



SUNDAY NOVEMBER 20th, 2016

LOCATION FACILITY	Richcraft Recreation Complex, 4101 Innovation Drive Ottawa, ON, K2K 0J3 8 lane, 25 meter pool, electronic timing
MEET COORDINATOR	Arthur McCready
MEET MANAGER	Melanie Alsford - meet.manager@oyoswim.com
OFFICIALS CHAIR	Dan Scott Officials from other clubs wishing to volunteer or looking for deck evaluation Opportunities are invited to contact Dan Scott at danmscott@gmail.com as soon as possible.
ELIGIBILITY	All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry. There are no time standards or prerequisites . Non-competitive swimmers may compete if they have not competed in a previous sanctioned competitive meet this year.
ENTRIES	Entries must be in Hy-Tek format (or Splash if in Quebec) SC Meters Entries must be submitted through the SNC online entries system at www.swimming.ca . Meet Management will not accept entries directly via email. All entries must be submitted with a reasonably accurate time. Entries will be accepted on a first-come, first-in basis.
ENTRY FEES	\$9.50 per individual event. Payment is due upon arrival. Please make cheques payable to: "OYO Swim Club".
ENTRY DEADLINE	November 12, 2016 at midnight
DECK ENTRIES	No deck entries will be permitted.
AGE GROUPS	Swimmer's age is as of the first day of the meet.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

EVENTS

All events will be mixed time-finals, with all ages and genders seeded together based on time. Each swimmer may swim up to a **maximum of 4 individual events in each session**. The Meet Manager reserves the right to limit entries in the 400, 800 Free (or swim two per lane) and 200 IM, if required.

The Swim Ontario statement on mixed-gender swimming is set out as follows:

Notwithstanding Rule SW 10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for meets that provide for mixed gender swimming in the following circumstances:

The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis:

Option "C" Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

AWARDS

Ribbons for individual events (1st-6th) will be awarded by age groups 10 and under, 11-12, 13-14 and 15+. Personal Best Ribbons - Achieve a P.B. in their event by coaches declaration

COACHES' MEETING

A coaches meeting will take place outside the Meet Management office at 8:00 AM.

SCRATCHES

All scratches must be submitted to Meet Management 30 minutes prior to the start of the session.

TIME SPLITS

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 and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.

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 shall so advise the Referee prior to the commencement of the session (or event) in question.

PRIVACY/ RECORDING OF EVENT

Cameras and recording devices will not be allowed on deck or in the vicinity of the locker rooms at any time during the meet. MM reserves the right to remove any person from the meet not adhering to the meet rules.

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Management for application and authorization.

FOOD/DRINK

Water is the only beverage allowed on the pool deck. Coaches/officials are asked to bring their own water bottle. There is a water fountain on deck to refill bottles. Hospitality will be available to the coaches and volunteers.

MEET PACKAGE:

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

COACH'S REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

SAFETY & LIABILITY:

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

COMPETITION RULES:

Sanctioned by Swim Ontario.

All current Swimming/Natation Canada (SNC) rules will be followed.

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect.

Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred. The full document can be viewed

<https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/>

Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed

http://www.swimontario.com/uploads/Officials/Resources/SNC_Swimwear_Rules_and_Policy.pdf



ORDER OF EVENTS

Session 1

Warm up: 7:45 AM Start: 8:30 AM

Session 2*

Warm up: 12:15 PM Start: 1:00 PM

LUNCH BREAK 11:45 to 12:15

Event #	Event Description
1	200 Free
2	50 Breast
3	100 Fly
4	200 Breast
5	100 Back
6	50 Free
7	400 Free
8	800 Free

Event #	Event Description
9	100 IM
10	50 Back
11	100 Breast
12	200 Back
13	100 Free
14	50 Fly
15	200 IM
16	400 IM

* Afternoon start times may be adjusted based on entries

