

**Nepean Kanata Barracudas
Short Course Fall Invitational
October 19 & 20, 2019**

**Hosted by:
The Nepean Kanata Barracudas Swim Club**

**Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, ON K2G 1W2**

REVISED – OCTOBER 15, 2019



**Sanctioned by:
Swim Ontario**



General Information

Date: 19-20 October 2019

Hosted by: Nepean Kanata Barracudas

Location: Nepean Sportsplex, 1701 Woodroffe Ave. Nepean, ON K2G 1W2

Facility: 8-lane, 25m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard

Meet Package:

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

Competition Coordinator: Steven Archer, Level IV

Meet Manager: Megan Dodge – megandodge0@gmail.com

Officials: Doug Clarke - officials@swimnkb.com

Description:

Events are all Timed Finals. Sessions are grouped by ages: 12 & Under and 13 & Over. Events within each session will have all ages and sexes seeded together. Results will be published according to age group and sex (10&U, 11, 12, 13, 14 and 15 & over). Swimmers age will be determined as of the first day of the meet.

SAFETY & LIABILITY:

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#).

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

Rowan's Law – Concussion Management

The *Rowan's Law* requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

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 to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

Competition Rules:

Sanctioned by Swim Ontario.

All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) 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](#).

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 deep end and bulkhead at 25 m (Sunday sessions)
- From deep end only (Saturday sessions)

Records:

Swim Ontario does not have a completed certified pool length survey for the Nepean Sportsplex pool therefore swim times achieved at this competition will not be eligible for provincial or national records.

Age Up Date: Ages submitted are to be as of Saturday, October 19, 2019.

Mixed Gender:

An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

Eligibility:

All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Swimming Canada entries without a valid SC registration number and registration status will be declined entry.

Foreign competitors are welcome, subject to the provisions below.

All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign 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 foreign 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 no later than 7 days prior to start of competition.

Entries:

Entries must be submitted through the SNC online entries system at www.swimming.ca.

Meet Management will not accept entries directly via email.
Swimmers may enter three individual events per session for a meet total of 6 events.

Deadline: 11 October 2019

Payment: e transfer to nkbswimming@gmail.com – password: “meets”

Fees: \$9.50 + \$1.00 (SwimON Gold Bonus) + HST = \$11.87 per individual event

Standards: Not Applicable

Schedule of Sessions:

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Ages</u>	<u>Warm Up</u>	<u>Start</u>	<u>Estimated Duration</u>
1	Sat. Oct. 19, 2019	Timed Finals	12 & Under	9:30 am	10:15 am	4.5 hours
2	Sat. Oct. 19, 2019	Timed Finals	13 & Over	1:30 pm	2:30 pm	4.5 hours
3	Sun. Oct. 20, 2019	Timed Finals	12 & Under Deep End	8:00 am	8:45 am	4.5 hours
4	Sun. Oct 20, 2019	Timed Finals	13 & Over Shallow End	8:00 am	9:00 am	4.5 hours

Schedule of Events: See event list – Appendix A

COACH’S REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada 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.

Coaches’ Meeting: Time: 9:50 a.m., Saturday, October 19, 2019

Location: On the pool deck in front of the meet management office.

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 will be allowed

Scratches:

Meet Management should be informed of scratches prior to the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.

Awards: Ribbons 1st – 8th by age group.

Results:

Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
Results will be published according to age group and sex (10&U, 11, 12, 13, 14 and 15 & over).

Hospitality:

A selection of food and refreshments will be made available throughout the meet for coaches and officials only.

Appendix A

SESSION DETAILS:

Session 1: Saturday, October 19, 2019*

Warm up: 9:30 am

Start: 10:15 am

Event	Age	Distance
1	12 & Under	200 IM
2	10 & Under	50 Free
3	12 & Under	100 Back
4	10 & Under	50 Breast
5	12 & Under	200 Breast
6	12 & Under	100 Free
7	12 & Under	400 Free

Session 2: Saturday, October 19, 2019*

Warm up: 1:30 pm

Start: 2:30 pm

Event	Age	Distance
8	13 & Over	400 Free **
9	13 & Over	100 Back
10	13 & Over	200 Breast
11	13 & Over	100 Free
12	13 & Over	200 IM

Session 3: Sunday, October 20, 2019*

3A – Deep End: 12 & Under

Warm up: 8:00 am

Start: 8:45 am

Event	Age	Distance
13	12 & Under	200 Free
14	10 & Under	50 Fly
15	12 & Under	100 Breast
16	12 & Under	200 Back
17	12 & Under	100 Fly
18	10 & Under	50 Back
19	12 & Under	400 IM ***

3B – Shallow End: 13 & Over*

Warm up: 8:00 am

Start: 9:00 am

Event	Age	Distance
20	13 & Over	400 IM ***
21	13 & Over	100 Breast
22	13 & Over	200 Free
23	13 & Over	100 Fly
24	13 & Over	200 Back

* In the event of oversubscription, Meet Management reserves the right to adjust the warm-up/session start times.

** Due to Rowen's Law and to prevent incidents, Meet Management reserves the right to make adjustments to the 400 Free entries in the event of oversubscription or session length issues.

*** In the event of oversubscription or session length issues, Meet Management reserves the right to limit the number of heats of 400IM. Limits will be imposed such that slower heats will be eliminated