proper residency will lead to Swim Ontario penalties as deemed appropriate.

The authority for this action is found in

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Swimming Rules of SNC

GR 1.2.1.1 Swimmers entering meets in Canada must comply with all FINA, SNC and PS eligibility rules.

GR 1.1.1.3 The PS may make special rules and regulation for age group and senior events.

For non-Canadian swimmers the registration process varies but in each case the swimmer must be able to prove they are a resident of the country for which they claim registration then provide an identification number. Meet managers should ask for this proof prior to accepting entries.

Failure to ensure that all swimmers are duly registered will result in both the host club and/or the offending club to face strict penalties including but not limited to either a fine, withdrawal of sanction rights and even suspension.

I certify that all athletes submitted with this competition entry are duly insured and are all residents of _____ (country) and currently registered members of _____ (country's governing body).
I am authourized by my club to make this representation in my listed capacity.
By _____ (signature) _____ (print name)
Capacity/Title: _____
Club Name: _____
Date: _____

This form must be signed and returned with the entry or the entry will not be accepted.