

## "Swim to the Beat" Meet

Our Annual Winter Meet with a musical twist and Gong Prizes!

**Saturday February 21, 2015**



Butterfly artwork by Renee Moss

This meet will run a bit differently than most conventional meets. Please be aware that music will be played during the last heat of each race to chase them home as well as indicate the next event is soon to start. The announcer/DJ will be positioned on the window side where the referee stands.



## SWOTT "Swim to the Beat" Meet Package Saturday February 21 2015

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## Date, Location, Facility

Date and Time	Saturday, February 21 2015 10:00 am to 3:30 pm
Location	<a href="#">Brewer Centennial Pool, 100 Brewer Way, Ottawa</a>
Facility	6 Lane, 25 Meter Pool

## Official Information and Meet Authorities

Sanction and Rules	<p>Swim Ontario, with all current Swimming/Natation Canada rules applying.</p> <p>"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."</p> <p>The authoritative version of the safety procedures is at <a href="https://www.swimming.ca/docs/2014%20Swimming%20Canada%20Competition%20Warm-Up%20Safety%20Procedures.pdf">https://www.swimming.ca/docs/2014%20Swimming%20Canada%20Competition%20Warm-Up%20Safety%20Procedures.pdf</a></p> <p>The new breaststroke rule is in effect. SW 7.1 per <a href="http://www.eswim.ca/Rules.pdf">http://www.eswim.ca/Rules.pdf</a></p>
Authoritative Meet Package	The meet package which will be considered authoritative will be the last publically posted version found at the <a href="#">Swimming/Natation Canada Meet List</a>
Meet Manager	Paul Elder, <a href="mailto:swott.meetmanager@gmail.com">swott.meetmanager@gmail.com</a>
Meet Referee	Bruce Wallace
Officials Coordinator	John Buckle, <a href="mailto:swott.officials2@gmail.com">swott.officials2@gmail.com</a>
Volunteer Officials	<ul style="list-style-type: none"><li>• Volunteers are needed to help officiate, sign up at <a href="#">Swimming Officials Registration System!</a></li><li>• Volunteer official requests and inquiries to be directed to Officials Coordinator</li><li>• SWOTT will try to accommodate any requests for individuals who require deck evaluation in specific positions. Please inform the Officials Coordinator of any such requests.</li></ul>



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## Meet Format

Meet Format	Short Course - Open/Timed Finals All events will be swum Mixed Gender Timed Finals with results separated by gender and age group.
Gong Prizes!	Random gong prizes will be awarded on a 'roll of the dice' basis. Prize Table volunteers will roll a die to determine who in the heat wins the gong prize. Everyone in the heat has a chance to win!

## Meet Session(s)

Session	Warm Up	Start	Age Group
1	10:00 a.m. (Sessions may be split)	11:00 a.m.	Open
<b>Please inform swimmer to use spectator stands while waiting for their swim heat. Only coaches and officials allowed on deck.</b>			

## Meet Events

1	200 Free
2	100 Back
3	50 Free
4	100 Breast
5	50 Fly
6	100 I.M.
7	50 Breast
8	100 Fly
9	50 Back
10	100 Free
11	200 Free Relay



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## Meet Entry

Entry Deadline	Wednesday February 11 2015, 11:59pm
Entry Fees	Individual events - \$ 8.00 Relay events - \$9.00 Payment must be made upon arrival at meet (no HST) Make cheques payable to <b>Swim Ottawa</b>
Maximum Events	Maximum number of entries per swimmer: 3 individual, 1 relay
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.
Time Standards	None
Entry Procedure	<ul style="list-style-type: none"><li>• All entries must be in Hy-tek format and submitted via <a href="#">Swimming/Natation Canada</a></li><li>• <b>Please submit an estimated time rather than NT where possible</b></li><li>• Entries will be confirmed by e-mail.</li><li>• Entries will be accepted on a first come first serve basis up to a <b>limit of 150 swimmers</b></li><li>• 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/Natation Canada identification numbers will be considered for acceptance in the meet and where applicable.</li><li>• Foreign swimmers will be exempt from this requirement.</li></ul>
Age	Swimmers age is as of the February 21 2015
Out of Province	All Clubs from outside of Ontario must provide a "Certificate of Insurance" naming the "City of Ottawa" and "Swim Ottawa" as insured parties. This must be received prior to meet. No Clubs will swim without proof of insurance. All Clubs must be FINA affiliated and provide swimmer registration numbers with entries. All Swim Ontario procedures with regards to out of province/country clubs will be followed.
Deck Entries	Deck entries will not be permitted.
Seeding	Events will be seeded slowest to fastest.
Scratches	Scratches are due 30 minutes prior to the session start to Meet Management. No substitutions will be allowed.
Awards	Boys / Girls 10-under, 11, 12 - Ribbons 1 <sup>st</sup> to 8 <sup>th</sup> Men / Women 13, 14, 15-over - 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Place High Point Awards (20pts 1st, 17pts 2nd, 16pts 3rd, descending to 1pt 16th)



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## Meet Operations

Final Results	Results will be uploaded to the Swimming/Natation Canada website within 7 days of the completion of the meet
During Meet Results	Results will be posted outside the Pool area during the meet. Results will be available via Meet Mobile app (iOS and Android)
Heat Sheets	Will be available for sale on the day of the meet.
Food	Hospitality will be available to the coaches and volunteers (in the officials and volunteers room).
Warm Up Procedures	The meet manager reserves the right to split warm up as required. Swimming/Natation Canada warm up procedures will be in effect at this meet.
Coaches Meeting	There will be a meeting of all coaches with the Meet Manager and/or the Referee prior to the meet at the shallow end of the pool.
Coach Certification	Only certified, registered coaches from participating teams are permitted on deck. Verification must be confirmed by the Thursday prior to the meet.
Official Splits	Meet Management acknowledges the Swim Ontario 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.
Heat Management	Meet Management reserves the right to limit the number of entries to all events
Privacy and Deck Access	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 without prior approval from the Meet Manager and Referee In accordance with Swim Ontario's risk management Policies, the promoters of this event require that any person wishing to engage in any video, zoom or close range photography should register their details with staff with the Meet Manager before carrying out any such photography. Only Coaches, Swimmers and Officials are permitted on the deck.



## **SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### **GENERAL WARM-UP:**

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

### **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

### **VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

### **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

### **PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**