



# Technical bulletin

Nepean Sportsplex – October 26, 2024



## MEET ORGANIZERS

**Meet Manager:** Marybeth Creskey

**Competition Coordinator:** William Van Straaten

**Officials Chair:** Reuben Ludmer

## MEET FORMAT

Swimming Canada rules will govern this meet. All events will be run as timed finals and will be swum slowest to fastest, boys and girls combined. Results will be published according to the following age and gender categories: 10&U, 11-12, 13-14 and 15&O.

## TIMELINES

Session #	Age Group	Warm-up	Session Start	Session End (estimate)
1	12 & Under	1) 12:30-1:00pm 2) 1:00-1:30pm	1:35pm	4:55pm
2	13 & Over	5:00-5:45pm	5:50pm	8:45pm

## SCRATCHES

Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.

## DECK ENTRIES

Deck entries are permitted for swimmers already entered in the competition, and only if empty lanes are available, no new heats will be created. Deck entries are to be made at the Admin Desk 30 minutes prior to the start of each session. Deck entries will be marked EXHIBITION.

## OFFICIAL SPLITS

Official Split Forms are available at the Admin Desk. Requests are to be made at the Admin Desk 30 minutes prior to the start of each session. Not all Official Split requests can be accommodated.

## HEAT SHEETS AND RESULTS

Printed Heat Sheets will be posted and will be available for coaches at the Admin Desk. Results will be posted as soon as possible and will be available at <https://swimottawa.ca/blog/2024-swott-fall-invitational> and on Meet Mobile. No programs will be sold.

## FIRST AID AND EMERGENCIES

There are lifeguards on duty for any problems that may occur. In the event of an emergency please follow instructions from lifeguards.

## POOL RULES

- Swimmers and Coaches will have access to the pool deck at 12:15pm (not earlier).
- Eating food is not permitted within 6 ft from the pool.
- Please throw garbage in the garbage/recycling bins on deck and in the stands.
- Swimmers should wear footwear in the Sportsplex lobby and other non-aquatic areas of the facility.

## HOSPITALITY

Coaches, volunteers and officials are invited to the hospitality room, located in the water safety room under the stands. for lunch (prior to the start of Session 1) and dinner (between Session 1 and Session 2). We will be serving snacks on the deck during all sessions. We will not provide bottles of water during the meet, so please bring your own refillable bottle.

## CHANGE ROOMS AND LOCKERS

Lockers are available in the change rooms for free. You must bring your own lock. Ensure that your locker is well locked. We are not responsible for thefts.

## WARM-UP

Swimmers and coaches must comply with the Competition Warm-Up Safety Procedure of Swimming Canada. These rules will be posted at both ends of the pool.

[Competition-warm-up-safety-procedures](#)

During warm-ups, no swimmer shall dive except during the last 10 minutes in the assigned sprint lane(s). At that time, all swimmers will have to swim in one direction in the sprint lanes.

**Session 1 Warm up** will be in deep end only and split into two 30-minute groups assigned by club

Warm Up #1 – 12:30pm-1:00pm – ROCS, SWOTT

Warm Up #2 – 1:00pm-1:30pm – GSH, OYO, PPSC

**Session 2 Warm up** will be in deep end plus 4 lanes of shallow end. All clubs will warmup at 5:00pm –5:45pm