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**Out of The Gate Long Course Invitational**

**Hosted by the Guelph Marlin Aquatic Club**

**Saturday January 25, 2020**

**Revised Dec 28 2020**

**Sessions 1 and 2 will be combined on Saturday  
Warm-up 1pm, Start 2pm  
Sessions 3 and 4 will be also be combined on Saturday**

**Warm-up 4pm, Start 5pm**

FACILITY:

Victor Davis Memorial Pool, 151 Victoria Road North, Guelph, Ontario; 6 lanes, 50m pool, with electronic timing

MEET DESCRIPTION:

One day invitational meet for all age groups, with no time standards. All events are timed finals. Entry times can be converted from SC to LC.

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

COMPETITION COORDINATOR: John Gerrard, [jgerrard@habitathm.ca](mailto:amy@habitathm.ca)

MEET MANAGER: Sue Steele [smsteele\_1965@yahoo.ca](mailto:smsteele_1965@yahoo.ca)

SAFETY AND 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/content/uploads/2015/06/swimming-canada-competition-warm-up-safety-procedures-september-26-2016.pdf

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.

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" \t "_blank) to Swim Ontario no later than 7 days prior to start of competition.

COACH’S REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](http://www.swimontario.com/page.php?id=2748" \t "_blank).  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.

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.

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.

ENTRIES AND DEADLINES:

Initial Entries must be received by Monday December 23, 2019. Final deadline is Monday January 13, 2020 Please submit entries using [www.swimming.ca](http://www.swimming.ca) No entries or changes to entries will be accepted after the final deadline. After that time, fees will be calculated; no refunds will be granted for missed swims. Meet Management has the right to limit the number of swims by swimmer based on meet capacity.

Entry fees are $13 for 400m events and $12 for all other individual events. Splash fee $8.00 per swimmer. Meet management reserves the right to limit the number of swims if a session is over-subscribed.

Deck entries will be accepted for empty lanes only (no new heats will be created). Swimmers entered on deck must have valid proof of SNC registration (number) as an active, registered, competitive swimmer. Entry fee per event as above.

All scratches should be reported to the meet manager during warm-up for preliminary and 12 and under timed finals.

MEET PROGRAMS:

Meet programs will only be made available on the GMAC website for individual printing, Select GMAC hosted meets from the menu bar of the GMAC home page.

RESULTS:

Live results will be posted on [meet mobile](https://www.active.com/mobile/meet-mobile-app) Official results will be uploaded and posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca/" \t "_blank)

AWARDS:

Ribbons for 1st to 6th for individual events for each of the following age Groups: 10 and under, 11-12, 13, 14-15, 16 and over.

OFFICIALS:

It would be appreciated if each club would email our Officials Coordinator, Mary Gerrard at [maryegerrard@gmail.com](mailto:maryegerrard@gmail.com) a list of names of officials who would be willing to help at each session.

HOTEL:

Delta Guelph 50 Stone Rd West across from the University of Guelph. For discounted rates, call 519-780-3700 and mention you are attending the GMAC Swim Meet.

**SCHEDULE OF EVENTS**

All events will be seeded slowest to fastest, and not by age. The order of events may be changed based on the number of registrants. Warm-up and start times may be adjusted based on the number of registrants.

**Session 1 – Saturday January 25**

**Warm-up: 1pm / Start: 2pm**

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| **Women’s Events** | **PROGRAM OF EVENTS** | | **Men’s Events** |
| 1 | 13 & Over | 100m Backstroke | 2 |
| 3 | 13 & Over | 50m Butterfly | 4 |
| 5 | 13& Over | 50m Freestyle | 6 |
| 7 | 13& Over | 100m Breaststroke | 8 |
| 9 | 13 & Over | 400m Freestyle | 10 |
| 11 | 13 & Over | 400m IM | 12 |

If the 400m events are over-subscribed, heats may be doubled or moved to session 3.

**Session 2 – Saturday January 25**

**Session 2 will be combined with Session 1 – Warm-up: 1pm / Start: 2pm**

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| **Women’s Events** | **PROGRAM OF EVENTS** | | **Men’s Events** |
| 13 | 12 & Under | 100m Backstroke | 14 |
| 15 | 12 & Under | 50m Butterfly | 16 |
| 17 | 12 & Under | 50m Breaststroke | 18 |
| 19 | 12 & Under | 100m Freestyle | 20 |
| 21 | 12 & Under | 200m IM | 22 |
| 23 | 12 & Under | 200m Butterfly | 24 |
| 25 | 12 & Under | 200m Breaststroke | 26 |

**Session 3 – Saturday January 25**

**Warm-up: 4pm / Start: 5pm**

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| **Women’s Events** | **PROGRAM OF EVENTS** | | **Men’s Events** |
| 27 | 13 & Over | 100m Butterfly | 28 |
| 29 | 13 & Over | 50m Breaststroke | 30 |
| 31 | 13 & Over | 50m Backstroke | 32 |
| 33 | 13& Over | 100m Freestyle | 34 |
| 35 | 13& Over | 200m backstroke | 36 |
| 37 | 13& Over | 200m breaststroke | 38 |
| 39 | 13& Over | 200m butterfly | 40 |
| 41 | 13& Over | 200m freestyle | 42 |
| 43 | 13& Over | 200m IM | 44 |

**Session 4 – Saturday January 25**

**Session 4 will be combined with Session 3 – Warm-up: 4pm / Start: 5pm**

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| **Women’s Events** | **PROGRAM OF EVENTS** | | **Men’s Events** |
| 45 | 12 & Under | 100m Butterfly | 46 |
| 47 | 12 & Under | 50m Freestyle | 48 |
| 49 | 12 & Under | 50m Backstroke | 50 |
| 51 | 12 & Under | 100m Breaststroke | 52 |
| 53 | 12 & Under | 200m Freestyle | 54 |
| 55 | 12 & Under | 200m Backstroke | 56 |