

GO  ***Kingfish***

**GEE GEE INVITATIONAL
2015**



uOttawa

Natation | Swimming

February 21-February 22, 2015



Gee Gee Invitational 2015, Feb 21-22, 2015

- Sanction:** Swim Ontario, with all current Swim Natation Canada rules applying.
- Dates:** Feb 21-22, 2015
- Meet Managers:** Randy Byers - Tel: 613-371-1399
Jason Taker
E-mail: meetmanager@gokingfish.ca
- Meet Referee:** Charles Montpetit – Level 5
- Meet package:** The only meet package which will be considered as valid must be the most current version found on www.swimmeet.ca.
- Location:** University of Ottawa Pool, Montpetit Hall, Ottawa, Ontario
- Facility:** The University of Ottawa Pool is an eight lane 50 M pool. This meet will be single ended and will be using the deep end. The shallow end will be available for continuous warm-up / cool down during the meet. There is a large spectator gallery for viewing.
- Meet format:** Short Course - Open/Timed Finals. All events will be swum separate gender with results separated by gender and age groups.
- Time Standards:** None
- Eligibility:** Entry is restricted to swimmers registered with Swim Natation Canada who have registered for the 2014-2015 season. Swimmers ID numbers must accompany entries.
- Entries:** Entries will be accepted on a first come first serve basis. All entries must be in Hy-tek format and submitted via www.swimmeet.ca. Entry times must be in short course version, entry times will not be converted. No entries will be accepted directly by meet management.
- 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.
- Out of Province** All Clubs from outside of Ontario must provide a "Certificate of Insurance" naming the "City of Ottawa", "University of Ottawa" and the "GO Kingfish Swim Club" 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.



Gee Gee Invitational 2015, Feb 21-22, 2015

Age: Swimmers age is as of February 21th, 2015 (the first day of the meet).

Entry Deadline: **Entry deadline is February 13th, 2015.**

Cost: Individual Events \$8.50
Relay Events \$10.00

Please enclose payment with your entries.
Make cheque payable to: **"Greater Ottawa Kingfish Swim Club"**

Sessions:	<u>Session</u>	<u>Age</u>	<u>Warm-up</u>	<u>Start</u>	<u>Events</u>
	1 Saturday	12 and under	7:30-8:00 AM	8:05 AM	01-22
	2 Saturday	13 and over	12:55-1:25 PM	1:30 PM	23-44
	3 Sunday	12 and under	7:30-8:00 AM	8:05 AM	45-62
	4 Sunday	13 and over	12:55-1:25 PM	1:30 PM	63-82

Events: Swimmers may swim a maximum of **3 individual events per session** for a total of **6 events for the weekend**. To ensure each session can fall within the allowed timelines, Meet Management reserves the right to:

- A)** adjust events to ensure the session can be run on time and/or
- B)** double up the 400 Free, 800 Free and 1500 Free
- C)** limit entries in the 400 Free, 800 Free, and/or 1500 Free to the fastest 4 heats

Deck Entries Deck entries will not be allowed.

Seeding: All events will be seeded slowest to fastest except for distance events which will be seeded fastest to slowest.

Official Splits: 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.

Scratches: All scratches must be submitted to the Clerk of Course 30 minutes prior to the start of the session.

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

Live Results Will be available on Meet Mobile and online on the GO Kingfish site.



Gee Gee Invitational 2015, Feb 21-22, 2015

Psych Sheets: Will be available on the GO Kingfish website.

Awards: Ribbons will be awarded: Individual 1st - 8th
Relay 1st - 3rd

Final results/awards will be divided into the following age groups for all 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 9-7-6-5-4-3-2-1
Relay points 18-14-12-10-8-6-4-2

Officials and Volunteers: It would be appreciated for visiting clubs to help out in the officiating of the meet. Volunteers can sign-up to work at this meet using the OSOA website (<http://swimmingofficials.com/>)

Officials contact: John Pezacki officials@gokingfish.ca

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.

Coach Certification: Only certified, registered coaches from participating teams are permitted on deck.

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 – MNT 103).

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 without prior approval from the Meet Manager and the Meet Referee. Team photographers must check in with the meet manager prior to the start of the session and obtain a photographer pass prior to being on deck.



Gee Gee Invitational 2015, Feb 21-22, 2015

Saturday, February 21, 2015

Session 1

Warm up: 7:30 AM

Start Time: 8:05 AM

Event #	Female	Event Description	Male	Event #
1	10 and under	4 x 50 Free Relay	10 and under	2
3	11-12	4 x 50 Free Relay	11-12	4
5	12 and under	200 Free	12 and under	6
7	12 and under	100 Breast	12 and under	8
9	12 and under	50 Fly	12 and under	10
11	12 and under	200 Back	12 and under	12
13	12 and under	50 Free	12 and under	14
15	12 and under	200 Fly	12 and under	16
17	12 and under	50 Back	12 and under	18
19	12 and under	400 IM	12 and under	20
21	12 and under	800 Free	12 and under	22

Saturday, February 21, 2015

Session 2

Warm up: 12:55 PM

Start Time: 1:30 PM

Event #	Female	Event Description	Male	Event #
23	13-14	4 x 50 Free Relay	13-14	24
25	15 and over	4 x 50 Free Relay	15 and over	26
27	13 and over	200 Free	13 and over	28
29	13 and over	100 Breast	13 and over	30
31	13 and over	50 Fly	13 and over	32
33	13 and over	200 Back	13 and over	34
35	13 and over	50 Free	13 and over	36
37	13 and over	200 Fly	13 and over	38
39	13 and over	50 Back	13 and over	40
41	13 and over	400 IM	13 and over	42
43	13 and over	800 Free	13 and over	44



Gee Gee Invitational 2015, Feb 21-22, 2015

Sunday, February 22, 2015

Session 3

Warm up: 7:30 AM

Start Time: 8:05 AM

Event #	Female	Event Description	Male	Event #
45	10 and under	4 x 50 Medley Relay	10 and under	46
47	11-12	4 x 50 Medley Relay	11-12	48
49	12 and under	200 IM	12 and under	50
51	12 and under	50 Breast	12 and under	52
53	12 and under	100 Fly	12 and under	54
55	12 and under	100 Free	12 and under	56
57	12 and under	200 Breast	12 and under	58
59	12 and under	100 Back	12 and under	60
61	12 and under	400 Free	12 and under	62

Sunday, February 22, 2015

Session 4

Warm up: 12:55 PM

Start Time: 1:30 PM

Event #	Female	Event Description	Male	Event #
63	13-14	4 x 50 Medley Relay	13-14	64
65	15 and over	4 x 50 Medley Relay	15 and over	66
67	13 and over	200 IM	13 and over	68
69	13 and over	50 Breast	13 and over	70
71	13 and over	100 Fly	13 and over	72
73	13 and over	100 Free	13 and over	74
75	13 and over	200 Breast	13 and over	76
77	13 and over	100 Back	13 and over	78
79	13 and over	400 Free	13 and over	80
81	13 and over	1500 Free	13 and over	82



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."



SWIMWEAR RULE

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.

SHAPE – 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