



## 2020 OYO Vorgee Long Course Invitational



|                     |   |                 |
|---------------------|---|-----------------|
| DATE(S):            | April 5, 2020   | Region: Eastern |
| HOSTED BY:          | Ottawa Youth Olympians  |                 |
| LOCATION:           | Nepean Sportsplex, 1701 Woodroffe Ave. Nepean, ON K2G 1W2   |                 |
| FACILITY:           | 8-lane, 50m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard   |                 |
| PURPOSE:            | Open Invitational   |                 |
| MEET PACKAGE:       | The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>  |                 |
| 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 <a href="#">HERE</a> . |                 |

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

COORDINATOR: John Pezacki, Level V , Email: [john.pezacki@uottawa.ca](mailto:john.pezacki@uottawa.ca)

MEET MANAGER: Dan Scott, Email: [meet.manager.oyo@gmail.com](mailto:meet.manager.oyo@gmail.com)

DESCRIPTION: Long Course - Open/Timed Finals. All events will be swim Mixed Gender Timed Final with results separated by gender and age group.

OFFICIALS CHAIR: Chris Ritchie, Email: [officials.oyo@gmail.com](mailto:officials.oyo@gmail.com)

#### VOLUNTEER

OFFICIALS: Volunteers are needed, please contact the Officials Chair at [officials.oyo@gmail.com](mailto:officials.oyo@gmail.com) if you wish to volunteer.

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 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: April 5, 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 Swimming Canada (SC) and have a valid SC registration number. Entries without a valid SC registration number and registration status will be declined entry.

- Preference will be given to the host club first.
- This is an invitational meet. Participation of this meet is at the full discretion of the host club.
- Meet Management reserves the right to further limit individual swims to 4 per session and to limit heats if necessary, to keep session times to within 4.5 hours.
- Non-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Non-competitive swimmers will compete as Exhibition
- Foreign competitors are welcome, subject to the following provisions. 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 Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca) . Meet Management will not accept entries via email.

Online Entry Deadline: March 29, 2020

- Swimmers may enter a meet total of 4 individual events
- Entries will be accepted on a first come first serve basis up to a limit of 250 swimmers
- Changes to entries will not be accepted after March 31, 2020. After that time, fees will be calculated; no refunds will be granted for missed swims
- Please submit an estimated time rather than NT where possible

**ENTRY FEE:**

Fee rate is \$11 per event

Payment must be made no later than April 5, 2020.

Payment Preference: Please send e-transfer to: [bookkeeping.oyo@gmail.com](mailto:bookkeeping.oyo@gmail.com) (question: swim meet, answer: OYO LC)

If you plan to pay by cheque, please make cheque payable to: OYO Swim Club

**CONVERSION:**

Entry times can be converted. Please submit converted times: Using Hy-tek default conversion factor

**SEEDING:**

Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).

SCHEDULE OF SESSIONS:

| <u>Session #</u> | <u>Date</u>    | <u>Prelims/Finals</u>        | <u>Warm Up</u> | <u>Start</u> | <u>Events</u> | <u>Estimated Duration</u> |
|------------------|----------------|------------------------------|----------------|--------------|---------------|---------------------------|
| 1                | Sunday April 5 | Timed Finals<br>13 and over  | 7:00 AM        | 7:45 AM      | 1-10          | 4.5 hours                 |
| 2                | Sunday April 5 | Timed Finals<br>12 and under | 12:15          | 1:00         | 11-20         | 4.5 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 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.

COACH'S MEETING: A coaches meeting will be held in the Meet Management office at 7:30 (if necessary)

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: Scratches are to be made at the meet management office 30 minutes prior to the start of each session. No scratch penalty shall be imposed for late or day of scratches.

SCORING: No Scoring

AWARDS:

The following will be awarded:  
Ribbons for individual events (1st- 8th) will be awarded by Boys/Girls 10-under, 11- 12, 13-14 and 15+

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

Results will be posted outside the pool area during the meet.

Live Results / Meet Mobile are available.

# Appendix

## Event List

Session 1 (Age: Mixed, 13 and over)

| Event # | Event Description |
|---------|-------------------|
| 1       | 200 IM            |
| 2       | 100 Fly           |
| 3       | 50 Breast         |
| 4       | 200 Free          |
| 5       | 100 Back          |
| 6       | 50 Fly            |
| 7       | 50 Back           |
| 8       | 100 Free          |
| 9       | 100 Breast        |
| 10      | 50 Free           |

Session 2 (Age: Mixed, 12 and under)

| Event # | Event Description |
|---------|-------------------|
| 11      | 200 IM            |
| 12      | 100 Fly           |
| 13      | 50 Breast         |
| 14      | 200 Free          |
| 15      | 100 Back          |
| 16      | 50 Fly            |
| 17      | 50 Back           |
| 18      | 100 Free          |
| 19      | 100 Breast        |
| 20      | 50 Free           |