

2015 Ontario Provincial Championships Long Course

For Able Bodied & PARA

July 2-5, 2015

Hosted by:

**Nepean Kanata
Barracudas**

**At the
Nepean Sportsplex
Nepean, Ontario**

Officially sanctioned by



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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."



Ontario Provincial Championships LC 2015 Hosted by Nepean Kanata Barracudas

General Information

<u>Date:</u>	July 2-5, 2015
<u>Meet Type:</u>	Long Course – Heats & Finals: At the Ontario Provincial Championships, all swimmers are permitted to compete in both preliminary and finals sessions.
<u>Sanction:</u>	Sanctioned by Swim Ontario and International Paralympic Committee (IPC)
<u>Competition Host:</u>	Nepean Kanata Barracudas
<u>Location:</u>	Nepean Sportsplex, Nepean, Ontario, 1701 Woodroffe Ave, K2G 1W2
<u>Facility:</u>	Eight lane, 50m indoor tank, Electronic Timing, 25m indoor tank for warm-up/warm-down
<u>Accommodation:</u>	Accommodations: Please see Appendix C
<u>Meet Officials:</u>	<p>Meet Referee: Nicole Parent nicole@swimontario.com Meet Manager: Megan Dodge megandodge0@gmail.com All entry files and associated correspondence will be handled through the www.swimming.ca/meetlist.aspx website. Meet Management will be exporting the information entered when submitting entries, so please include a valid number to be used during the meet.</p>

Competition Times:

- WARM-UPS PRELIM SESSIONS 7:30am to 8:50 am Start: 9:00am
 - a. Distance sessions will start 10 minutes following the completion of other prelim events.
 - b. The eight (8) fastest female and male swimmers in each distance event regardless of age will compete in the finals session.
 - c. The 800's will be swum alternating heats of women and men.
 - d. Distance events will be swum 2 per lane at meet managements discretion

- Thursday, Friday and Saturday FINALS – 5:00pm to 5:50pm Start: 6:00pm
- Sunday FINALS – 4:00pm to 4:50pm Start: 5:00pm
- MEET MANAGEMENT RESERVES THE RIGHT to change warm-up times
-

****The 25m pool will be available for warm-up and warm-down on the following days/times: Thursday to Sunday 7:00 am – 8:00 pm.**

Meet management reserves the right to change warm-up session times and to allocate team warm-up schedules.

<u>Qualifying:</u>	Period:	As of January 4 th , 2014
	Standards:	2013 -16 Swim Ontario Provincial Championships Standards
	Pre-requisites:	As of January 4 th , 2014 required for the appropriate age categories.

<u>Entry Deadline:</u>	Entry Deadline: Clubs/Coaches MUST submit their entry file by Monday, June 15 2015 , with qualifiers and events at that time, updated times and NEW qualified swimmers may be entered into the meet up until Monday June 22nd, 2015 .
<u>Psych Sheets:</u>	Psych Sheets will be posted on line at www.swimnkb.com by noon on June 28, 2015, five (5) days prior to the competition.
<u>Heat Sheets:</u>	Meet Records, Provincial Records, National Age Group Records and Senior Canadian Records will be listed in the heat sheets
<u>Payment:</u>	Please make cheques payable to Nepean Kanata Barracudas and bring to the meet.
<u>Entry Fees:</u>	Individual Event Fee: \$15.00 including HST Relay Event Fee: \$20.00 including HST Splash fee: \$ 5.00 + HST - \$ 5.65 (per swimmer including “relay only”)
<u>Pre-Meet Training:</u>	Wednesday July 1, 2015 from 3:30 – 7:00pm. Meet management requests any team requiring pre-meet training to contact the meet manager by Monday June 22 with their training needs for Wednesday July 1 and a schedule will be developed and published based on the clubs who require training.
<u>Registration:</u>	Wednesday July 1, 2015 from 3:00pm to 7:00pm Thursday July 2, 2015 from 7:00am to 11:00am One coach designate from each team must register the following: <ul style="list-style-type: none"> ✓ Team coaches with proof of CSCTA registration, SWON Coach certification & compliance ✓ Payment ✓ Signed Proof of Times Certification Agreement for all entries (If not faxed or scanned in with entries).
<u>Coaches’ Meeting:</u>	Thursday, July 2 nd , 2015 at 7:50am in the 25m pool area.
<u>Nepean Sportsplex</u>	
<u>Facility Policy:</u>	Please see Appendix B
<u>CSCTA Policy:</u>	As per the CSCTA/OSCA/SNC/ coach registration policies and insurance all coaches will be asked to prove membership in CSCTA. Coaches will not receive heat sheets if they cannot prove CSCTA membership. Coaches must have CSCTA ID for deck access.
<u>SNC Coach</u>	
<u>Registration Policy:</u>	The SNC coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. (See full SNC Coach Registration Policy and Coach Compliant List at www.swimontario.com). All teams must submit a list of coaches attending the Provincial Age Group Championships at the time of entry. Meet management will cross-reference this list with the Swim Ontario Coach Compliant list both prior to the competition as well as at Registration. Coaches found not to be on the compliant list will not be eligible to participate in the Provincial Age Group Championships.
<u>Swim Ontario Policy:</u>	Only Competitors, Certified Coaches and Officials are allowed on deck. NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager or Swim Ontario. This applies to the swimmer side of the deck as noted below.
<u>SWON/SNC</u>	
<u>Record Policy</u>	Required for ALL New National and Provincial records. Forms can be found in the meet office. Referees must sign the new record application form confirming that a swimmer was wearing a legal suit when A record was created. Coaches will be notified that (record) swimmers must report to the session referee (meet referee) for suit verification. Referees must carry a signoff sheet and list of FINA approved suits. (see SNC website). Record applications will not be accepted unless a form is properly completed. Split Times: The procedure for obtaining an “Official Split” now requires that coaches make the request to the session referee or meet management on the “Official Split Request” form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split without an “official split request” form.

Entry and Eligibility

Eligibility:

Swimmers must be registered as **competitive** with Swim Ontario, SNC and/or FINA recognized organizations in order to compete in the Ontario SC Provincial Age Group Championships.

Swimmers' Age:

As of **July 2nd, 2015** (first day of the competition)

To Qualify:

All swimmers must achieve at least 1 (one) Swim Ontario Provincial Championships Event Standard and meet the Swim Ontario Provincial Championships Pre-requisite event time standards.

Coaches and Club presidents are required to sign and submit the proof of times certification agreement found in Appendix A when they submit their entries. Entries submitted without the proof of times certification agreement will not be accepted. Entries found not to be in compliance with entry requirements may result in the individual swimmer and club being ineligible for entry into the competition.

Pre-requisites:

Provincial Age Group Championships			
Girls	Pre-requisites		Boys
13 Years & Under	800 FR SC: 10:35.72 LC: 10:48.43 OR 1500 FR SC: 20:18.44 LC: 20:42.81 AND 200 IM SC: 2:45.92 LC: 2:49.24 OR 400 IM SC: 5:50.59 LC: 5:57.60	800 FR SC: 10:29.10 LC: 10:41.68 OR 1500 FR SC: 20:06.10 LC: 20:30.22 AND 200 IM SC: 2:39.67 LC: 2:42.86 OR 400 IM SC: 5:39.89 LC: 5:46.69	13 Years & Under
14 Years Old	800 FR SC: 10:26.38 LC: 10:38.91 OR 1500 FR SC: 20:00.52 LC: 20:24.53 AND 400 IM SC: 5:47.60 LC: 5:54.55	800 FR SC: 10:08.79 LC: 10:20.97 OR 1500 FR SC: 19:27.16 LC: 19:50.50 AND 400 IM SC: 5:30.91 LC: 5:37.53	14 Years Old
15 Years Old	None		15 Years Old
16-17 Years Old	None		16-17 Years Old

"Relay only" swimmers must achieve the pre-requisite standards for their particular age category. Swimmers who qualify and enter in the 1500 FR are exempt from having to prove the 800 FR pre-requisite.

Entry Procedure:

All entries received shall be **unconverted**. No converted times will be accepted.

Only LC or SC actual times that meet the qualifying standard will be accepted. While exporting entries from Team Manager, you will be prompted to indicate that you would like the times to be **unconverted**, if SC times are being submitted.

To submit entries:

- All entries must be Hy-tek (or Splash if in Quebec) format and submitted via www.swimming.ca/meetlist.aspx. No entries will be accepted directly by meet management.
- Please ensure all entries contain valid 9 digit Swim Ontario ID registration numbers.
- You will be sent confirmation of receipt of your entries – **HOWEVER PLEASE NOTE:** A successful entry file upload is only the validation of membership entry information against the national membership database and is not a guarantee of entry acceptance.
- All entry files will appear to Meet Management at this point as “pending”: Passing the membership and entry validation **DOES NOT** guarantee a club entry will be accepted by meet management.
- Accepted or rejected entries will be identified with a second notification from Meet Management.
- Meet management reserves the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline, or any other lack of compliance with Swim Ontario meet policy and procedure

Entry Maximum: Maximum of 8 individual events per swimmer

Entry in the Open Category:

- In the Swim Ontario Provincial Championships, where both age-group (17& Under) and Open events are offered, an age group swimmer may swim in an individual open event in which they have achieved the open event qualifying standard. Coaches must inform Meet Management if a swimmer is swimming in the open category if 17&under.
- The swimmer may not then enter the same event in their chronological age category.
- Ontario Rule Exception: These swimmers can enter other events in which they achieve the event qualifying standard in their chronological age category. The individual event maximum must be adhered to as per the competition package.

Bonus Swims:

Swimmers qualifying for the 2015 Ontario LC Provincial Championships will receive the following bonus swims:

- 13 & under males and females will receive up to a maximum of three (3) bonus swims:
 - Qualify in one (1) event, receive three (3)
 - Qualify in two (2) events, receive two (2)
 - Qualify in three (3) events, receive one (1)
 - Qualify in four (4) or more events, receive zero (0) bonus swims
- 14 year old males and females will receive up to a maximum of two (2) bonus swims:
 - Qualify in one (1) event, receive two (2)
 - Qualify in two (2) events, receive two (1)
 - Qualify in three (3) events, receive zero (0) bonus swims
- 15 year old males and females will receive up to a maximum of one (1) bonus swim:
 - Qualify in one (1) event, receive one (1)
 - Qualify in two (2) or more events, receive zero (0) bonus swims
- 16 & 17 males and females will receive up to a maximum of one (1) bonus swim:
 - Qualify in one (1) event, receive zero (0) bonus swims
 - Qualify in two (2) events, receive one (1)
 - Qualify in three (3) or more events, receive zero (0) bonus swims
- 18 & Over males and females will receive up to a maximum of one (1) bonus swim:
 - Qualify in one (1) event, receive zero (0) bonus swims
 - Qualify in two (2) events, receive one (1)
 - Qualify in three (3) or more events, receive zero (0) bonus swims

- Bonus criteria for OPEN based on Bonus criteria for AGE of swimmer
- **The 800 FR and 1500 FR ARE NOT ELIGIBLE BONUS SWIMS**
- Swimmers entering the 400 IM as a BONUS swim MUST prove that they have performed a 2013-2016 Provincial "B" standard in this event between January 4th, 2014 and the first day of competition - July 2nd 2015.
- Enter all bonus swims with best times and the Hy-tek "Bonus" box checked.

• **NO DECK ENTRIES WILL BE PERMITTED**

Out-Of-Province Entries

Please be advised that Ontario teams are given priority. Space permitting out of province teams will be served on a first come first serve basis. All out-of-province teams must be FINA affiliated. Only meter times will be accepted in SC or LC form with no exceptions. In events with fewer than 8 Ontario athletes, "out-of-province" athletes may advance to the finals. In events with 8 or more Ontario athletes all out-of-province athletes will swim as exhibition.

Foreign Competitors:

All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario.

Meet Results:

- Live Results will be available on our web site www.swimnkb.com each day through a link on the front page and through the Meet Mobile app.
- Results will be forwarded to www.swimming.ca/meetlist.aspx within 48 hours of the completion of the meet.
- FINA Point Ratings and the swimmer's age will appear on the results of the age group championships.

General Meet

Rules:

Seeding:

Long Course entries will be seeded first, Short Course entries denoted with an "S" will be seeded without conversion second.

Event Numbering: Events 1-82

- Able-bodied 13&U, 14, 15, 16 & 17yrs & Open female and male
- Events in 200's:
- All PARA events

Meet Format

- Swimming Canada and Swim Ontario rules will be in effect.
- As per event schedule. See below. All preliminary heats for all female age groups will be swum together and swum slowest to fastest. All preliminary heats for all male age groups will be swum together and swum slowest to fastest.
- There is no penalty for swimmers who do not show up for a heat swim.
- There will be "A" finals for female and male 13&U, 14, 15, 16 & 17. Open: The fastest eight (8) females and fastest eight (8) males will advance to finals in their particular age category.
- All 800's & 1500's are time final events, swum in separate sessions.
 - i.. Positive Check-In: All swimmers entered in the 800 and 1500 events are asked to check-in the meet office on deck by 8:30am on the day of their respective distance event.
 - ii. The fastest eight (8) seeded swimmers will compete at night as the first event of the finals session (regardless of age).
 - iii. Distance events may be swum 2 per lane at meet managements discretion
- The Scratch Deadline for the TIME FINAL distance events shall be 30 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. The fastest seeded heat in Time Final events shall have the full complement of swimmers with no empty lanes.
- The Scratch Deadline for all FINAL events shall be 30 minutes following the posting of results after each preliminary event. A swimmer may make a declaration of 'INTENT TO SCRATCH' within 30 minutes after the posting of each preliminary event results - with the final decision to scratch or not scratch to be reported back to the Clerk of Course within 30 minutes after the completion of the swimmer's last individual preliminary event of that session. A swimmer failing to return to the Clerk of Course to make a final decision on the intent to scratch from that event in the finals will be seeded into the final for that event.
- Failure to participate in an Individual Final, Leg of a Relay Final, or in a Distance Time Final event (800/1500 FR) without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet.
- Meet Management 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 must advise the Referee prior to the commencement of the event in question.

Para Swimmers

- All swimmers must have a current and valid classification
- There are no pre-requisite standards.
- Para Swimmers may enter any PARA event on the Ontario chart for which they have achieved LC or SC provincial standards in their disability class up to a maximum of 8 events
- Swimmers qualifying in an able-bodied event in their age category may choose to swim in that event, but cannot swim in the corresponding PARA event.
- PARA swimmers may compete in able-bodied relay events provided they meet the appropriate age criteria.
- Meet management reserves the right to combine PARA events with able-bodied events should it be deemed necessary.
- Events with 8 or fewer participants will be run as timed finals during the preliminaries with the following addendum: The 50 free, 100 free, 100 back, 100 breast, 50 fly will be swum as prelims and finals.
- Events with 9 or more participants shall be run as preliminaries and finals.
- In events with fewer than 8 Ontario athletes, "out of province" athletes may advance to the finals. In events with 8 or more Ontario athletes all out-of-province athletes will swim as exhibition.
- The current SNC Point Chart shall be used to determine awards and scoring.
- Para points will not be factored into the Small Team Award calculation.
- PARA Bonus Swim policy - the same as the AB bonus swim policy with the following addendums:
 - i. Any swimmer meeting the provincial standard in any Para-eligible 50m or 100m non-freestyle event may select as a bonus event the 100m (PARA) or 200m (able-bodied) event in the same stroke. e.g., an SB6 swimmer qualified for the 100m breaststroke (Paralympic-eligible event) may select the able-bodied 200m breaststroke (non-Paralympic-eligible event) as a bonus event; or, an S4 swimmer qualified for the 50m butterfly (Paralympic-eligible event) may select the PARA 100m butterfly (non-Paralympic-eligible event) as a bonus event.
 - ii. Any swimmer meeting the National standard in the 200 freestyle will be accepted as eligible; the 200 free will not be considered a bonus event.

Relays

- All relays will be 13&14, 15-17 and Open and will be swum as timed finals with the fastest eight (8) seeded teams competing as the last event at night.
- Prelim relays will be swum as per the event order. Finals relays, the fastest eight (8) seeded teams will be swum as the last event of the night.
- Clubs may enter any number of relay teams per event, but only their top two teams may qualify for finals.
- When a club enters only **one** relay team, at least three members of the team must be properly entered in an individual event, and the fourth swimmer's name must appear on the entry grid as a "relay only" (subject to pre-requisite standards).
- When a club enters **more than one** relay team, every member of every team must be properly entered in the meet in at least one individual event.
- Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
- Coaches must have relay cards filled in and returned to the Clerk of the Course 30 minutes prior to the start of the relay event.
- The 4x200 Free Relay will be swum with the fastest 8 teams only, by proven time, for men and women during finals on **Day 1 and Day 3**. Coaches will need to provide proven times **by Monday, June 22nd** for entry into these events and only the fastest 8 teams will be entered. The event will be swum following the 4x50 relays.

Awards and Scoring

Event Awards:

- Medals: First through third for Individual and Relay events
 - **Medal Criteria for individual events:**
 - 3 swimmers in a final: Gold medal only 4
 - swimmers in a final: Gold & Silver only
 - 5 swimmers in a final: Gold, Silver and Bronze
- Ribbons: Fourth through Eighth for individual events only

Individual Awards:

Individual High Point Awards will be awarded in the following age categories:

- 13& U female and male
- 14 female and male
- 15 female and male
- 16&17 female and male
- Open female and male
- Individual high point awards at the Swim Ontario Provincial Championships will be based on the single highest FINA point score in one event and will recognize the fastest female and male in each age group evaluated against all events in the age groups as listed above.
- Those 17&U swimmers who qualify for and choose to compete in an individual event in the Open category are eligible to receive individual awards in that individual event in the Open category and are therefore ineligible to receive individual awards in that individual event in their chronological age category. Coaches must inform Meet Management of those 17&U swimmers who are swimming as Open.
- The most current FINA point chart will be utilized.

PARA High Point Award: Male & Female PARA with the single highest-scoring swim in the meet using SNC Para performance chart.

Team Awards:

High Point Team-Overall: The club with the highest points, including all Able-Bodied and PARA swimmer points will be awarded a high point team banner

Small Team Award: The small team banner will be awarded to the highest scoring team having 50 or fewer Ontario registered swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition July 1st, 2015 - 12noon. **(Able-bodied swimming scoring only for the Small Team Award. PARA points will not be factored into the calculation.)**

Best Performing Team Award:

The highest scoring team based on the following formula:

Only medals count for scoring

[Gold – 5 points; Silver – 2 points; and Bronze – 1 point]

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Total number of swimmers entered into the meet per team.

(Able-bodied swimmer scoring only for BPTA. PARA swimmer scoring is excluded in this award)

Event Scoring

- Only the top eight (8) individual events and relays score:
- Individual Scoring: 30-25-20-15-14-13-12-11
- Relay Scoring: 60-50-40-30-28-26-24-22
- Both able-bodied and PARA contribute to team scoring.
- Only times that meet the provincial qualifying standard count towards team scoring.
- Reverse scoring will be in effect for any able-bodied or PARA event in which there are less than 8 finalists: 8 swimmers per final: 30-25-20-15-14-13-12-11 (individual events only)
 - 7 swimmers per final: 25-20-15-14-13-12-11
 - 6 swimmers per final: 20-15-14-13-12-11
 - 5 swimmers per final: 15-14-13-12-11
 - 4 swimmers per final: 14-13-12-11
 - 3 swimmers per final: 13-12-11
 - 2 swimmers per final: 12-11
 - 1 swimmer per final: 11

Tie Breaking Process for Team Awards at Provincial Competitions

1. This process will apply to the following provincial championship team awards:
 - a. Team High Point
 - b. Small Team Award
 - c. Most Improved Team
 - d. Best Performing Team

In the event of a tie, for Team Awards, at a Provincial Championship; Provincial Meet Hosts will undertake the following tie breaking process:

- i. Meet Management will rank the tied teams based on number of gold medals and the team with the highest total number of gold medals will be declared the winner.

If a tie still remains;

- ii. Meet Management will then rank the tied teams based on number of silver medals and the team with the highest total number of silver medals will be declared the winner.

If a tie still remains:

- iii. Meet Management will then rank the tied teams based on number of bronze medals and the team with the highest total number of bronze will be declared the winner.

If a tie still remains:

- iv. Meet Management will then rank the tied teams based on number of overall medals and the team with the highest total will be declared the winner.

Appendix A



PROOF OF TIMES CERTIFICATION AGREEMENT FOR ALL ENTRIES (Pre-requisites and events)

This document must be submitted to the Host Club via email:

Host Club: Nepean Kanata Barracudas

Meet Manager: Megan Dodge

All swimmers must achieve at least ONE (1) Ontario Provincial Championship Qualifying Standard and meet the Provincial pre-requisite event standards.

- **Coaches and Club presidents are required to sign and submit the proof of times certification agreement found in this document.**
- **Entries submitted without the proof of times certification agreement will not be accepted.**
- **Entries found not to be in compliance with entry requirements may result in the individual swimmer and/or club being ineligible for entry into the competition.**
- **Entries found not to be in compliance may be subject to disciplinary action as per Swim Ontario by-laws, policies and procedure.**

We certify that all entries submitted for swimmers representing _____
(Club Name)

at the 2015 Swim Ontario Provincial Long Course Championship are entered with times that have been performed at a FINA sanctioned competition. In addition all swimmers aged 15 and under, have met the Swim Ontario Provincial pre-requisite standards in the required events in their respective age group as per the 2013 – 2016 Swim Ontario Provincial Time standards, as identified in the Swim Ontario Long Term Athlete Development Strategy.

Head Coach Signature

Club President Signature

Head Coach Name (Please Print)

Club President Name (Please Print)

Appendix B

NEPEAN SPORTSPLEX AQUATIC EVENTS PROCEDURES FOR MEET MANAGERS, OFFICIALS & COACHES

- 1. The Nepean Sportsplex Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.**
- 2. Absolutely no food on the pool deck with the exception of refreshments provided for the officials working during the event.**
- 3. No running on the deck, stands or on the bleachers.**
- 4. No climbing across the railing between the stands and the bleachers.**
- 5. No climbing over the gate from the pool deck to the lobby in the deep end.**
- 6. Shoes must be worn whenever outside the pool or change room areas.**
- 7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.**
- 8. The use of flippers and hand paddles, during warm-ups is prohibited.**
- 9. Swimmers that are not competing are not to be in other areas of the building, and are not to upset the normal operation of the other departments.**
- 10. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas of the Nepean Sportsplex.**
- 11. Access to the 25m pool will be limited to periods where swimming lessons and aqua fit classes will not be affected and numbers will be strictly enforced.**
- 12. Maximum numbers allowed on deck and in the water at one time – 450 (this is the 50m pool maximum). All others must sit in the stands. Clubs will be given a designated area either on the deck or in the stands and this will be strictly enforced. Space will be set aside in the stands for spectators.**
- 13. Area behind the timers in shallow end is to remain clear of swimmers as this is an access route for Sportsplex program participants**

2013-2016 Swim Ontario Provincial Standards

Women - Open			
Free	50	LC	:27.60
		SC	:27.06
	100	LC	:59.54
		SC	:58.37
	200	LC	2:07.69
		SC	2:05.19
	400	LC	4:33.07
		SC	4:27.72
	800	LC	9:19.83
		SC	9:08.05
	1500	LC	17:52.97
		SC	17:31.93
Back	100	LC	1:06.51
		SC	1:05.21
	200	LC	2:23.12
		SC	2:20.31
Breast	100	LC	1:16.51
		SC	1:15.01
	200	LC	2:45.93
		SC	2:42.68
Fly	100	LC	1:06.45
		SC	1:05.15
	200	LC	2:27.45
		SC	2:24.56
IM	200	LC	2:26.07
		SC	2:23.21
	400	LC	5:08.50
		SC	5:02.45

Men - Open			
Free	50	LC	:24.68
		SC	:24.20
	100	LC	:53.93
		SC	:52.87
	200	LC	1:58.09
		SC	1:55.77
	400	LC	4:13.70
		SC	4:08.73
	800	LC	8:46.21
		SC	8:35.89
	1500	LC	16:48.81
		SC	16:29.03
Back	100	LC	1:00.76
		SC	:59.57
	200	LC	2:13.24
		SC	2:10.63
Breast	100	LC	1:09.42
		SC	1:08.06
	200	LC	2:31.06
		SC	2:28.10
Fly	100	LC	1:00.04
		SC	:58.86
	200	LC	2:14.41
		SC	2:11.77
IM	200	LC	2:13.69
		SC	2:11.07
	400	LC	4:48.63
		SC	4:42.97



Order of Heats and Finals
PRELIMINARY HEATS will be combined **BY TIME** but
divided **BY GENDER**
FINALS will swim in the **SAME ORDER** as Preliminaries
(Relays will be **LAST**)

ALL PRELIM Sessions	WARM-UPS 7:30am to 8:50am	START 9:00am
Thurs., Fri., Sat. FINALS	5:00pm to 5:50pm	6:00pm
SUNDAY FINALS	4:00pm to 4:50pm	5:00pm

Day 1 (Thursday) Order of Events					Day 2 (Friday) Order of Events					
PRELIM Session					PRELIM Session					
Event #	FEMALE	Event	MALE	Event #	Event #	FEMALE	Event	MALE	Event #	
1	15-17	4x50MR	15-17	2	23	15-17	4x100FR	15-17	24	
3	OPEN	4x50MR	OPEN	4	25	OPEN	4x100FR	OPEN	26	
5	13&U	100BK	13&U	6	201	PARA	400 FR	PARA	202	
5	14	100BK	14	6	203	PARA	200 FR	PARA	204	
5	15	100BK	15	6	27	13&U	200 FR	13&U	28	
5	16	100BK	16	6	27	14	200 FR	14	28	
5	17	100 BK	17	6	27	15	200 FR	15	28	
7	OPEN	100 BK	OPEN	8	27	16	200 FR	16	28	
9	13&U	50 FR	13&U	10	27	17	200 FR	17	28	
9	14	50 FR	14	10	29	OPEN	200 FR	OPEN	30	
9	15	50 FR	15	10	31	13&U	400 IM	13&U	32	
9	16	50 FR	16	10	31	14	400 IM	14	32	
9	17	50 FR	17	10	31	15	400 IM	15	32	
11	OPEN	50 FR	OPEN	12	31	16	400 IM	16	32	
13	13&U	200 BR	13&U	14	31	17	400 IM	17	32	
13	14	200 BR	14	14	33	OPEN	400 IM	OPEN	34	
13	15	200 BR	15	14	205	PARA	50 FL	PARA	206	
13	16	200 BR	16	14	207	PARA	100 FL	PARA	208	
13	17	200 BR	17	14	35	13&U	100 FL	13&U	36	
15	OPEN	200 BR	OPEN	16	35	14	100 FL	14	36	
17	13-14	4x50MR	13-14	18	35	15	100 FL	15	36	
10 MINUTE BREAK					35	16	100 FL	16	36	
19	13&U	800 FR	13&U	20	35	17	100 FL	17	36	
19	14	800 FR	14	20	37	OPEN	100 FL	OPEN	38	
19	15	800 FR	15	20	39	13-14	4x100FR	13-14	40	
19	16	800 FR	16	20	10 MINUTE BREAK					
19	17	800 FR	17	20				1500 FR	13&U	42
19	OPEN	800 FR	OPEN	20				1500 FR	14	42
Finals Session				1500 FR				15	42	
800 Free - Events from Prelims Session AND				1500 FR				16	42	
81	OPEN	4x200FR						1500 FR	17	42
								1500 FR	OPEN	42



Order of Heats and Finals
PRELIMINARY HEATS will be combined BY TIME but
divided BY GENDER
FINALS will swim in the SAME ORDER as Preliminaries
(Relays will be LAST)

	<u>WARM-UPS</u>	<u>START</u>
ALL PRELIM Sessions	7:30am to 8:50am	9:00am
Thurs., Fri., Sat. FINALS	5:00pm to 5:50pm	6:00pm
SUNDAY FINALS	4:00pm to 4:50pm	5:00pm

Day 3 (Saturday) Order of Events					Day 4 (Sunday) Order of Events				
PRELIM Session					PRELIM Session				
Event #	FEMALE	Event	MALE	Event #	Event #	FEMALE	Event	MALE	Event #
45	15-17	4x50FR	15-17	46	63	15-17	4x100MR	15-17	64
47	OPEN	4x50FR	OPEN	48	65	OPEN	4x100MR	OPEN	66
209	PARA	100FR	PARA	210	215	PARA	200IM	PARA	216
49	13&U	100FR	13&U	50	67	13&U	200IM	13&U	68
49	14	100FR	14	50	67	14	200IM	14	68
49	15	100FR	15	50	67	15	200IM	15	68
49	16	100FR	16	50	67	16	200IM	16	68
49	17	100FR	17	50	67	17	200IM	17	68
51	OPEN	100FR	OPEN	52	69	OPEN	200IM	OPEN	70
53	13&U	200FL	13&U	54	217	PARA	50BK	PARA	218
53	14	200FL	14	54	219	PARA	100BK	PARA	220
53	15	200FL	15	54	71	13	200BK	13	72
53	16	200FL	16	54	71	14	200BK	14	72
53	17	200FL	17	54	71	15	200BK	15	72
55	OPEN	200FL	OPEN	56	71	16	200BK	16	72
211	PARA	50BR	PARA	212	71	17	200BK	17	72
213	PARA	100BR	PARA	214	73	OPEN	200BK	OPEN	74
57	13&U	100BR	13&U	58	221	PARA	50FR	PARA	222
57	14	100BR	14	58	75	13&U	400FR	13&U	76
57	15	100BR	15	58	75	14	400FR	14	76
57	16	100BR	16	58	75	15	400FR	15	76
57	17	100BR	17	58	75	15	400FR	15	76
59	OPEN	100BR	OPEN	60	75	17	400FR	17	76
61	13-14	4x50FR	13-14	62	77	OPEN	400FR	OPEN	78
10 Minute Break					79	13-14	4x100MR	13-14	80
41	13&U	1500FR							
41	14	1500FR							
41	15	1500FR							
41	16	1500FR							
41	17	1500FR							
41	OPEN	1500FR							
Finals Session									
1500 Free - Events from Prelims Session AND									
		4x200FR	OPEN	82					

Appendix C

Accommodations



2055 Robertson Road – Ottawa, Ontario K2H 5Y9

Rates:

\$119 King Room

\$125 Room with 2 Queen Beds

\$135 Suite with 2 Queen Beds

\$139 Extended Suite with King Bed and pull out sofa

To book individual rooms online use the following booking link:

[Ontario Junior Provincials LC](#)

To make a group booking contact:

Denise Breau

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