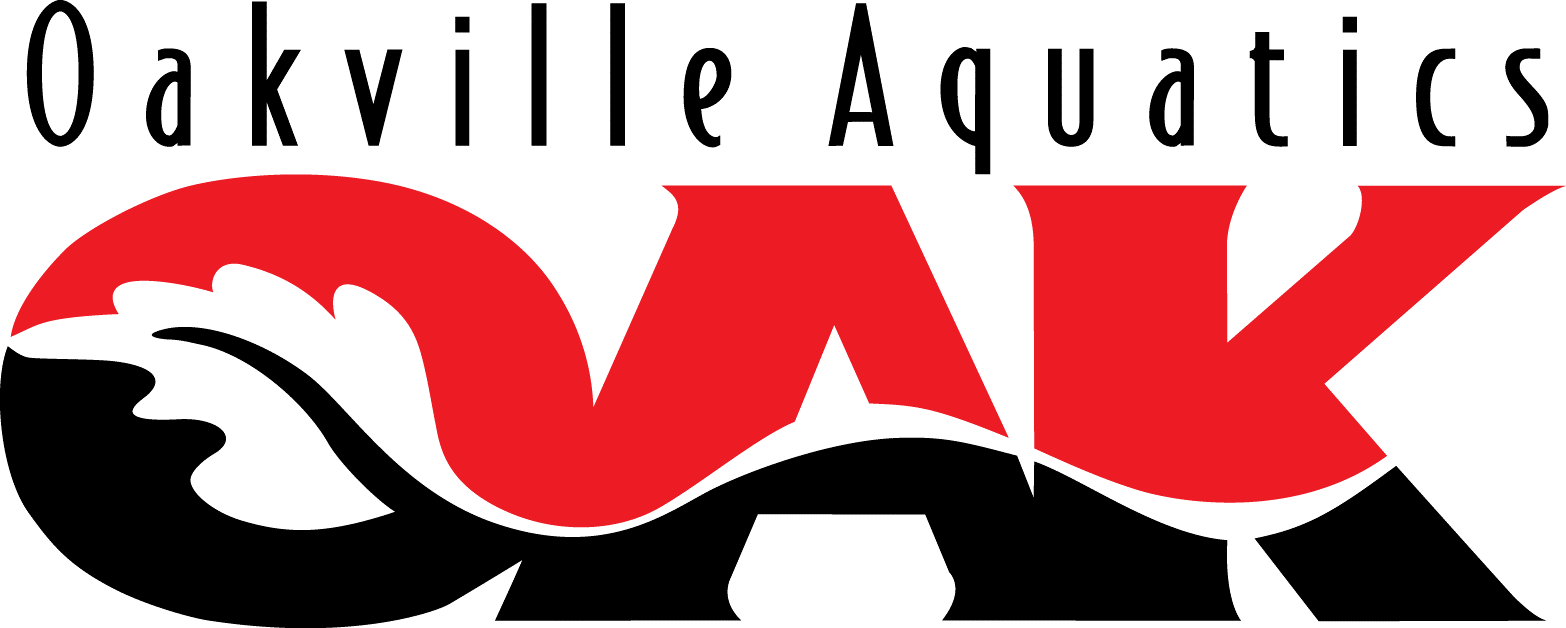
OAK

Red vs. Black

In-House Competition



Saturday, November 30, 2019

Oakville Aquatic Club

In House Competition

DATE: 2019-11-30 Region: Central

HOSTED BY: Oakville Aquatic Club

LOCATION: Iroquois Ridge Community Centre, 1151 Glenashton Drive, Oakville, Ontario

FACILITY: 8-lane, 25m, Colorado timing system, ample parking

PURPOSE: This is an in house meet for swimmers to develop competitive skills.

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)

COMPETITION: **Sanctioned as an In House competition** by Swim Ontario.  
All current Swimming Canada (SC) rules will be followed.

Seeding for all swims will be optimized by distance and stroke, but otherwise random.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/) will be in effect.

Events are Timed Finals.

Starts will be conducted from Starting Platforms (blocks)

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SC.

AGE UP DATE: Ages submitted are to be as November 30, 2019

ENTRY: There are no entry restrictions. A 3 hour time limit on session length will be adhered to. All entries must be submitted via [www.swimming.ca](http://www.swimming.ca). There are no entry fees or awards allowed.

COMPETITION

COORDINATOR: Anita Scheffel-Woo (Level 5) [officialschair@oakvilleaquatics.ca](mailto:officialschair@oakvilleaquatics.ca)

If Level 3 is serving as comp coordinator, please indicate that ROR approval has been granted

MEET MANAGER: Ernesto Hontoria [ehontoria1@gmail.com](mailto:ehontoria1@gmail.com)

SESSION: Warm Up: 4:30 PM Start: 5:10 PM Finish: 7:30 PM

SCHEDULE OF EVENTS: See Appendix A.

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 swimming is permitted for time trials, pursuant to the SO statement on compliance with the SC rule on mixed gender swimming.

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

**OAK RED VS. BLACK – NOV 30, 2019**

**APPENDIX A**

**SCHEDULE OF EVENTS**

**Warm Up: 4:30pm- 5:00pm**

**Meet: 5:10pm- 7:30pm**

|  |  |
| --- | --- |
| **Event #** | **Event** |
| **1** | **200 Free** |
| **2** | **100 Free** |
| **3** | **50 Free** |
| **4** | **50 Breast** |
| **5** | **200 Back** |
| **6** | **100 Back** |
| **7** | **50 Back** |
| **8** | **50 Fly** |
| **9** | **200 IM** |
| **10** | **100 IM** |
| **11** | **Mixed 4 x 50 Free Relay** |