

*Presents*

**CAJ Last Chance Challenge**

*A meet designed to give that final chance for swimmers to achieve a Regionals short course qualifying time!*

**Revision 1 – January 3rd 2019**

**Change from 2 sessions to 1 session**

**Where:** Wilmot Aquatic Complex,

1291 Nafziger Road, Baden

**When:** Sunday January 12th 2020

1 session

Warm-ups: 9:00am

Meet: 10:00am - 12:30pm

CAJ *Last Chance Challenge*

DATE(S): Sunday January 12th 2020 Region: Western

HOSTED BY: Cambridge Aquajets

LOCATION: 1291 Nafziger Road, Baden, ON N3A 0C4

FACILITY: Wilmot Recreational Complex **,** 8 lane, 25 meter pool

Only swimmers, coaches and officials are allowed on deck. There is free parking on site.

PURPOSE: Last chance swim meet for swimmers to achieve a qualifying time for short course regionals.

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)

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](http://www.swimontario.com/uploads/Officials/Resources/SafeSportCompetition.pdf).

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](http://www.swimontario.com/uploads/Officials/Resources/SafeSportCompetition.pdf).

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](https://swimming.ca/content/uploads/2016/10/2016_Safe-Sport-Environment-Policy_20190329.pdf)

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

COORDINATOR: David Knight , Level IV , Email: wn4f@yahoo.com

MEET MANAGER: Shelley Fitzpatrick, Email: shelley.fitzpatrick9@gmail.com

DESCRIPTION: Sanctioned as an open invitational meet with swim Ontario. This meet is intended for swimmers who are close to achieving a regional qualifying time and are looking for one last chance to achieve these times. All events will be timed finals and the results will be posted immediately after the meet to ensure they are in on time before the regional cutoff date. The meet will be ran as a one session meet.

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 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 or national records.

AGE UP DATE: Ages submitted are to be as: January 12th 2020

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.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records 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, the results must still be posted separately by gender of swimmers.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SC, or any other amateur swimming organization recognized by FINA. A valid SC registration number is required for all Canadian swimmers, and entries without a SC registration number will be declined entry*.*

This is an invitational meet. Participation of this meet is at the full discretion of the host club.

ENTRY FEE: $12/event

Please make cheques payable to: Cambridge Aquajets

Cheques must be given to the meet manager during Warm-up. Full payment required for all scratches made after the ENTRY deadline.

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**: Friday January 3rd 2020**

Changes to entries will not be accepted after **Thursday January 9th 2020**. After that time, fees will be calculated; no refunds will be granted for missed swims.

Meet management reserves the right to close the entry deadline before January 3rd if the meet is oversubscribed. Meet management reserves the right to make changes to session times and/or event order based on subscription. Should the meet be oversubscribed, meet management reserves the right to limit the number of entries in certain events. First come first entered. Verifiable entry times are required and NT times are not permitted.

CONVERSION: Entry times can be converted. Please submit converted times using the Hy-tek default conversion factor

SCHEDULE OF SESSIONS:

| Session # | Age Group | Date | Prelim/Finals | Warm Up | Start | Finish | Estimated Duration |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | ALL | Jan 12th | Timed Finals | 9:00 am | 10:00 am | 12:30 pm | 3.5 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.

SEEDING: Option “A” (times converted by club and/or host)

Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package, NT times are not permitted.

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: Deck entries will be accepted for empty lanes only (no new heats will be created).

Swimmers entered on deck must have valid proof of SC registration (number) as an active, registered, competitive swimmer.

$12.00 per individual swim

CHECK IN

AND SCRATCHES: All swimmers are required to check in with the Clerk of Course 30 minutes prior to each swim

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 age group distinctions for each gender will be used to determine awards: 8 & Under, 9/10, and 11/12. Ribbons will be awarded for 1st to 8th place for each event.

GIFT CARD PRIZES will be awarded to the top swimmer of each gender in each age group 13/14, and 15 & Over.

MEET RESULTS: Official Results will be posted within 6 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.

Live Results will be posted at the meet as they come available and on Meet Mobile.

OFFICIALS Officials from all clubs are invited to sign up to officiate at this meet. Please contact our clubs COC, Darren Richer at [cajofficials@gmail.com](mailto:cajofficials@gmail.com) for more information.

Breakfast will be provided for all officials and coaches.

**CAJ Last Chance Challenge Event List**

|  |  |  |
| --- | --- | --- |
| **Session 1 – Warm-up 9:00am – 9:50am - Meet 10:00am – 12:30pm** | | |
| **Girls Events** | **PROGRAM OF EVENTS** | **Boys Events** |
| **1** | **200m Individual Medley – 13 & Over** | **2** |
| **31** | **100m Individual Medley – 12 & Under** | **32** |
| **3** | **50m Backstroke – 13 & Over** | **4** |
| **33** | **50m Backstroke – 12 & Under** | **34** |
| **5** | **100m Freestyle – 13 & Over** | **6** |
| **35** | **100m Freestyle – 12 & Under** | **36** |
| **7** | **50m Breaststroke – 13 & Over** | **8** |
| **37** | **50m Breaststroke – 12& Under** | **38** |
| **9** | **100m Butterfly – 13 & Over** | **10** |
| **39** | **100m Butterfly – 12 & Under** | **40** |
| **11** | **200m Backstroke – 13 & Over** | **12** |
| **41** | **200m Backstroke – 12 & Under** | **42** |
| **13** | **50m Freestyle – 13 & Over** | **14** |
| **43** | **50m Freestyle – 12 & Under** | **44** |
| **15** | **100m Breaststroke – 13 & Over** | **16** |
| **45** | **100m Breaststroke – 12 & Under** | **46** |
| **17** | **50m Butterfly – 13 & Over** | **18** |
| **47** | **50m Butterfly – 12 & Under** | **48** |
| **19** | **200m Freestyle – 13 & Over** | **20** |
| **49** | **200m Freestyle – 12 & Under** | **50** |
| **21** | **100m Backstroke – 13 & Over** | **22** |
| **51** | **100m Backstroke – 12 & Under** | **52** |
| **23** | **200m Breaststroke – 13 & Over** | **24** |
| **53** | **200m Breaststroke – 12 & Under** | **54** |
| **25** | **200m Butterfly – 13 & Over** | **26** |
| **57** | **200m Butterfly – 12 & Under** | **58** |
| **27** | **400 Free – 13& Over** | **28** |
| **\*\*\*Meet management reserves the right to limit the number of heats in the 400 free to ensure the session runs in the time allotted.** | | |

WILMOT RECREATION COMPLEX

POOL RULES AND REGULATIONS

For everyone’s safety and enjoyment please respect the following rules:

**Pool Rules:**

▪ There is no food or drinks (i.e. coffee, soft drinks, Gatorade etc) permitted passed the deck doors. Water in a plastic container is fine.

▪ All Swimmers MUST shower before entering the pool.

▪ When meeting your coach on the pool deck please remove **ALL** footwear. There are no boots or shoes permitted passed the doors leading to the deck. (Booties are available for purchase at the front counter)

▪ Footwear must be worn in the hallways and lobbies.

▪ There is no use of electronic devices (cell phones, I-pods, MP3 players, camcorders, cell phones, etc) in any of our change rooms.

▪ Swimmers must spit out gum before going in to the pool.

▪ Please do not set your coffee or other belongings on the walls in either viewing galleries.

▪ Children 5 and older must you the appropriate change room or family change room.

▪ Please do not prop open outside doors or gallery doors. This will only make the deck hotter as the Air circulation system has to work harder.

▪ Do not place bags on top of the benches on the pool deck. The vents to the fresh air are on top of the benches and this will make the deck really hot!

▪ Wilmot Township is not responsible for lost or stolen items. Please lock up all of your belongings. (Locks are sold at the front counter)

**Facility Rules:**

▪ This is a smoke-free facility.

▪ Areas of this facility are monitored by video surveillance.

▪ Parents/Coaches are reminded that they are responsible for the proper conduct of their children/players while in this facility. All children must be in the care of an adult.

▪ Each visitor is responsible for his/her own personal heath, medical, dental and accident insurance coverage. Please recognize and accept the risks inherent in the activity.

▪ Unauthorized games such as ball hockey, roller blading, skate-boarding, playing catch, tag, mini-sticks, roller shoes/heelys, etc. are not allowed. Sticks, pucks, balls, etc. are NOT permitted anywhere other than the arena playing surfaces. Visitors found engaged in any of the above activities may be asked to leave the premises.

▪ Alcohol is not permitted outside of the designated licensed areas.

▪ No one is allowed on deck until there is a lifeguard on duty.

▪ No one is allowed on ice until the resurface has finished and gates are closed.

▪ Please obey instructions from facility staff. Failure to comply with these rules may result in the loss of the privileges at this facility.

**Track Rules:**

▪ Track rules and direction from facility staff must be adhered to at all times. Failure to comply may result in the loss of privileges at this facility.

▪ Parents and/or coaches are reminded that they are responsible for the supervision of their children/players while in the facility. All children must be in the care of an adult at all times.

▪ Proper footwear must be worn while using the track. Acceptable footwear: indoor running shoes only. Boots, high heels, cleats, wet or dirty running shoes, flip flops, bare feet, socks or any other footwear is not permitted.

▪ Please be aware of patrons crossing the track in designated areas.

▪ Warm up/cool down/stretching must take place in designated areas only.

▪ Persons pushing a stroller may not push more than two (2) single strollers side by side. (Please remember to wipe the wheels on the stroller if they are wet)

▪ Do not walk or jog more than two (2) side by side.

▪ Always pass on the outside lane.

▪ Do not stand within the lane markings on track.

▪ Glass, food, gum or drinks (exception water in a plastic container) are not permitted on the track.

▪ No spitting or spouting water.

▪ No pets are permitted (service animals are exempt).

▪ No games such as ball hockey, rollerblading, skate-boarding, playing catch, tag, mini-sticks, roller shoes/heelys, etc are permitted on the track.

▪ Please refrain from wearing any perfumes/colognes and other highly scented products.

▪ This track is intended for non-instructional use only. Please contact customer service to schedule instructional time

**Direction of Track:**

➢ **Monday, Wednesday, Friday and Sunday - Clockwise** ➢ **Tuesday, Thursday and Saturday - Counter Clockwise.**

**LAP DISTANCES: 7 laps = 1KM and 12 laps = 1 MILE**