

APPROVED
By Swim Ontario at 9:16 pm, Oct 15, 2024

Brief Meet Information

MEET NAME	SWOTT Fall Invitational
DATE(s):	October 26, 2024
HOSTED BY:	Swim Ottawa
LOCATION:	Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa
FACILITY:	Short Course, Deep end of a 50 meter pool. Electronic timing
PURPOSE & DESCRIPTION:	Early season, two session meet, sessions are by age group 12-Under and 13-Over .Events are all Timed finals, where all ages and genders are seeded together from slowest to fastest. Results will be published according to the following age and gender categories: 10&U, 11-12, 13-14 and 15&O
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	William Van Straaten	williamvans@icloud.com	IV
MEET MANAGER(S):	Marybeth Creskey	officialscoordinator@swimottawa.ca	
OFFICIALS COORDINATOR:	Reuben Ludmer	officialscoordinator@swimottawa.ca	

Safety at Competitions

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.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management](#) & Swimming Canada Event Photography and Swim Ontario Event Photography procedures will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

AGE UP DATE:	The competitor's age is as the first day of the competition October 26, 2024
DIVE STARTS:	As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: <ul style="list-style-type: none"> A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> a. from deep end only
d/DEAF AND HARD OF HEARING ACCOMMODATION :	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> • non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. • Visual Start hand signals given by the starter/referee. • Visual Start Strobe Light options <ul style="list-style-type: none"> A. Facility-Provided Strobe Light: An external strobe light is available at this facility B. Personal Strobe Light: a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

ADDITIONAL ELIGIBILITY INFORMATION:	<p>A. Preference will be given to the host club first.</p> <p>B. Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.</p>
COACH & SUPPORT STAFF REGISTRATION:	<p>Meet management will cross reference the list of coaches submitted with entries 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 the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
FOREIGN TEAMS / COMPETITORS:	<p>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</p> <p>A. Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> ○ Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate. ○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. ○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing. ○ All competitors and coaches must be in good standing with their respective governing swim body. ○ All foreign competitors 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 along with the insurance certificate. ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; ● notify clubs of any meet format changes or designated warm-up times at least 10 days prior to the start of the competition <p>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</p>
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	Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.
ENTRY DEADLINE:	The online entry deadline is October 7, 2024 A. Changes to entries will be accepted until October 14, 2024
ENTRY FEE:	The following fees will apply for this competition: A. Individual Events: \$12.00 Payment Method: e-transfer to finance@swimottawa.ca
ENTRY LIMITS:	The following limits are in place for this competition: A. The maximum number of participants per session is 270 B. The maximum number of entries per swimmer is 4
RELAY ENTRIES:	A. No relays will be offered at this competition.
ENTRY TIMES & CONVERSION:	A. Entries can be submitted with No Time (NT). B. Entry Times can be converted (i.e. LCM to SCM)

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	October 26, 2024	12:30pm-1:30pm	1:35pm	4:55pm	Time Finals – 12 & U
2	October 26, 2024	5:00pm-5:45pm	5:50pm	8:55pm	Time Finals – 13 & O

Meet Format & Administration

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 ensures 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.
SEEDING:	After all times are converted as pursuant to the conversion process: A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last.
DECK ENTRIES:	All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available). The following are the Deck Entry Rules for this competition: A. Only event deck entries are permitted for swimmers already entered in the competition. a. Fee: \$12.00
RELAY NAME SUBMISSION:	A. No Relays

SCRATCHES & POSITIVE CHECK IN RULES:	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.
PENALTIES:	No penalty shall be imposed for late or day of scratches and No-Shows
OFFICIAL SPLIT TIMES:	<p>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 at least 30 minutes prior to the commencement of the session in which the event will take place.</p> <p>A. Official Split Forms are available at the Admin Desk. B. Not all Official Split requests can be accommodated.</p>
SWIM OFFS:	None
RECORDS:	Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p>A. Unofficial Results will be posted at the meet. B. Unofficial Meet Mobile results will be available.</p>
SCORING:	<p>The following scoring will be applied:</p> <p>A. No Scoring</p>
AWARDS:	<p>The following will be awarded:</p> <p>A. Boys/Girls 10 & Under – Ribbons 1st to 8th B. Boys/Girls 11 -12 – Ribbons 1st to 8th</p>
ADDITIONAL INFORMATION:	<p>Warm-up for session 1 will be split into two 30 minute groups;</p> <ul style="list-style-type: none"> • Warm Up #1 – 12:30pm-1:00pm; Warm Up #2 – 1:00pm-1:30pm <p>Warm-up allocations will be communicated to coaches by email by October 16, 2024</p>

Schedule of Events

Session 1 – 12 & Under Saturday, October 26, 2024 Warm-up: 12:30 PM -- Start: 1:35 PM	
Event number	Stroke
1	Mixed 12&Under 200 Freestyle
2	Mixed 12&Under 50 Freestyle
3	Mixed 12&Under 100 Backstroke
4	Mixed 12&Under 50 Butterfly
5	Mixed 12&Under 100 Breaststroke
6	Mixed 12&Under 200 Individual Medley
7	Mixed 12&Under 100 Individual Medley
8	Mixed 12&Under 50 Backstroke
9	Mixed 12&Under 100 Freestyle
10	Mixed 12&Under 50 Breaststroke
11	Mixed 12&Under 100 Butterfly

Session 2 – 13 & Over Saturday, October 26, 2024 Warm-up: 5:00 PM -- Start: 5:50 PM	
Event number	
12	Mixed 13&Over 200 Freestyle
13	Mixed 13&Over 50 Freestyle
14	Mixed 13&Over 100 Backstroke
15	Mixed 13&Over 50 Butterfly
16	Mixed 13&Over 100 Breaststroke
17	Mixed 13&Over 200 Individual Medley
18	Mixed 13&Over 100 Individual Medley
19	Mixed 13&Over 50 Backstroke
20	Mixed 13&Over 100 Freestyle
21	Mixed 13&Over 50 Breaststroke
22	Mixed 13&Over 100 Butterfly