

**Nepean Kanata Barracudas  
Winter Invitational (Short Course)  
January 17-19, 2020**

**Hosted by:  
The Nepean Kanata Barracudas Swim Club**

**Nepean Sportsplex  
1701 Woodroffe Avenue  
Nepean, ON K2G 1W2**



**Sanctioned by:  
Swim Ontario**



## **General Information**

**Date:** 17-19, January 2030

**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](http://www.swimming.ca)

**Competition Coordinator:** Doug Nielsen, Level V

**Meet Manager:** Megan Dodge – [megandodge0@gmail.com](mailto:megandodge0@gmail.com), Christopher Ritchie

**Session Meet Managers:** 12 & Under: Kim Walton

**Officials:** Mara Burrows - [officials@swimnkb.com](mailto:officials@swimnkb.com)

### **Description:**

Events are all Timed Finals. Sessions grouped by ages: 12 & Under and 13 & Over. Events in the 12 & under session will have all ages and sexes seeded together. Events in the 13 & over sessions will have all ages seeded together but will be separated by gender. Open events (400 IM, 800 & 1500 Free) will be swum with all ages and sex seeded together. The 800/1500 Free will alternate heat by heat. Results will be published according to age group and sex (10&U, 11, 12, 13, 14 and 15 & over). Swimmers age will be determined 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](#).

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](#).

### **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](#)

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](#) 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](#).

**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, January 17, 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.

**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](#) 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.

Swimmers may enter a meet total of 7 individual events.

**Deadline: Tuesday, January 7, 2020**

**Payment:** e transfer to [nkbswimming@gmail.com](mailto:nkbswimming@gmail.com) – password: "meets"

**Fees:** \$9.50 + \$1.00 (SwimON Gold Bonus) + HST = \$11.87 per individual event  
Relay(s) \$12.00 + HST = \$13.56

**Standards:** Not Applicable

**Sessions:**

<b>Session #</b>	<b>Date</b>	<b>Course</b>	<b>Ages</b>	<b>Warm up</b>	<b>Start</b>	<b>Events</b>
3	Saturday, Jan 18	SC	12 & under	7:00am	7:40 am	7-14
5	Sunday, Jan 19	SC	12 & under	7:00am	7:40 am	33-40

**Schedule of Events:** See event list – Appendix A

**COACH'S REGISTRATION:**

Meet management will cross reference the list of coaches in attendance 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 meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

**Coaches' Meeting:** Saturday, January 18, 2020 @ 7:20 am

Location: On the pool deck in front of the meet management office.

**Official 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.

**Scratches:**

Meet Management should be informed of scratches prior to the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer

**Awards:** Ribbons 1<sup>st</sup> – 8th by age group.

**Coaches Cash Prize:** Cash prize draw by session.

**Results:**

Official results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca). Results will be published according to age group and sex (10&U, 11, 12).

**Hospitality:**

A selection of food and refreshments will be made available throughout the meet for coaches and officials only.

**SESSION DETAILS:**

**Saturday, January 18, 2020**

Session 3 (Short Course)

Warm up: 7:00 am

Start: 7:40 am

Event #	Event Description	Age
7	100 IM	12 and under
8	50 Free	12 and under
9	200 Breast	12 and under
10	100 Back	12 and under
11	50 Breast	12 and under
12	200 Free	12 and under
13	100 Fly	12 and under
14	200 Free Relay	12 and under

**Sunday, January 19, 2020**

Session 5 (Short Course)

Warm up: 7:00 am

Start: 7:40 am

Event #	Event Description	Age
33	200 Back	12 and under
34	50 Fly	12 and under
35	100 Breast	12 and under
36	50 Back	12 and under
37	200 Fly	12 and under
38	100 Free	12 and under
39	200 IM	12 and under
40	200 Medley Relay	12 and under