

*Aqua 7 Swim League*

*AAST vs STJJ*



vs

A drawing of a person

Description automatically generated

Saturday April 4th, 2020

At 1:30 pm

St. Thomas YMCA

20 High Street, St. Thomas, Ontario N5R 5V2

DATE(S): Saturday April 4th, 2020 Region: Western

HOSTED BY: St. Thomas Jumbo Jets Swim Team

LOCATION: St. Thomas YMCA

20 High Street

St. Thomas, ON

N5R 5V2

FACILITY: St Thomas YMCA, 6 lane, 25 meter pool

Colorado Dolphin Wireless Timing System

Only swimmers, coaches, and officials are allowed on deck. There is parking on

site at the YMCA.

PURPOSE: Obtain qualifying times for upcoming competitions. Expose swimmers to a meet atmosphere and an opportunity to achieve personal best times.

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)

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](http://www.swimontario.com/uploads/Officials/Resources/SafetyCompetition.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

COORDINATOR: Rusty Pittock , Level V , Email: monsterdark@sympatico.ca

MEET MANAGER: Thorsten Begemann, Level III , Email: stjjswimteam@gmail.com

DESCRIPTION: One session. All heats are timed finals. Seeded by time. All events swim slowest to fastest. All events will be swum 12 and Under, and 13 and Over. Results will be sorted into the following age groups: 6 & under, 7/8, 9/10, 11/12, 13/14, and 15 & Over. Meet manager reserves the right to modify warm-ups and start times based on meet entries.

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, including the 25m events.
* In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
  + from shallow end for the 100m relays

RECORDS: 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 of April 4th, 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.

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.

* 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.

ENTRY FEE: $5.00 fee per swimmer

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. Swimmers may swim a maximum of 3 individual events and 1 relay.

Online Entry Deadline: April 1st, 2020

CONVERSION: Entry times can be converted. Please submit converted times using Hy-tek default conversion factor.

SEEDING: 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).

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](http://www.swimontario.com/page.php?id=2748).  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: none

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 will be accepted and are due before the start of the event. Deck entries will not be seeded, and only be allowed to fill empty lanes. New heats will NOT be created.

CHECK IN

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

SCORING: No Scoring

AWARDS: Best Time Ribbons will be awarded immediately after each heat.

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. Live Results / Meet Mobile are available.

DINNER: Immediately after completion of the meet there will be a potluck dinner for both teams in the gym.

**Aqua 7 League AAST vs STJJ**

Warm-up @ 1:30 pm to 2:25 pm, Start @ 2:30 pm

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| --- | --- | --- | --- |
| **Event #**  **Female** | **Age** | **Event** | **Event #**  **Male** |
| **1** | 10 & Under | **100 IM** | **2** |
| **3** | Open | **200 IM** | **4** |
| **5** | 6 & Under | **25 Free** | **6** |
| **7** | 7 & Over | **50 Free** | **8** |
| **9** | 7 & Over | **100 Free** | **10** |
| **11** | 6 & Under | **25 Back** | **12** |
| **13** | 7 & Over | **50 Back** | **14** |
| **15** | 7 & Over | **100 Back** | **16** |
| **17** | 6 & Under | **25 Breast** | **18** |
| **19** | 7 & Over | **50 Breast** | **20** |
| **21** | 7 & Over | **100 Breast** | **22** |
| **23** | 8 & Under | **25 Fly** | **24** |
| **25** | 9 & Over | **50 Fly** | **26** |
| **27** | 9 & Over | **100 Fly** | **28** |
| **29** | Open | **400 Free** | **30** |
| **31** | 8 & Under | **100 Freestyle Relay** | **32** |
| **33** | 9 - 10 | **200 Freestyle Relay** | **34** |
| **35** | 11 – 12 | **200 Freestyle Relay** | **36** |
| **37** | 13 - 14 | **200 Freestyle Relay** | **38** |
| **39** | 15 & Over | **200 Freestyle Relay** | **40** |