**2020 EASTERN ONTARIO**

**REGIONAL CHAMPIONSHIP MEET**Revised January 14, 2020

**Date:** Jan 31-Feb 2, 2020

**Hosted by:** Nepean Kanata Barracudas

**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

**Meet Package:**

The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](https://www.swimming.ca/en/)

**Competition Coordinator:** Erik Apedaile Level V

**Meet Manager:** Megan Dodge – megandodge0@gmail.com, Charles LeBelle

**Officials:** Mara Burrows - officials@swimnkb.com

**Description:**

Eastern Ontario Championship qualifying meet. Invitational (closed). Age Groups, Male and Female (10 & under, 11-12, 13-14, 15 & Over). Swimmers age is 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](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 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](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 Nepean Sportsplex pool on file therefore swim times achieved at this competition will be eligible for provincial or national records.

**Age Up Date:** Ages submitted are to be as of Friday, Jan 31, 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.

**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](http://www.swimontario.com/uploads/Clubs/Club%20Operations/Forms/2015-2016/ProofofResidence.pdf) 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](http://www.swimming.ca).

Meet Management will not accept entries directly via email.

**Qualifying:**

**Swimmers must achieve at least two qualifying standards to qualify for the meet. Once qualified, swimmers may enter up to a meet total of 6 events, including relays. If a swimmer is not entered in at least two of their individually qualified events, then the coach must submit proof of qualification with their entries.**

Swimmers must have achieved the time standard in the 1500 Free, 800 Fr, or 400 IM in order to be eligible to swim the respective event.

Qualifying period: September 1, 2018 – January 29, 2020

**Preliminary Entry Deadline: Tuesday, January 21, 2020**Changes can be made after this deadline and updated entry files can be provided until January 23, but we are asking for a reasonable entry file to be provided by this time so as to allow time for addressing any meet timeline/format concerns, if needed, and in turn for coaches to have time to revisit their entries as needed.

**Deadline: Tuesday, January 21, 2020 (midnight)**

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

Fees: $60.00 + HST = $67.80 per swimmer

Changes to entries will not be accepted after Thursday, January 23, 2020. After that time, fees will be calculated; no refunds will be granted for missed swims. Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with “NT”. Meet management will use SNC’s time validation system to ensure that swimmers have achieved the qualifying requirements. Times not found on the SNC database will be returned to coaches for correction or proof.

**Relay Entries**: Teams may enter as many relays per event as they would like, but only two (2) relays per club, per event may score.

All members of the 11 & 12, 13 & 14, and 15 & Over relay teams must be qualified for and properly entered in the meet. Each relay

team may include up to two (2) swimmers from a younger ­­­­age category. 10 & Under relays may include up to 1 non-qualified

swimmer per event, if the team enters only one relay in that event.

**Standards:** 2019-2020 Eastern Ontario Regional Standards

**SCHEDULE OF SESSIONS:**

| Session # | Date | Age Group | Prelims/ Finals | Warm Up | Start |
| --- | --- | --- | --- | --- | --- |
| 1 | Friday, Jan. 31 | 13 & over | Prelims | 8:00 a.m. | 9:00 a.m. |
| 2 | Friday, Jan. 31 | 12 & under | Time Finals | 12:30 p.m.. | 1:15 p.m. |
| 3 | Friday, Jan. 31 | 13 & over | Finals | 5:30 p.m. | 6:30 p.m. |
| 4 | Saturday, Feb. 1 | 13 & over | Prelims | 7:00 a.m. | 8:00 a.m. |
| 5 | Saturday, Feb. 1 | 12 & over | Time Finals | 11:30 p.m. | 12:15 p.m. |
| 6 | Saturday, Feb. 1 | 13 & over | Timed Finals | 3:30 p.m.\* | 4:30 p.m. |
| 7 | Saturday, Feb. 1 | 13 & over | Finals | 5:30 p.m. | 6:30 p.m. |
| 8 | Sunday, Feb. 2 | 13 & over  | Prelims | 7:00 a.m. | 8:00 a.m. |
| 9 | Sunday, Feb. 2 | 12 & under | Time Finals  | 12:30 p.m. | 1:15 p.m. |
| 10 | Sunday, Feb. 2 | 13 & over | Timed Finals | 3:30 p.m.\* | 4:30 p.m. |
| 11 | Sunday, Feb. 2 | 13 & over  | Finals  | 5:30 p.m. | 6:30 p.m. |

**\*Warm-Up for session 6 and 10 will be in the secondary pool.**

**SCHEDULE OF EVENTS**: See event list – Appendix A

**PARA-SWIMMERS:**

Swimmers with a disability (Para-Swimmers) are eligible to compete in this meet, provided they have achieved the minimum entry time, as included in this meet package. Para-Swimmers may choose Bonus Swims outside of the aforementioned events. Para-Swimmers will be entered according to time in the morning sessions. Please designate classification when entering. There will not be a designated lane for Para-Swimmers during warm-up.

**PARA BONUS SWIM:**

* Swimmers qualifying in one event may enter three additional events.
* Swimmers qualifying in two events may enter two additional events.
* 200 events and above cannot be swum as bonus swims.
* Swimmers qualifying in three or move events may enter one additional event, to a maximum of six individual events.

**DISTANCE EVENTS:**

Entry times must be submitted for the 800 and 1500 free events. No NT or coach’s times will be accepted. The 800/1500 Free will be multi-age seeded fastest to slowest.

**COACH 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 SNC 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:**

Friday, Jan 31 at 8:20 a.m. during the warmup for session 1.

A second coaches meeting will be held Friday, Jan 31, at 1:20 pm during the warmup for session 2.

Location: On the pool deck of the 25 m pool.

**Official 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.

**Check in & Scratches:**

 **13 & OVER SESSIONS:**

**Prelims:**

Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session. No scratch penalty shall be imposed for late or day of scratches.

**13 & Over Timed Finals:**

There is a positive check in for all 13 & over Timed Final events. The scratch deadline for these timed final events shall be 30 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes.

Scratches for finals must be made **30 minutes after the last non-distance event of the session**. A swimmer may make a declaration of “INTENT TO SCRATCH” within that same time period. The final decision to scratch or not to scratch must be reported back to the clerk of course within 30 minutes of the swimmer’s last individual preliminary event of that session. A swimmer who fails to return to the clerk of course to make a final decision on the intent to scratch from that event in finals will be seeded into the final for that event. Failure to participate in an individual final, leg of a relay final, or in a timed final event without meet management’s knowledge or consent will result in a $50.00 fine for each offence. Payment is due to NKB. Failure to pay before the next event will exclude the swimmer form any further participation in the meet. A swimmer who fails to scratch from an event in finals but will not swim the rest of the meet will not be penalized.

**12 & UNDER TIME FINAL SESSIONS:**

Positive check in for all swimmers is required 30 minutes prior to the start of the 12 & under time final session to ensure the fastest heat of each age group is full.

**INDIVIDUAL EVENTS ~ 13 & OVER:**

* All individual events for swimmers 13 & over (except 800 or 1500 Free) will be swum as preliminaries and finals.
* For prelims, age groups will be combined, and circle seeded.
* Events with 8 or fewer entries will swim both prelims and finals.
* “A” and “B” finals will be held in events only with 14 or more swimmers entered, before scratches. Events with fewer than 14 swimmers entered will have “A” finals only.
* 400’s will swim an A final only, regardless of the number of swimmers entered in the event.
* 800 Free and 1500 Free will be swum as timed finals during a separate session on the Saturday and Sunday. They will be seeded together, mixed gender, fastest to slowest. The 800 Free will have the top 8 seeded female and top 8 seeded male will swim during finals. The 1500 Free will have the top 8 combined (male and female) swim during finals.

**INDIVIDUAL EVENTS ~ 12 & UNDER:**

* All individual events for swimmers 12 & under are timed finals. Fastest 8 swimmers by gender and age group (10 & under, 11-12) will swim together in one heat.
* In distance events (400 Free, 400 IM, 800 Free), meet management reserves the right to combine heats of different age groups or genders. For example, if there are 3 boys in one age group and two in another for the same event, they will swim together in the same heat, separated by one lane.
* 200 Breast, 200 Fly, 400 IM and 800 Free are offered as event in the 12 & under age category only. Swimmers younger than 12 years old may race in these events but will be scored as 12 years & under (not broken out by age).
* 1500 Free is offered as an event in the 14 & under age category only. Swimmers younger than 14 years old may race in this event but will be scored as 14 years & under (not broken out by age).
* 100 IM will be offered as an event in the 10 & under age category only.

**RELAYS:**

* All relay events will be swum as timed finals.
* Age groups for relay events will be: 10 & under, 11-12, 13-14, 15 & over
* Fastest 8 relay teams by age and gender (10 & under, 11-12, 13-14, 15 & over) will be swum in one heat.
A club may enter any number of relay events but only their top two relay teams will score.
* **Coaches must have relay cards filled in and returned to the Meet Manager 30 minutes prior to the start of the session.**
* Changes will be accepted until 30 minutes before the relay event is scheduled to begin.

**SCORING:**

The following will be scored; the top 16 swimmers in individual events and the top 16relays will score team points.

Team individual event points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Team relay event points: 50, 45, 35, 20, 19, 18, 17, 16, 12, 11, 10, 9, 8, 7, 6, 5

**INDIVIDUAL AWARDS:**

Medals for 1st, 2nd, 3rd, ribbons for 4th - 8th

Relay events: ribbons for 1st, 2nd, 3rd

Medals for 12 & under timed final events will be awarded on deck during each session as results are available.

Medals for 13 & over finals will be awarded on deck during finals, immediately following each event.

Top 3 swimmers are encouraged to go to the podium to receive medals following each heat.

All medals and ribbons are to be picked up by swimmers at the awards table. Awards packages will not be mailed after the meet.

**TEAM AWARDS:**

Overall team trophy to the team with the highest number of team points.

Small team award to the team with the highest number of points, and fewer than 35 registered competitive swimmers as of **January 31, 2020.**

**Results:**

Official results will be posted within 48 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. Results will be posted as quickly as possible at the meet. Live Results/Meet Mobile will be available.

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.

Hotel:

Holiday Inn Express & Suites Ottawa West – Nepean

2055 Robertson Rd, Ottawa, ON, K2H 5Y9

[NKB Eastern Ont Regional Championships](https://www.hiexpress.com/redirect?path=hd&brandCode=EX&localeCode=en&regionCode=1&hotelCode=YOWNP&_PMID=99801505&GPC=REG&cn=no&viewfullsite=true)

Group Code: REG

**Appendix A – Event Schedule 12 & Under – Short Course**

|  |  |  |
| --- | --- | --- |
| **Session 2:****Friday** | **12 & Under****Timed Finals (SC)** | **Warm Up: 12:30 pm** **Start: 1:15 pm** |
| Girls | Event | Boys |
| 13 | 200 IM 10 & under | 14 |
| 15 | 200 IM 11-12 | 16 |
| 17 | 50 Breast 10 & under | 18 |
| 19 | 50 Breast 11-12 | 20 |
| 21 | 100 Back 10 & under | 22 |
| 23 | 100 Back 11-12 | 24 |
| 25 | 50 Fly 10 & under | 26 |
| 27 | 50 Fly 11-12 | 28 |
| 29 | 400 Free 10 & under | 30 |
| 31 | 400 Free 11-12 | 32 |
| 33 | 400 Free Relay 10 & under | 34 |
| 35 | 400 Free Relay 11-12 | 36 |

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| --- | --- | --- |
| **Session 5:****Saturday** | **12 & Under****Timed Finals (SC)** | **Warm Up: 11:30 pm** **Start: 12:15 pm** |
| Girls | Event | Boys |
| 58 | 200 Free 10 & under | 59 |
| 60 | 200 Free 11-12 | 61 |
| 62 | 50 Back 10 & under | 63 |
| 64 | 50 Back 11-12  | 65 |
| 66 | 200 Breast (12 & under) | 67 |
| 68 | 50 Free 10 & under | 69 |
| 70 | 50 Free 11-12 | 71 |
| 72 | 200 Fly (12 & under)  | 73 |
| 74 | 800 Free (12 & under) | 75 |
| 76 | 200 Medley Relay 10 & under  | 77 |
| 78 | 200 Medley Relay 11-12 | 79 |

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| **Session 9:****Sunday** | **12 & Under****Timed Finals (SC)** | **Warm Up: 11:30 pm** **Start: 12:15 pm** |
| Girls | Event | Boys |
| 97 | 100 Fly 10 & under | 98 |
| 99 | 100 Fly 11-12 | 100 |
| 101 | 100 Breast 10 & under | 102 |
| 103 | 100 Breast 11-12 | 104 |
| 105 | 200 Back 10 & under | 106 |
| 107 | 200 Back 11-12 | 108 |
| 109 | 100 Free 10 & under | 110 |
| 111 | 100 Free 11-12  | 112 |
| 113 | 100 IM 10 & under | 114 |
| 115 | 400 IM (12 & under) | 116 |
| 117 | 200 Free Relay (10 & under) | 118 |
| 119 | 200 Free Relay (11-12) | 120 |

Schedule of Events – 13 & over

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| --- | --- | --- | --- | --- | --- | --- |
| Session 1:  |   | Warm up: 8:00 am |  | Session 3: |   | Warm up: 5:30 pm |
| Friday  | Prelims (SC) |  Start: 9:00 am |  | Friday  | Finals (LC) |  Start: 6:30 pm |
|  Girls | Event | Boys |  |  Girls | Event | Boys |
| 1 | 200 Free | 2 |  | 1 | 200 Free | 2 |
| 3 | 50 Back | 4 |  | 3 | 50 Back | 4 |
| 5 | 100 Breast | 6 |  | 5 | 100 Breast | 6 |
| 7 | 100 Butterfly | 8 |  | 7 | 100 Butterfly | 8 |
| 9 | 400 IM | 10 |  | 9 | 400 IM | 10 |
|  |  |  |  | 11 | 400 Mixed FR 13-14 |  |
|  |  |  |  | 12 | 400 Mixed FR 15 & over |  |

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| Session 4:  |    |  Warm up: 7:00 am |
| Saturday  | Prelims (SC) |  Start: 8:00 am |
| Girls | Event | Boys |
| 37 | 4 \* 50 Free Relay 13-14 | 38 |
| 39 | 4 \* 50 Free Relay 15 & over | 40 |
| 41 | 400 Free | 42 |
| 43 | 50 Fly | 44 |
| 45 | 200 Breast | 46 |
| 47 | 100 Back | 48 |
| 49 | 200 Fly | 50 |
| 51 | 50 Free | 52 |

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| Session 6: Warm-Up: 3:30 pmSaturday Timed Finals (LC) Start: 4:30 pm |
|
|  Girls | Event | Boys |
| 53 | 800 Free (fastest heats by gender swim during finals) | 53 |

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| --- | --- | --- |
| Session 7:  |   |  Warm up: 5:30 pm |
| Saturday  |  Finals (LC) |  Start: 6:30 pm |
| Girls | Event | Boys |
| 41 | 400 Free | 42 |
| 43 | 50 Fly | 44 |
| 45 | 200 Breast | 46 |
| 47 | 100 Back | 48 |
| 49 | 200 Fly | 50 |
| 51 | 50 Free | 52 |
| 53 | 800 Free (Fastest Heats) | 53 |
| 54 | 400 Medley Relay 13-14 | 55 |
| 56 | 400 Medley Relay 15 & over | 57 |

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| --- | --- | --- |
| Session 8:  |   |  Warm up: 7:00 am |
| Sunday  |  Prelims (SC) |  Start: 8:00 am |
| Girls | Event | Boys |
| 80 | 4 \* 50 MR 13-14 | 81 |
| 82 | 4 \* 50 MR 15 & over | 83 |
| 84 | 50 Breast | 85 |
| 86 | 200 Back | 87 |
| 88 | 100 Free | 89 |
| 90 | 200 IM | 91 |

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| --- | --- | --- |
| Session 10Sunday |  Timed Finals (LC) |  Warm-Up: 3:30 pm  Start: 4:30 pm  |
|  Girls | Event | Boys |
| 92 | 1500 Free (top 8 swimmers swim during finals) | 92 |

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| Session 11: |   |  Warm up: 5:30 pm |
| Sunday  | Finals (LC) |  Start: 6:30 pm |
|  Girls | Event | Boys |
| 84 | 50 Breast | 85 |
| 86 | 200 Back | 87 |
| 88 | 100 Free | 89 |
| 90 | 200 IM | 91 |
| 92 | 1500 Free  | 92 |
| 93 | 400 Free Relay 13-14 | 94 |
| 95 | 400 Free Relay 15 & over | 96 |



