



## University of Ottawa Meet October 2015



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

**Dates:** October 30, 2015

<b>Sessions:</b>	<b><u>Session</u></b>	<b><u>Warm-up</u></b>	<b><u>Start</u></b>	<b><u>Events</u></b>
	1 Friday	03:30-04:15 PM	04:30 PM	01-28

**Meet format:** Short Course

**Meet package:** The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)

**Sanctioned:** Swim Ontario, with all current Swim Natation Canada rules applying.

**Meet Referee:** Charles Montpetit

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

**Participating Teams:** University of Ottawa, Brock University, Guelph University, Queens University, University De Quebec en Outaouais, Carleton University, Laurentian University, and GO Kingfish Swim

**Eligibility:** Entry is restricted to swimmers registered with Swim Natation Canada who have registered for the 2015-2016 season. Swimmers ID numbers must accompany entries. All university athletes must comply with CIS regulations for entries.

**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.

**Events:** Each swimmer may swim up to a total of **5 events (individual and relay included)**. Each team will be guaranteed 2 spots in the fastest heat of the 800 if there are more than 2 heats we will swim 2 per lane of the other heats. The Meet Manager reserves the right to adjust events to ensure the session can be run on time.

**Scratches:** All scratches must be submitted to the Clerk of Course 30 minutes prior to the start of the session. Scratch penalties will be discussed at the coaches meeting. Deck entries will not be allowed.

- Entries:** All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via [www.swimming.ca](http://www.swimming.ca). No entries will be accepted directly by meet management. Entry deadline is **October 27, 2015**.
- 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.
- Scoring:** Individuals points 9,7,6,5,4,3,2,1 (3 swimmers maximum per team can score)  
Relay points 15,8,5,2 (2 relays maximum per team can score)
- Seeding:** Events will be seeded slowest to fastest.
- Results:** Results will be uploaded to the SNC site within 1 day of finish of meet.
- Meet Manager:** **Peter Champagne**  
**Tel: 613-222-3184**  
**Fax: 819-770-4571**  
**E-mail: [pechamp@rogers.com](mailto:pechamp@rogers.com)**
- 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.
- Coaches:** There will be a meeting of all coaches with the Meet Manager and/or the Referee 4:15 PM in the pool under the Diving Tower #1 platform.
- Privacy:** **Cameras and recording devices** will be allowed on deck with the approval of the meet manager. Meet Management reserves the right to remove from the meet any persons not adhering to meet rules.

**University of Ottawa Meet 2015**  
**FRIDAY OCTOBER 30, 2015**

**Session 1**

Warm ups: 3:30 PM

Start Time: 4:30 PM

<b>FEMALE EVENT #</b>	<b>Event Description</b>	<b>MALE EVENT #</b>
1	<b>4 x 50 Medley Relay</b>	2
3	<b>800 Free</b>	4
5	<b>200 Free</b>	6
7	<b>50 Free</b>	8
9	<b>200 IM</b>	10
11	<b>200 Fly</b>	12
13	<b>100 Breast</b>	14
15	<b>100 Free</b>	16
17	<b>200 Back</b>	18
19	<b>100 Fly</b>	20
21	<b>400 Free</b>	22
23	<b>200 Breast</b>	24
25	<b>100 Back</b>	26
27	<b>4 x 50 Free Relay</b>	28



## **SNC POLICY ON SWIMWEAR**

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 nonconsolidated 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.



## **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."**