**ROC Swimming Seventh Annual**

**Go the Distance Day and Long Course Pentathlon**

**DATES**: Saturday April 6 and Sunday April 7, 2019 Region: Eastern

**HOSTED BY**: ROCS Swimming

**LOCATION**: Carleton University, 1125 Colonel By Drive, Ottawa

**FACILITY**: 6 lane, 50m pool (with diving well (for warm up))

**PURPOSE**: To provide opportunities for long course competition in distance freestyle events and incentive for mastery of the individual medley for clubs based in Eastern Region Ontario and Western Quebec.

**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)

**COMPETITION**

**COORDINATOR**: Wendy McCutcheon, Level V, Email: [rocswimmingofficial@gmail.com](mailto:rocswimmingofficial@gmail.com)

**MEET MANAGER**: Cynda Lavoie, Email: [cynda.james@rogers.com](mailto:cynda.james@rogers.com)

James Hersey, Email: [cynda.james@rogers.com](mailto:cynda.james@rogers.com)

**DESCRIPTION**: Events are Timed Finals. The Saturday afternoon distance events will be seeded fastest to slowest. All other events will be seeded slowest to fastest.

The 400, 800 and 1500 free events will be run on a first come, first served basis as time allows with priority given to those swimmers registered to participate in the Pentathlon events being held on Sunday. Note that these distance freestyle events are not part of the scoring for Sunday’s Pentathlon.

Meet Management reserves the right to place two swimmers per lane in these distance events subject to the number of entrie*s.*

Each swimmer may only be entered in one of either the 800 Free or 1500 Free.

The 800 Free and 1500 Free shall be raced as front crawl only.

Event 1 will be restricted to the first 24 swimmers entered that are also entered in the Pentathlon.

Events 2 and 3 will alternate starting with the 800m.

**COMPETITION RULES**: Sanctioned by Swim Ontario.  
All current Swimming Canada (SNC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](http://swimontario.com/uploads/Officials/Resources/SwimwearRulesGR5_2018.pdf) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE.](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/)

**DIVE STARTS**: As per the Facility Rules for Dive Starts, this competition will be conducted as follows:

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from the deep end only

**RECORDS**: Swim times achieved at this competition will NOT be used for applications of provincial and national records.

**AGE UP DATE**: Ages submitted are to be as: April 6, 2019

**MIXED-GENDER**: The host 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.

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.

**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:

Preference will be given to the host club first.

Foreign competitors are welcome, subject to the provisions below.

**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](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.

**ENTRY FEE**: Individual Events $40 flat fee for the 5 pentathlon events. $10 for the 200 m or 400m free event after the Pentathlon. $15 for each 800m and 1500m free event held on Saturday afternoon.

Please make cheques payable to: ROC Swimming. Payment must be made prior to the start of the meet.

**ENTRIES:** Entries must be submitted through the SC online entries system at [www.swimming.ca](http://www.swimming.ca) . Meet Management will not accept entries via email.

Online Entry Deadline: Midnight, Friday, 29 March 2019.

After this time, fees will be calculated; no refunds will be granted for missed swims.

NT entries are not permitted. Estimates are accepted.

**CONVERSION**: Entry times can be converted by the club and/or the host. SC entry times will be converted for seeding using the standard Hy-Tek default conversion factor

**SCHEDULE OF SESSIONS**:

| **Session #** | **Date** | **Prelim/Finals** | **Warm Up** | **Start** | **Finish** | **Estimated Duration** |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 6 April | Distance Finals | 2:30 pm | 3:15 pm | 7:00 pm | 3.75 hours |
| 2 | 7 April | Pentathlon 12&Under Finals | 7:45 am | 8:30 am | 12:15 | 3.75 hours |
| 3 | 7 April | Pentathlon 13&Over Finals | 12:30 pm | 1:15 pm | 5:00 pm | 3.75 hours |

**SCHEDULE OF EVENTS**: See event list – Appendix

**COACH’S**

**REGISTRATION:** Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](http://www.swimontario.com/page.php?id=2748).  If a coach is not on this list, meet management is obligated to enforce the SC 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.

**COACH’S MEETING**: A coaches meeting will be held on Saturday, April 6, 15 minutes following the start of the warm-up period. Location: Lifeguard backroom office located in the deep end area of the pool deck.

**SEEDING**: Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package.

Seeding for the Saturday afternoon (Session 1) events will be from fastest to slowest.

**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.

**DECK ENTRIES**: No deck entries allowed

**CHECK IN**

**AND SCRATCHES**: There is a positive check in for 800m and 1500m freestyle At the Clerk of Course 30 minutes prior to start of session 1.

Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.

**SCORING**: No Scoring

**AWARDS**: The following will be awarded: Age Groups 10 and Up, 11-12, 13-14, 15 and Over.

Ribbons for the top 6 in each event for each age group for boys and girls will be awarded.

Cumulative FINA points over the 5 pentathlon events will be used to determine an overall winner in each age group for boys and girls. Overall winners will receive a special award.

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

The meet program will be run on Hy-Tek Meet Manager.

Results will be posted as quickly as possible at the meet.

**RECORDING**

**OF EVENT**: 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.

**SAFETY &**

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

**Appendix**

**Event List**

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| --- | --- |
| **Session 1**  **Saturday, April 6, 2019**  **Warm-up: 2:30 PM -- Start: 3:15 PM** | |
| **Event Number** | **Event** |
| 1 | 800 Free – 12 and Under |
| 2 | 800 Free – 13 and Over |
| 3 | 1500 Free – 11 and Over |

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| **Session 2**  **12 and Under**  **Sunday, April 7, 2019**  **Warm-up: 7:45 AM -- Start: 8:15 AM** | |
| **Event Number** | **Event** |
| 4 | 200 IM |
| 5 | 50 Fly |
| 6 | 50 Back |
| 7 | 50 Breast |
| 8 | 50 Free |
| 9 | 200 Free (10 and Under) |
| 10 | 400 Free (11 and 12) |

|  |  |
| --- | --- |
| **Session 3**  **13 and Over**  **Sunday, April 7, 2019**  **Warm-up: 12:30 PM -- Start: 1:15 PM** | |
| **Event Number** | **Event** |
| 11 | 200 IM |
| 12 | 100 Fly |
| 13 | 100 Back |
| 14 | 100 Breast |
| 15 | 100 Free |
| 16 | 400 Free |