 

*2019 GHAC Stratten and Bond Long Course Invitational*

DATE(S): Friday May 17 and 18, 2019 Region: Western

HOSTED BY: Golden Horseshoe Aquatic Club

LOCATION: McMaster University, 1280 Main St W, Hamilton ON L8S 2K6

FACILITY: 6 lane long course facility with starting blocks, Colorado Timing

PURPOSE: This is a development meet for the host club to further enhance the members competition experience.

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

COMPETITION

COORDINATOR: Dayle Knowles , Level V , Email: franfairley@cogeco.ca

MEET MANAGER: Cody Bradt , Email: silverfair@hotmail.com

DESCRIPTION: *This is a timed final event with most events being offered*

**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 (*choose all applicable*)

* Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
  + from deep end only

and/or

* Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1
  + from deep end

**RECORDS:**

“Option B” Swim times achieved at this competition will NOT be used for applications of provincial and national records.

AGE UP DATE: Ages submitted are to be as: May 17, 2019

MIXED-GENDER: The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis *(choose appropriate circumstances):*

Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time 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 pursuant to this policy, the results must still be posted separately by the gender of swimmers.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry *(choose appropriate circumstances):*.

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 3 per session and to limit heats if necessary to keep session times to within 4.5 hours.

Foreign competitors are welcome, subject to the provisions below.

All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry

FOREIGN

COMPETITORS: All 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 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.

ENTRY FEE:

$11/event

Please make cheques payable to: Golden Horseshoe AC

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 via email.

Online Entry Deadline: May 14, 2019

Changes to entries will not be accepted after May 14, 2019 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”.

Swimmers may swim maximum of 3 events per session.

CONVERSION:  Option “A” Entry times are not to be converted. Please submit times in course achieved.

Times will not be converted

SCHEDULE OF SESSIONS:

| Session # | Date | Prelim/Finals | Warm Up | Start | Finish | Estimated Duration |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | May 17, 2019 | Timed Final | 4:30PM | 5:30PM | 9:30PM | 4 hrs |
| 2 | May 18, 2019 | Timed Final | 9:00AM | 10:00AM | 2:30PM | 4hrs |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

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 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.

COACH’S MEETING: A coaches meeting will be held at 9:30 am in the shallow end

SEEDING:  Option “A” (times converted by club and/or host)

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).

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: Deck Entries are Exhibition Only. They are not eligible for scoring or awards.

No deck entries allowed

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.

$ 15

CHECK IN

AND SCRATCHES:  All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session

No scratch penalty shall be imposed for late or day of scratches.

SCORING:  No Scoring

AWARDS:  The following will be awarded: Ribbons 1-6 for 10 & Under, 11 & 12, 13 & 14, 15 & Over both male and female

MEET 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.

RECORDING

OF EVENT: 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 and permission to do so. Please contact Meet Management for application and authorization.

SAFETY &

LIABILITY: Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

**Appendix**

**Event List**

*Session 1*

*Friday, May 17, 2019*

*Warm-up: 4:30PM -- Start: 9:30PM*

*Events*

Mixed

1. 200 Free
2. 100 Back
3. 50 Breast
4. 100 Fly
5. 50 Free
6. 200 Breast
7. 400 IM
8. 400 Free

Session 2

Saturday May 18, 2019

Warm-up 9:00AM – Start: 10:00AM

Events

Mixed

1. 100 Free
2. 50 Fly
3. 200 Back
4. 100 Breast
5. 50 Back
6. 200 Fly
7. 200IM
8. 800 Free
9. 1500 Free