

*Annual October
Invitational*



*Saturday October 26, 2013
Nepean Sportsplex, Ottawa*



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Meet package: The only meet package which will be considered as valid must be the most current version found on <https://www.swimming.ca/MeetList.aspx>

Saturday Schedule:

Session	Warm Up	Start	Finish	Age Group
1	11:30 a.m.	12:30 p.m.	5:00 p.m.	Open

Location:

- Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa, Ontario

Facility:

- 8 lane, 25 meter pool (short course, shallow end)

Meet Manager:

- Brian Coughlan – bwcoughlan@gmail.com

Meet Referee:

- Angus MacDonald

Officials:

- Volunteer official requests and inquiries to be directed to Officials' Chairpersons:
 - Andrea Douglas – swott.officials@gmail.com
- Volunteers are required to help Officiate
- We will try to accommodate any requests for individuals who require deck evaluation in specific positions. Please inform the Officials' Chairs of any such requests.

Entry Deadline:

- **Noon Saturday, October 19, 2013** or until max entries of 250 swimmers is met (first come, first served)

Entry Procedure:

- All entries must be in **Hy-Tek Format** and submitted via www.swimming.ca
- Entries must include all swimmer registration numbers
- Entries will be confirmed by e-mail.

Entry Fees:

- Individual events - \$ 8.00
- Payment must be made upon arrival at meet
- Make cheques payable to ***Swim Ottawa***

Eligibility:

- This meet is open to invited club swimmers who are registered as “Competitive” with Swim Ontario (valid ID numbers required).
- This meet is NOT open for pre-competitive (entry level) swimmers.

Rules:

- All swimmers must be registered with Swim Ontario at the Competitive level.
- Meet Management reserves the right to delete a swimmer from an entry or results file for incorrect or absent 9 digit ID numbers and/or incorrect or absent date of birth.
- Current SNC rules apply. Disqualifications allowed.
- **The no false start rule is in effect.**
- All races swum as mixed time final (all ages, sexes seeded by time) - results will be broken down into girls/boys, 10 & under, 11, 12, 13, 14, and 15 & over.
- Maximum swimmers: 250 swimmers.
- **Maximum number of entries per swimmer: 4 individual**
- Age as of October 26, 2013.
- No Scoring.
- Meet Management reserves the right to swim the 400m freestyle two per lane if entries require it.
- Meet Management reserves the right to limit the number of entries to all events 400m and longer – **6 heats maximum (48 swimmers) of 400m will be swum.**

Deck Entries:

- **No deck entries will be permitted.**

Scratches:

- Scratches are due 30 minutes prior to the session start to the Data/Meet Management. No substitutions will be allowed.

Swim Events and Order:

Session 1 Open

Event #	Event
1	400 Free – 6 heats maximum (48 swimmers, total)
2	50 Free
3	100 Back
4	50 Fly
5	100 Breast
6	200 IM
7	100 IM
8	50 Back
9	100 Free
10	50 Breast
11	100 Fly
12	200 Free

Awards:

- Boys / Girls 10-under, 11, 12 - Ribbons 1st to 8th
- Men / Women 13, 14, 15-over - 1st, 2nd & 3rd Place High Point Awards

Meet Results:

- Meet program is run on Hy-tek Meet Manager.
- Results will be posted as soon as possible at the meet.
- Results will be posted to <http://www.swimming.ca/MeetList.aspx>.
as soon as possible

APPENDIX D

SWIMMING/NATATION CANADA

RISK MANAGEMENT / WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer

from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure

compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups.

Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

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

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are **NOT ALLOWED**.

SNC Board Approved July 2, 2005

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