



## *ROW Fall First Try Meet*

DATE(S):	October 26, 2019	Region: Western
HOSTED BY:	Region of Waterloo Swim Club	
LOCATION:	Wilfrid Laurier University Athletic Complex (located at the corner of King St. and University Ave.) 75 University Avenue West Waterloo, ON N2L 3C5.	
FACILITY:	6 lanes, two 25m pools short course configuration Continuous warm up/cooling down pool is available during the session Omega OSB11 starting blocks Omega Ares 21 Timing system with 6 lanes scoreboard Free parking in 'White Permit' areas only after 4:30 pm on Friday, all day Saturday and Sunday	
PURPOSE:	This is an invitational meet which offers one short course session.	
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>	
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 <a href="#">HERE</a> . 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

COORDINATORS: Angus Cunningham, Level V, Email: [acunningham@printer.com](mailto:acunningham@printer.com)  
Tam Nguyen, Level V, Email: [72tnguyen@gmail.com](mailto:72tnguyen@gmail.com)

MEET MANAGER: Lisa Routhier, Email: [meetmanager@rowswimming.ca](mailto:meetmanager@rowswimming.ca)

DESCRIPTION: One afternoon short course (SC) session  
50 m and 100 m timed final events  
All events will be swum age combined and the results will be separated by age groups

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 (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

AGE UP DATE: Ages submitted are to be as: October 26, 2019

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.

**ELIGIBILITY:** All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Entries without a valid SC registration number and registration status 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.
- Non-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Non-competitive swimmers will compete as Exhibition.
- Foreign competitors are welcome, subject to the following provisions. 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.

**ENTRY FEE:**

- \$10 per individual event
- Splash fee \$2 per swimmer. Meet programs are available at <https://www.teamunify.com/SubTabGeneric.jsp?team=canrwsc&stabid=103745>
- Please make cheques payable to: **Region of Waterloo Swim Club**

All entry fees include HST #R128627452

**ENTRIES:** Entries must be submitted through the Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca). Meet Management will not accept entries via email  
 Online Entry Deadline: October 21, 2019

- Changes to entries will not be accepted after October 21, 2019. After that time, fees will be calculated; no refunds will be granted for missed swims
- Provide estimated time instead of NT
- Swimmers may swim maximum of 3 events per session

**CONVERSION:**

- Option "B" Entry times can be converted. Please submit converted times:
  - Hy-Tek default conversion factor

**SCHEDULE OF SESSIONS:**

Session #	Prelim/Finals	Warm Up	Start	Finish	Est. Duration
1	Timed Final	12 noon	1 pm	4:30 pm	3.5 hours

**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 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.

**COACH'S MEETING:**

- A coaches meeting will be held (Date, Time, Location) [Click here to enter text.](#)
- In lieu of a coach meeting, an email from Meet Manager will be sent to all clubs in advance of the meet

- 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.  
 Deck entries will be accepted for empty lanes only (no new heats will be created). Swimmers entered on deck must have valid proof of SC registration number as an active, registered, competitive swimmer.  
 \$12 per entry
- CHECK IN  
AND SCRATCHES:  All swimmers are required to check in with the Clerk of Course 30 minutes prior to each swim  
 Scratch sheets to be submitted to Meet Management office on pool deck 20 minutes after the start of the warmup
- SCORING:  No Scoring
- AWARDS:  No Awards. The results will be posted by the following age groups:  
9 & under, 10, 11, 12, 13, 14, 15 & over
- 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  
 Unofficial Live Results are available at  
<https://www.teamunify.com/SubTabGeneric.jsp?team=canrWSC&stabilid=103745>  
and Meet Mobile.
- ACCOMMODATION: Contact us at [meetmanager@rowswimming.ca](mailto:meetmanager@rowswimming.ca) for more information.

# Appendix – Event List

Session #1 Warm up: 12:00 pm Start: 1:00 pm		
Male	Description	Female
1	100 Fly	2
3	50 Fly	4
5	100 Back	6
7	50 Back	8
9	100 Breast	10
11	50 Breast	12
13	100 Free	14
15	50 Free	16