



OUA SWIMMING CHAMPIONSHIPS 2015

Thursday February 5, 2015-Saturday February 7, 2015



OUA SWIMMING CHAMPIONSHIPS

FEBRUARY 5-7, 2002015



Location: Montpetit Hall, University of Ottawa on the Ottawa University Campus

Dates: February 5-7, 2015

Sessions:	<u>Session</u>	<u>Type</u>	<u>Warm-up</u>	<u>Start</u>	<u>Events</u>
	1 Thursday	Prelims	8:00-9:50 AM	10:00 AM	3,4,5,6,7,8,9,10,11,12
	2 Thursday	Finals	4:00-5:45 PM	6:00 PM	1,2,3,4,5,6,7,8,9,10,11,12,13,14
	3 Friday	Prelims	8:00-9:50 AM	10:00 AM	15,16,17,18,20,21,22,23,24,25
	3 Friday	Prelims		3:45 PM	26 , 19 (W800 Free, M1500 Free)slower heats
	4 Friday	Finals	4:00-5:45 PM	6:00 PM	15,16,17,18,19(T 8), 20,21,24,25,26(T 8),27,28
	5 Saturday	Prelims	8:00-9:50 AM	10:00 AM	31,32,33,34,35,36,37,38,39,40
	6 Saturday	Finals	3:00-4:45 PM	5:00 PM	29,30,31,32,33,34,35,36,37,38.39,40,41,42

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

Championship Rules: SNC (Swim/Natation Canada) Rules shall govern the swimming events except as stated in these regulations.

Jury of Appeal Jury shall be appointed at the pre-meet Coaches meeting and shall have the authority to act in any situation not specifically covered by the rules and regulations. The jury shall consist of: League Convener (or delegate in case of conflict of interest), meet referee, conference swim technical representative, two coaches. When conflict of interest circumstances prevent the nominated coaches from fulfilling their duties, alternate members for the jury will be selected by choosing from head coaches at the meet in reverse alphabetical (Z to A) order by the coaches' last name. 2015 Jury of appeal coaches: McMaster and Ottawa.

Meet Manager: Peter Champagne, email: pechamp@rogers.com, phone: 613-222-3184, fax: 819-770-4571

Meet Referee: Charles Montpetit-Level 5

Timing: Open/Timed Finals. Manual timing will be used (along with electronic timing).

Facility: 8 Lane 25-metre pool, with Kiefer lane ropes. The Ottawa University 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 and will be using the deep end. The main gallery is at the deep end and there is a small side gallery allows viewing.

Eligibility: As per OUA general regulations the team complement will be 18 per gender plus 1 PARA per gender.

- Each institution shall declare an official team list at the beginning of the pre-meet Coaches' Meeting. No substitutes shall be allowed after this time. Note: an institution may enter more than the allowable roster of 18 but the declared list is limited to 18 per gender plus 1 PARA per gender.
- Under the CIS Eligibility Rules, ineligible athletes may not compete for their school in the OUA Championship.
- In order for an institution (team) to participate in the OUA Conference swim championship meet that institution must have participated in: 1) the Division Championship to which it had been assigned 2) four meets that include other OUA schools.

- In order for an individual swimmer to participate in the OUA Conference Championship meet, the swimmer must have participated in at least 1 OUA scheduled competition between September 15 and the date of the OUA Championship.

Entries:

The entry deadline shall be **12:00 noon on January 29, 2015.**

- Failure to adhere to the entry deadline will result in a late entry fine of \$100.00 payable to the Host Organizing Committee.
- Changes to entries are permitted after the entry deadline, and up to 5:45 PM on the evening prior to the first day of competition, providing a \$ 25.00 administrative fee per change is paid to the Host Organizing Committee and the entry is declared at the Technical Coaches Meeting
- Entries must be sent to the meet host by Hy-Tek entry file (using the meet set up file provided by the meet host by email).
- Teams must include the details of where the team is staying, including phone number, with their entries (as an email accompanying the electronic Hy-Tek entries).
- The entry file must include the swimmers year of eligibility, indicated as 1,2,3,4,5 (not freshman, sophomore, etc..)
- The number of events an individual may swim at the OUA Championships will be a maximum of six events of which four are individual events.
- Swimmers are permitted to pre-enter six individual events.
- Each institution is permitted an unlimited number of entries in any individual event.
- Each institution may enter a maximum of one team in each Relay event.
- Names of Relay swimmers will be entered with meet management prior to the start of the session where the relay is being swum. Changes to relay names and order may be made by coaches until the beginning of that event by notification to the meet management, referee.
- Swimming entry times are to be Short Course meter times and in the respective distance (i.e. 50's for 50's , 1500's for 1500's). Hytek converted times from LCM or SCY are permitted as entry times. Conversion to be completed by submitting school.
- All seed times in all events are to be best times achieved in the past 18 months. Note that relay times may only be calculated using swimmers in the current OUA Championships.
- Failure by a swimmer to swim in an individual event, or swim a leg of relay (in which officially entered) in the finals session, constitutes a late scratch, and shall result in the offending swimmer being automatically scratched from all remaining events, including relays, scheduled for that day. This applies to step-downs, no shows, and unexcused incomplete swims. Note that there is no penalty for a swimmer's failure to swim an individual event in the preliminaries; however it shall still count as an event towards the total event limit for that athlete.
- Scratches for final must be submitted within 30 minutes of the conclusion of the last preliminary event in the morning session. A swimmer may be officially withdrawn after the scratch deadline without penalty by the referee, if certified to be ill or injured by the meet physician. The athlete may be reinstated in the meet under the same conditions.
- Challenges of any entered times in timed final events must be done at the Technical meeting: proof of time may be made with either meet results or online rankings. A Jury of Appeal shall mediate a solution if required. Note that entry times for non-timed final events cannot be challenged.

Scoring:

Individuals points 20,17,16,15,14,13,12,11 for places 1-8 and 9,7,6,5,4,3,2,1 for places 9-16.
Relay points will be scored double.

- Coaches:** There will be a Coaches Technical meeting on Wednesday in Room MNT 103 with the following agenda:
5:45 pm- Coaches Declare Compliment, change entries and announce any challenges.
6:00 pm-Coaches meeting to include:
- Announcing the Jury of Appeal (McMaster and Ottawa) Queen's and Trent will be alternates
 - Submit awards of Distinction
 - Technical Announcements (Meet Referee)
 - Host Announcements (opening Ceremonies, banners, award presentations, etc.)
 - Determine dates for Championship meet for following year.

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. Meet Management reserves the right to remove from the meet any persons not adhering to meet rules.

- Awards:** The following awards will be at the OUA Championships
- The J.S. Dougall Trophy shall be awarded to the Men's team champion first presented by J.S. Dougall, Montreal in 1910. The Women's championship trophy shall be awarded to the Women's team champion.
 - OUA banners will be awarded to the institutions winning the team championships.
 - OUA Gold, Silver, and Bronze medals will be awarded respectively to first, second, and third place winners in each event.
 - OUA Gold medals shall be awarded to all members of the championship teams.
 - The top two finishers in each individual event and the first place finishers in each of the Relay events shall receive OUA All Star Certificates. This will be announced and published at the end of the Championship meet.
 - The OUA coaches will select a Men's and Women's Coach of the Year to be presented with plaques at the Championship.
 - The OUA coaches will select an outstanding Male and Female swimmer of the meet with an appropriate award to be presented at the Championship (to be supplied by the host institution). The Swimmer of the Meet will be awarded to the swimmer who achieves the most individual gold medals at the OUA Championship. In event where two or more swimmers achieve equal number of gold medals, the swimmer with the highest scoring swim based on FINA point tables will be chosen as the swimmer of the meet.
 - The OUA coaches will select OUA Male and Female Swimmer of the Year. The Male and Female Swimmer of the Year will receive an OUA plaque. The OUA Swimmer of the Year will be announced the Tuesday following the OUA Championships based on FINA points on the season in OUA events only.
 - The Award of Distinction is awarded to graduating male(s) and female(s) OUA swimmers for their outstanding career(s) in the OUA and CIS. The criteria for the award will be: any swimmer who has medaled in Individual events at the OUA Championship in 3 or more years and scored points at the CIS championships. The award purchased by the recipients school) is to be given in the athletes' graduating year.
 - Any athlete in their final year who by medaling at the current championship would meet the Award of Distinction criteria is eligible for nomination and upon achieving the criteria will be recognized as per the other nominees.
 - Other nominations for the Award of Distinction may be made and awarded



Thursday, February 5, 2015



Session 1-Prelims

Warm ups: 8:00-9:50 AM

Start Time: 10:00 AM

Event #		Event Description		Event #
3	Female	400 Free	Male	4
5	Female	100 Back	Male	6
7	Female	200 Breast	Male	8
9	Female	200 Fly	Male	10
11	Female	50 Free	Male	12

Thursday, February 5, 2015

Session 2-Finals

Warm ups: 4:00-5:45 PM

Start Time: 6:00 PM

Event #		Event Description		Event #
1	Female	4 x 50 Free Relay	Male	2
3	Female	400 Free	Male	4
5	Female	100 Back	Male	6
7	Female	200 Breast	Male	8
9	Female	200 Fly	Male	10
11	Female	50 Free	Male	12
13	Female	4 x 200 Free Relay	Male	14

Friday, February 6, 2015

Session 3-Prelims

Warm ups: 8:00-9:50 AM

Start Time: 10:00 AM

Event #		Event Description		Event #
15	Female	200 IM	Male	16
17	Female	100 Free	Male	18
20	Female	200 Back	Male	21
22	Female	100 Breast	Male	23
24	Female	50 Fly	Male	25

Friday, February 6, 2015

Session 4-Prelims Distance

Warm ups: 2:00-3:30 PM

Start Time: 3:45 PM

Event #		Event Description		Event #
26	Female	800 Free Swimmers seeded 9th and above		
		1500 Free Swimmers seeded 9th and above	Male	19



Friday, February 6, 2015



Session 5-Finals

Warm ups: 4:00-5:45 PM

Start Time: 6:00 PM

Event #		Event Description		Event #
15	Female	200 IM	Male	16
17	Female	100 Free	Male	18
	Female	1500 Free Top 8 seeds	Male	19
20	Female	200 Back	Male	21
22	Female	100 Breast	Male	23
24	Female	50 Fly	Male	25
26	Female	800 Free Top 8 seeds	Male	
27	Female	4 x 100 Medley Relay	Male	28

Saturday, February 7, 2015

Session 6-Prelims

Warm ups: 8:00-9:50 AM

Start Time: 10:00 AM

Event #		Event Description		Event #
31	Female	200 Free	Male	32
33	Female	50 Breast	Male	34
35	Female	50 Back	Male	36
37	Female	100 Fly	Male	38
39	Female	400 IM	Male	40

Saturday, February 7, 2015

Session 6-Finals

Warm ups: 3:00-4:45 PM

Start Time: 5:00 PM

Event #		Event Description		Event #
29	Female	4 x 50 Medley Relay	Male	30
31	Female	200 Free	Male	32
33	Female	50 Breast	Male	34
35	Female	50 Back	Male	36
37	Female	100 Fly	Male	38
39	Female	400 IM	Male	40
41	Female	4 x 100 Free Relay	Male	42

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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 scratched 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.”



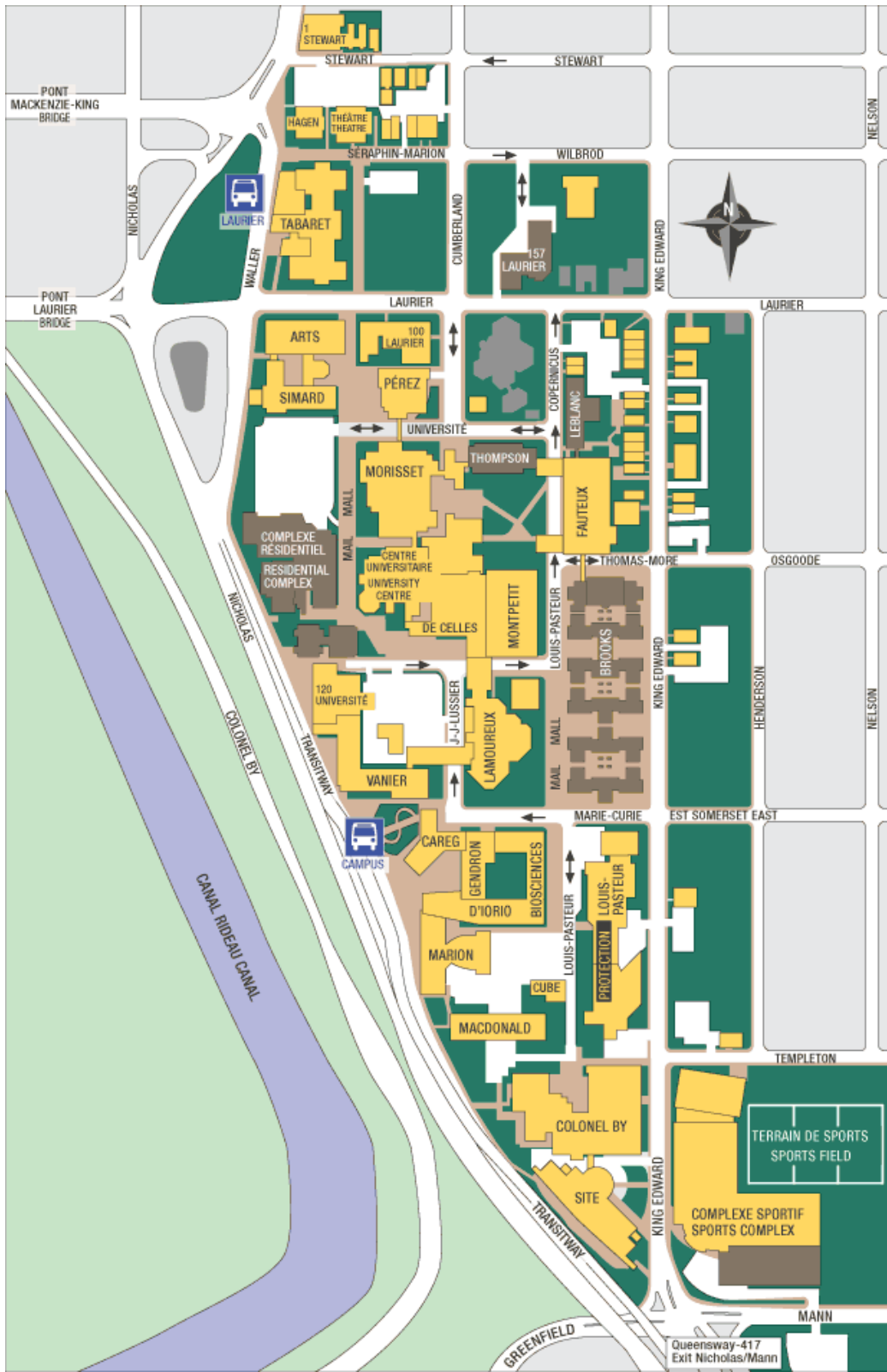
Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

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



Please know that you must pay for parking or else you will receive a ticket.