

# OYO INVITATIONAL LONG COURSE SPRINTS

## SUNDAY APRIL 25<sup>TH</sup>, 2010

<b>LOCATION</b>	Nepean Sportsplex, Ottawa, Ontario
<b>FACILITY</b>	8 lane, 50 meter pool, electronic timing
<b>MEET REFEREE</b>	Bruce Sheppard
<b>MEET MANAGER</b>	Judy Smith <a href="mailto:meet.manager@oyoswim.com">meet.manager@oyoswim.com</a>
<b>MM ADDRESS</b>	OYO PO Box 23132 RPO Carlingwood Ottawa, On K2A 4E2
<b>TELEPHONE</b>	613-225-6339
<b>ENTRIES</b>	<p>Entry Deadline: <b>11 April, 2010</b> Swimmers age as of April 25<sup>th</sup>, 2010.</p> <p>Entries should be submitted by Hytek format in LC metres( SC conversion accepted).</p> <p>Estimated times preferred rather than NT.</p> <p>All events will be time finals. All swimmers will be seeded together based on time.</p> <p>There are NO TIME STANDARDS or pre-requisites required .</p> <p>Electronic timing will be in effect.</p> <p>Entries limited to 3 events per session to a maximum of 6 for the meet.</p> <p>The meet manager reserves the right to limit entries in the 200 Free (all strokes permitted, please provide appropriate seed time for the stroke to be contested).</p> <p>All entries will be accepted at the discretion of meet management.</p> <p>Entries will be accepted on a first- come-first-in basis.</p>

<b>ENTRY FEES</b>	\$7.00/individual event. A cheque covering the entry fees is required before the meet starts. Entry fees are non-refundable. Cheques made payable to <b><i>Ottawa Y Olympians</i></b> .
<b>DECK ENTRIES</b>	<b>No deck entries will be permitted.</b>
<b>RULES</b>	All SNC Safety Rules are in effect during the meet. Swimmers must be registered with SNC.
<b>EXHIBITION SWIMS</b>	In accordance with Swim Ontario guidelines, exhibition swims are accepted.
<b>AWARDS</b>	Individual ribbons for age groups 10, 11, 12, 13, 14, 15/16, 17 and over Individual events: 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup>
<b>OFFICIALS</b>	Francis Kawam <a href="mailto:officials@oyoswim.com">officials@oyoswim.com</a>
<b>COACHES' BRIEFING</b>	Will occur outside the MM office at 7:15 AM. Scratches should be submitted in writing to the Meet management by 7:30 AM.
<b>PRIVACY</b>	Cameras and recording devices will not be allowed on deck or in the vicinity of the locker rooms at any time during the meet. MM reserves the right to remove any person from the meet not adhering to the meet rules.
<b>FOOD/DRINK</b>	Water is the only beverage allowed on the pool deck.

The Ottawa Y Olympians has secured accomodations with the **Travelodge** for \$119/night for out of town clubs. It is located at 1376 Carling Ave. Ottawa 613-722-7600

# OYO Invitational Long Course Sprints

**Session 1:** Warm up 7:00 – 7:55 AM Start 8:00 AM

**Session 2:** Warm up 11:30– 12:25 PM Start 12:30 PM

There will be 1 hour for lunch and warm ups between 11:30 – 12:30. Afternoon start time to be determined based on entries.

## **SESSION 1 MORNING**

200 Free OPEN\*

50 Back 12 & under

100 Breast

50 Free OPEN

100 Fly

## **SESSION 2 AFTERNOON**

200 IM\*\*

50 Breast 12 & under

100 Free

100 Back

50 Fly 12 & under

\* If a swimmer is going to swim any stroke other than free, it is to be identified in advance.

\*\*MM reserves the right to limit the number of 200IM entries. Limited to 10 heats.

## CLUB INFORMATION SHEET

Club Name \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Address \_\_\_\_\_

Contact Name \_\_\_\_\_

Position \_\_\_\_\_

Coaches \_\_\_\_\_

Attending \_\_\_\_\_

### SWIMMERS

Number of swimmers entered: Female \_\_\_\_\_ Male \_\_\_\_\_

Total \_\_\_\_\_

Individual Entries: Female \_\_\_\_\_ Male \_\_\_\_\_

Total \_\_\_\_\_

### FEES

Total number of individual entries: \_\_\_\_\_ \$ 7.00 = \_\_\_\_\_

Total amount of cheque enclosed \_\_\_\_\_

Please make cheque payable to: **OTTAWA Y OLYMPIANS**

# SWIMMING/NATATION CANADA

## WARM UP PROCEDURES

During the designated warm up period, the meet management shall be responsible for ensuring that all rules are followed.

Diving starts shall not be made during the warm up period for any competition or when two-way swimming is in progress, except that the meet manager shall designate a period of time during which the specified lanes shall be used for diving starts. During this designated period, only one-way swimming shall be permitted in the specified diving lanes.

It is incumbent on all participants eg: swimmers, coaches, officials and administration to comply with these procedures.

The meet management shall designate Safety Marshalls who will ensure compliance with these procedures. These marshals shall be responsible for the conduct of the warm up in the competition venue.

The meet management shall provide signs at the end of the pool(s), which will indicate the designated use during the warm up period.

Written notices regarding the warm up time, lane use and no diving shall be posted at the meet.

The following statement shall appear in the meet information: **“SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET”** and in the notices.

## **EQUIPMENT**

FLUTTER BOARDS and PULLBUOYS are allowed. Hand paddles and flippers ARE NOT permissible.

## **INFRACTIONS**

NOTE: As a courtesy, coaches should allow backstrokers, to have the “right of way” for safety

Purposes. Infractions of these procedures may result in the offender(s) being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

**Please Note: Breach of pool safety rules by members of a club will be reported to Swim Ontario**

**The club may face a fine not to exceed \$ 1,500.00**



### **Long Term Athlete Development Strategy & SNC LTADS Policy**

The implementation of the Swim Ontario LTADS has been a success over the past four years. Now, Swimming Canada (SNC) is in the process of finalizing a national LTADS policy which will take effect September 1st, 2008. The following information provides some background on the Swim Ontario LTADS; as well, it outlines any (minor) impact the SNC LTADS will have on Swim Ontario members.

To address the different rates of growth which occur between males and females, the Swim Ontario Junior Provincial competition has differentiated age categories between genders. To better address the physiological capabilities and needs of our athletes at each phase of their development, there is a differentiation in what events are offered to each age category.

To reduce the physiological age disparity that 2 year age increments bring, and to provide a fairer playing field for all, single year age increments have been introduced at Junior Provincials for all Girls 14 yrs of age and under and all Boys 15 yrs of age and under. Because scientific research indicates that athletes lock in their skills during the first three to four years of swimming, the emphasis should not be on how fast you swim but how well you swim. Skill development is far more important than winning!

To ensure that swim programs focus on avoiding soft tissue injury caused from repetitive freestyle workouts, improve motor learning skills, increase interest and benefit long term development; Individual Medley (Multi

Stroke/Multi Skill) pre-requisite qualifying events were introduced at Junior Provincials. (The 200 IM for Girls 11 yrs & under and Boys 12 yrs & under; and the 400 IM for Girls 12, 13, 14yrs and Boys 13, 14 and 15 yrs.) Sports physiologists have discovered that age group swimmers are pre-disposed to aerobic training, and derive far greater benefits long term by developing their aerobic capacities as opposed to their anaerobic capacities; an Aerobic oriented pre-requisite event has been introduced at Junior Provincials. (The 400 Free for Girls 10 yrs and under and Boys 11 yrs and under; and the 800 Free for Girls 11, 12, 13 & 14 and Boys 12, 13, 14 & 15.) For tracking purposes, clubs are encouraged to run Sanctioned Time Trials in the 400 and 800 Freestyle for all their age group swimmers.

Swimmers must attain both an Individual Medley (IM) and an Aerobic Free pre-requisite time and at least one (1) Junior Provincial qualifying standard in order to participate at Junior Provincials. (Girls 15-17 and Boys 16-17 are exempt.)

It often takes between 10 and 15 years of the best possible preparation to reach Individual Peak Performance levels. With such a long career ahead, it is far more beneficial to allow swimmers 12 yrs of age and under the free time necessary to participate with friends and family in other sports and social activities, and reduce the unnecessary fatigue that accumulates from participating in heats and finals throughout the season.

Therefore, all 12 & under events for all sanctioned Invitational's and Time Trials within the province of Ontario will be TIME FINAL EVENTS only (see 12 & under rules below).

### **Swim Ontario 12 & UNDER RULES**

1. Regardless of meet format or age categories, all individual and relay events for 12 and under are TIME FINAL (no progression to second swim of the same event)
2. 12 & under may "Swim Up" on relays in both preliminaries & finals at Ontario Jr. Provincial Championships, Ontario Senior Provincial Championships, Ontario Team Championships and Ontario Regional Championships and any SNC designated Meets.
3. 12 and under who qualify, may swim heats and finals of individual events at Ontario Senior Provincials, Canada Games Trials or other SNC designated competitions.

### **Additional LTADS Recommendations from Swim Ontario**

To achieve a province wide strategy it is recommended that Invitational and Regional Championships offer the same event selection as Jr. Provincials. Invitational's do not have to run their meets in the same event order nor do they have to run single year increments. All sanctioned meets need to comply with the 14 and under LTAD policy # 2 as described below.

In order to recognize the need to re-charge our batteries, and re-focus on the Long Course Season, March has been identified as a Refocus/Revitalization Period. No Sanctioned meets or time trials will be permitted during the SO defined revitalization period. SNC or Swim Ontario designated competitions are exempt from this policy.

The recommended swim meet session length, excluding warm-ups, is 4.5 hours. If a meet exceeds this length, you are requested to report that to the Regional Development Programs Coordinator of Swim Ontario at [christy@swimontario.com](mailto:christy@swimontario.com).

For more information on any of Swim Ontario's Programs, including the "Long Term Athlete Development Strategy" visit the Swim Ontario website at [www.swimontario.com](http://www.swimontario.com)

Please note Swim Ontario reserves the right to amend conditions of the LTADS policies.

### **NEW: SNC National LTAD Policy - 14 & UNDER Rules**

1. For pre-Peak Height Velocity (PHV - 14 years and under) age athletes, age groupings for entry time standards, national rankings and awards shall be based on single year increments.

**Impact:** Swim Ontario already has single age increment standards or "Time Levels" for 14 and under athletes.

2. For Club Invitational, Regional, Provincial and National sanctioning of competitions, a qualification system for swimmers aged 14 & under shall involve a pre-requisite or entry system that is based on individual medley and aerobic freestyle events only. Example: 200 IM AND 400 or 800 FR or 400 IM AND 400, 800 or 1500 Freestyle.

**Impact:** Swim Ontario's current Junior Provincial Championship qualification system conforms to this SNC LTAD policy. Club Invitational's will adopt a similar entry system; Clubs can choose the IM and aerobic freestyle events and time standard for the pre-requisite qualification. Please note that Swim Ontario regional sanctioning officers will not accept any sanction requests that do not comply.

3. For Swimmers aged 14 & under, at Provincial and National competitions: Award systems will include:

Overall scoring of multiple-event performance across individual medley and aerobic freestyle events using a SNC IM-FREE program.

Recognition of improvement from previous personal best (PB) performances.

Individual awards for individual event performances.

**Impact:** The Swim Ontario Junior Provincial competition conforms to bullets 1 and 3; however a form of recognition of improvement for PB's (bullet 2) will be developed.

4. For the purposes of obtaining sanction approval, estimated timelines for all competitive sessions be required on the sanction application, and these timelines must be included in the meet information.

**Impact:** All sanction applications will require estimated timelines to be included in the meet package and should be compliant with total session lengths, excluding warm up, that do not exceed 4.5 hours (see above).

**Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.**

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of "textile" currently is: "Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding."

SHAPE – MEN: swimwear shall not extend above the navel or below the knee. WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmer.



## PROCEDURE MANUAL

<b>SECTION</b>	<b>Membership</b>	<b>PROCEDURE #</b>	M-001-07
<b>SUBJECT</b>	<b>Athlete Registration and Proof of Residence for Competitions</b>	<b>EFFECTIVE</b>	September 2009
<b>AUTHORIZED BY</b>	Board Of Directors	<b>REVISED</b>	

### ***Support***

#### **Swim Ontario Policy**

M – 001 ... Swim Ontario is a not for profit sport governing body responsible for the organization and regulation of competitive swimming in Ontario.

#### **Swimming Rules of SNC**

GR 1.2.1.1 Swimmers entering meets in Canada must comply with all FINA, SNC and PS eligibility rules.

GR 1.1.1.3 The PS may make special rules and regulation for age group and senior events.

This procedure applies to all competitions sanctioned by Swim Ontario. This procedure is aimed at ensuring all athletes in competition are properly registered, insured and that they are residents of the country or province for which they claim residence.

## **Registration**

### ***Ontario Athletes***

Meet Managers must ensure that all swimmers are duly and properly registered. At the time of receiving an entry (electronic, paper or deck) from an Ontario athlete, meet managers must secure both

9 digit ID number  
date of birth

This is done through [www.SwimMeet.ca](http://www.SwimMeet.ca) and the meet entry process. Through this route, meet managers can feel assured that the swimmer is duly registered. Without this information the swimmer registration is suspect and meet managers must confirm the information within a reasonable period of time. Exemptions for Ontario Athletes may be considered, please see Proof of Residence Exemption.

### ***Non-Ontario Athletes/Clubs***

The non-Ontario swimmer must be able to prove two things upon demand to compete within the province.

- Registration with a governing body (Swim Alberta, Swim USA for example)

Athlete number  
Date of birth  
Proof of registration  
Proof of Insurance

- Residency within the governing body as demonstrated by either the parent or swimmer

Tax roll  
Drivers license  
Passport  
Other documentation as accepted by Swim Ontario

This procedure does not apply to the following situations where specific Swim Ontario and SNC rules shall govern:

Swimmers competing in the OUA/CIS/NCAA.  
National Swimming Centre swimmers.  
Masters swimmers

### ***Procedure***

Any meet which has the potential for attracting non-Ontario swimmers must include a notice of registration and residency.

All swimmers must be duly registered and residents of the governing body for which they are competing. All swimmers must be in good standing with their respective governing swim body.

All swimmers must be residents of the province/state or country for which they claim registration. Proof of residency may be passport, tax-roll, college residence or other document as deemed acceptable by Swim Ontario and shall be provided within 24 hours of request by Swim Ontario

An affidavit attested by the submitting club is required to be completed and received by the host club prior to competition. A sample of an affidavit which may be used by meet management is attached.

All affidavits attesting to resident and registration compliance must be faxed by the host club to the Swim Ontario offices within 7 days of the completion of the competition.

Swim Ontario Office Fax: 416-426-7356 Attention: Victoria Corrigan - ([victoria@swimontario.com](mailto:victoria@swimontario.com))

***Responsibility Action***

Meet Manager	Ensure language is included in meet package, non-SNC affidavits are signed and faxed/mailed to Swim Ontario within 7 days of competition completion.
Swim Ontario	Randomly request review of affidavits and act immediately on any concerns
<p><b>Please note that while every effort is taken to ensure accuracy this procedure may have changed.</b></p> <p><b>Please contact Swim Ontario staff for any assistance or additional information.</b></p>	

**Certification of Residence and Registration Status of all Entered Athletes**

Athletes competing in Ontario must,

- Have paid for competitive registration status prior to entering the meet.  
 Non-SNC clubs must register and pay for the registration of their athletes with their respective governing swim body.
- Be residents of the governing body for which they are registered  
 Exemptions are permitted. Please see Swim Ontario for form and filing information.  
 All swimmers must be residents of the country, province or state for which they are representing. Proof of residency may be passport, tax-roll or other document as deemed acceptable by Swim Ontario and shall be provided within 24 hours of request by Swim Ontario.

A penalty will be levied against any club found to have entered an athlete in the meet without first registering the athlete and paying for registration or for registering an athlete without proper residency. Submitting a meet entry without the athlete being properly registered and that registration paid beforehand or without proper residency will lead to Swim Ontario penalties as deemed appropriate. The authority for this action is found in

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GR 1.1.1.3 The PS may make special rules and regulation for age group and senior events.

For non-Canadian swimmers the registration process varies but in each case the swimmer must be able to prove they are a resident of the country for which they claim registration then provide an identification number. Meet managers should ask for this proof prior to accepting entries.

Failure to ensure that all swimmers are duly registered will result in both the host club and/or the offending club to face strict penalties including but not limited to either a fine, withdrawal of sanction rights and even suspension.

**CERTIFICATION OF REGISTERED SWIMMERS WITH  
SWIM ONTARIO (or Quebec)**

The participation of unregistered swimmers in a Swim Ontario sanctioned meet will nullify the insurance coverage and the official results for all swimmers in the meet. In particular, **I CAN SWIM** swimmers are not registered with Swim Ontario.

I certify that all swimmers from my club entering the

**Ottawa Y Olympians Invitational Long Course Sprints**

Are registered with Swim Ontario.

Club \_\_\_\_\_

Coach \_\_\_\_\_

Date \_\_\_\_\_

This form will be available on the day of team registration when fees are collected, before swimmers enter the water.