



# SWOTT RED/BLACK/WHITE TRI MEET

## In House competition

- DATE: 2019-12-14 Region: Eastern
- HOSTED BY: Swim Ottawa
- LOCATION: Brewer Pool, 100 Brewer Way, Ottawa, Ontario K1S 5T1
- FACILITY: Six lane, 25 meter indoor tank, manual timing
- PURPOSE: To allow swimmers an opportunity to race each other in a familiar atmosphere and promote team culture
- 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](#).
- COMPETITION: **Sanctioned as an In House competition** by Swim Ontario.  
All current Swimming Canada (SC) rules will be followed.  
Seeding for all swims will be optimized by distance and stroke, but otherwise random.  
Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect.  
Events are Timed Finals.  
Starts will be conducted from Starting Platforms (blocks)
- ELIGIBILITY: All athletes must be registered as Competitive swimmers with SC.
- AGE UP DATE: Ages submitted are to be as 2019-12-14
- ENTRY: There are no entry restrictions. A 3 hour time limit on session length will be adhered to. All entries must be submitted via [www.swimming.ca](http://www.swimming.ca). There are no entry fees or awards allowed.
- COMPETITION COORDINATOR: John Buckle, Level IV, Email: [swott.officials2@gmail.com](mailto:swott.officials2@gmail.com)
- MEET MANAGER: Francesca Macdonald, Email: [swott.meetmanager@gmail.com](mailto:swott.meetmanager@gmail.com)
- SESSION: Warm Up: 2:00pm Start: 2:30pm Finish: 5:00pm
- SCHEDULE OF EVENTS:

Event #	Event	Gender
1	100m Butterfly	Mixed Gender
2	50m Back	Mixed Gender
3	100m Individual Medley	Mixed Gender
4	50m Breaststroke	Mixed Gender
5	100m Free	Mixed Gender
6	50m Butterfly	Mixed Gender
7	100m Breaststroke	Mixed Gender
8	50m Freestyle	Mixed Gender
9	100m Backstroke	Mixed Gender

2019-2020 Season

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.

Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SNC rule on mixed gender swimming.

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