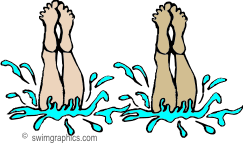
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**DIVE INTO SPRING**

**LONG COURSE INVITE**

**2019**

**APRIL 13-14, 2019**

**Dates:**  April 13-14, 2019

**Competition:**  Jocelyn Jay – Level 5

**Coordinator:**

**Meet Manager:** Sue McLennan (613-355-9872) & Jason Taker (613 -286-4784) E-mail: [meetmanager@gokingfish.ca](mailto:meetmanager@gokingfish.ca)

**Meet package:** The only meet package which will be considered as valid must be the most current version found on [https://www.swimming.ca/](https://www.swimming.ca/en/events-results/live-upcoming-meets/) .

**Competition** Sanctioned by Swim Ontario.

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

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Click [HERE](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/) to view full details.

All swimmers participating in a provincially sanctioned meet shall be required to comply with swimwear rule GR 5. Click [HERE](http://swimontario.com/uploads/Officials/Resources/SNC_Swimwear_Interpretation_2017.pdf) to view full rule details. Advance notification for exemption or for clarification of the rule please see competition coordinator.

**Location:**  University of Ottawa Pool, Montpetit Hall, Ottawa, Ontario

**Facility**: The University of Ottawa Pool is an eight lane 50 M pool. There is a large spectator gallery for viewing.

**Meet format:** Long Course - Open/Timed Finals. All events will be swum Mixed Gender with results separated by gender and age groups.

**Mixed Gender:** GO Kingfish Meet Management seeks an exemption from the requirement to swim events in gender separated events, on the following basis:

*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*

Meet Management recognizes the following Swim Canada 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.*

Results will be posted separately by the gender of swimmers.

**Mixed Relays:**  A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.

### Time Standards: None

**Dive Starts:** As per the facility rule for dive starts, starts will be conducted from starting platforms (blocks) as per FINA FR2.3 and SW4.1 from the deep end only.

**Records:** Swim Ontario has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial and national records.

**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.

**Entries:**  Entries will be accepted on a first come first serve basis. All entries must be in Hy-tek format and submitted through the SNC online entries system at [www.swimming.ca](http://www.swimming.ca). Entry times must be in short course format, entry times will not be converted. No entries will be accepted directly by meet management.

**Out of Province :**  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.

**Foreign**  All swimmers and coaches must be duly registered and residents of the governing body for

**Competitors:**  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](http://www.swimontario.com/uploads/Clubs/Club%20Operations/Forms/2015-2016/ProofofResidence.pdf) to Swim Ontario no later than 7 days prior to start of competition.

**Age:** Swimmers age is as of April 13, 2019 (the first day of the meet).

**Entry Deadline: Entry deadline is 8pm, April 4th, 2019.**

**Cost:**  Individual Events $9.75

Relay Events $10.00

Please enclose payment with your entries.

Make cheque payable to: “**Greater Ottawa Kingfish Swim Club**”

Sessions: Session Age Warm-up Start Events

1 Saturday 12 and under 7:30-8:00 AM 8:05 AM 01-08

2 Saturday 13 and over 1:05-1:35 PM 1:40 PM 09-16

3 Sunday 12 and under 7:30-8:00 AM 8:05 AM 17-25

4 Sunday 13 and over 1:05-1:35 PM 1:40 PM 26-34

**Events:** Swimmers may swim a maximum of **3 individual events per session** and a maximum of **1 relay event per session** or a total of 8**events** **for the weekend.**

To ensure each session can fall within the allowed timelines,Meet Management reserves the right to adjust events to ensure the session can be run on time.

**Relay Events:** Each participating club can enter a maximum of 2 relay teams per event.

**Deck Entries:** Deck entries will not be allowed.

**Seeding:** Events will be seeded slowest to fastest.

**Time Splits:** 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. Please complete the official time split request form provided by Meet Management.

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

**Results**: Officialal Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)

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

**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 individual 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** It would be appreciated if visiting clubs could assist with the officiating of the meet.

**Volunteers:** Officials can volunteer at <https://gokingfish.ca/external_volunteer/>

Officials contact: [officials@gokingfish.ca](mailto:officials@gokingfish.ca)

**Warm up Procedures:**

Meet management reserves the right to split warm up as required. SNC warm up procedures will be in effect at this meet.

**Coach Registration:**

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](http://www.swimontario.com/page.php?id=2748).  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.

**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).

**Safety &** Only participating swimmers, officials, certified registered coaches, and authorized people are

**Liability:**  allowed on deck.

**Recording of 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.

**Saturday, April 13**

**Session 1**

Warm up: 7:30 AM Start Time: 8:05 AM

|  |  |  |
| --- | --- | --- |
| **Event #** | **Event Description** | Age |
| **1** | **4x100 Free Relay** | **Mixed 12 and under** |
| **2** | **200 Free** | **Mixed 12 and under** |
| **3** | **50 Back** | **Mixed 12 and under** |
| **4** | **100 Breast** | **Mixed 12 and under** |
| **5** | **100 Fly** | **Mixed 12 and under** |
| **6** | **200 Back** | **Mixed 12 and under** |
| **7** | **50 Free** | **Mixed 12 and under** |
| **8** | **400 IM** | **Mixed 12 and under** |

**Saturday, April 13**

**Session 2**

Warm up: 1:05 PM Start Time: 1:40 PM

|  |  |  |
| --- | --- | --- |
| **Event #** | **Event Description** | Age |
| **9** | **4x100 Free Relay** | **Mixed 13 and over** |
| **10** | **200 Free** | **Mixed 13 and over** |
| **11** | **50 Back** | **Mixed 13 and over** |
| **12** | **100 Breast** | **Mixed 13 and over** |
| **13** | **100 Fly** | **Mixed 13 and over** |
| **14** | **200 Back** | **Mixed 13 and over** |
| **15** | **50 Free** | **Mixed 13 and over** |
| **16** | **400 IM** | **Mixed 13 and over** |

**Sunday, April 14**

**Session 3**

Warm up: 7:30 AM Start Time: 8:05 AM

|  |  |  |
| --- | --- | --- |
| **Event #** | **Event Description** | Age |
| **17** | **4x100 IM Relay** | **Mixed 12 and under** |
| **18** | **200 IM** | **Mixed 12 and under** |
| **19** | **50 Breast** | **Mixed 12 and under** |
| **20** | **200 Fly** | **Mixed 12 and under** |
| **21** | **100 Free** | **Mixed 12 and under** |
| **22** | **50 Fly** | **Mixed 12 and under** |
| **23** | **100 Back** | **Mixed 12 and under** |
| **24** | **200 Breast** | **Mixed 12 and under** |
| **25** | **400 Free** | **Mixed 12 and under** |

**Sunday, April 14**

**Session 4**

Warm up: 1:05 PM Start Time: 1:40 PM

|  |  |  |
| --- | --- | --- |
| **Event #** | **Event Description** | Age |
| **26** | **4x100 IM Relay** | **Mixed 13 and over** |
| **27** | **200 IM** | **Mixed 13 and over** |
| **28** | **50 Breast** | **Mixed 13 and over** |
| **29** | **200 Fly** | **Mixed 13 and over** |
| **30** | **100 Free** | **Mixed 13 and over** |
| **31** | **50 Fly** | **Mixed 13 and over** |
| **32** | **100 Back** | **Mixed 13 and over** |
| **33** | **200 Breast** | **Mixed 13 and over** |
| **34** | **400 Free** | **Mixed 13 and over** |