

# 2024 EASTERN ONTARIO REGIONAL CHAMPIONSHIP MEET WINTER

## Technical bulletin

Nepean Sportsplex,  
Short Course, - 2- 4 February, 2024

<https://swimottawa.ca/event/eastern-ontario-regional-championships-winter>

## **MEET ORGANIZERS**

Meet Managers: Francesca Macdonald & Rob Tyler

Entry Coordinator: Francesca Macdonald

Officials' Chair: Marybeth Cameron-Creskey

Competition Coordinator: Nancy Beland (level V) & William Van Straaten (level IV)

## **MEET FORMAT**

Swimming Canada rules will govern this meet.

Age Groups, Male and Female (10 & under, 11-12, 13-14, 15 & Over).

Swimmers age is as of the first day of the meet.

## **COMPETITION RULES**

### **Dive Starts**

- Conducted from Starting Platforms (blocks) in deep end only

### **Mixed Gender**

- All events except the 800 & 1500 free and the mixed 200 Free relay, will be swum as gender separated events. Only due to exceptional reasons and with a referee's agreement will a swimmer swim with a heat of an opposite gender event.
- Coaches must advise the referee prior to the start of the session that there is a possibility of a record being broken, and the referee must insure that the swimmer competes with competitors of the same gender for his/her heat.
- In mixed gender swims, results will still be posted separately by gender.

### **De-qualified Swimmers**

- De-qualified swimmers found in attendance will be marked as exhibition and will not advance to finals. Swimmer and club will be reported to Swim Ontario.

## **EVENT DETAILS**

### **Individual Events - 12 & Under**

- All individual events for swimmers 12 & under are timed finals.
- Fastest 8 swimmers by gender and age group (10 & under, 11-12) will swim together in one heat.
- 200 Breast, 200 Fly, 400 IM and 800 Free are offered as an event in the 12 & under age category only. Swimmers younger than 12 years old may race in these events but will be scored as 12 years & under (not broken out by age).

### **Individual Events - 13 & Over**

- All individual events for swimmers 13 & Over, except 800 or 1500 Free, will be swum as preliminaries and finals.
- All preliminary heats will be seeded slowest to fastest, with fastest 3 heats circle seeded regardless of age
- Events with 8 or fewer entries will swim both prelims and finals.
- "A" and "B" finals will be held in events 200 meters or shorter with 18 or more swimmers entered, before scratches. Events with fewer than 18 swimmers entered will have "A" finals only.
- 400's will swim an A final only, regardless of the number of swimmers entered in the event.
- Finals will be broken into the following age groups: 13-14 & 15&Over

### **Distance Events - All Ages**

- 800/1500 FR are timed final events.
- Verified entry times must be submitted for the 800 and 1500 free events. No coach's times will be accepted.
- The 800/1500 Free will be swum multi-age, mixed gender, seeded fastest to slowest.
- 1500 Free is offered as an event in the 14 & under & 15 &over age categories. Swimmers younger than 14 years old may race in this event but will be scored as 14 years & under (not broken out by age).
- In the 800, the fastest male heat and fastest female heat will swim in finals.
- In the 1500, the single fastest heat, regardless of age & gender, will swim in finals.

### **Relays**

- All relay events will be swum as timed finals.

- A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays
- Age groups for relay events will be: 10 & under, 11-12, 13-14, 15 & over
- Fastest 8 relay teams by age and gender (10 & under, 11-12, 13-14, 15 & over) will be swum in one heat.
- Coaches must have relay cards filled in and returned to the administration desk 30 minutes prior to the start of the session.
- Changes will be accepted until 30 minutes before the relay event is scheduled to begin.

### **Official 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 start of the event, preferably 10 minutes before.

### **Records**

Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool, provided the swimmer competes with competitors of the same gender for his/her heat, and that the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken.

### **COOL DOWN**

The shallow end will be available for cool down during the meet and will be open after the warm-up period.

## **SWIM-OFF**

In the event of a tie for a position in final, a swim-off will take place. All swim-off will take place during the session where the tie occurred. Please make sure that you check the results before leaving the pool.

## **SCRATCHES**

### **Prelims**

- Scratches are to be made at the administrative desk 30 minutes prior to the start of each session.
- No scratch penalty shall be imposed for late or day of scratches.

### **Timed Finals**

- Positive check in for all 13 & Over Timed Final Events.
- The scratch deadline must be made 30 minutes prior to the start of the preliminary session. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes.

### **Finals**

- Scratches for finals must be made within 30 minutes after the last non-distance event of the prelims session.

### **All Sessions**

- Failure to participate in an individual final, leg of a relay final, or in a timed final event without meet management's knowledge or consent will result in a \$50 fine for each offence. Payment is due to SWOTT (paid at the administration desk or by e-transfer to [finance@swimottawa.ca](mailto:finance@swimottawa.ca)). Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet. A swimmer who fails to scratch from an event in finals or timed final event but will not swim the rest of the meet will not be penalized.

## **DECK ENTRIES**

No deck entries will be accepted at this competition.

## **HEAT SHEETS AND RESULTS**

Heat sheets for Preliminaries and Finals as well heat sheets for Time Finals will be available at the administration desk table during warm-ups.

Results will not be posted on site to avoid gatherings.

Results will be available on meet mobile and on host

<https://swimottawa.ca/event/eastern-ontario-regional-championships-winter>

No program will be sold.

## **FIRST AID**

There will be lifeguards on the premises for any problems that may occur.

## **HOSPITALITY**

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

## **CHANGE ROOMS (LOCKERS)**

Lockers are available in the change rooms for free. You must bring your own lock.

Ensure that your locker is well locked. We are not responsible for thefts.

## **SAFETY RULES DURING WARM-UP PERIOD**

Swimmers and coaches must comply with the Competition Warm-Up Safety Procedure of Swimming Canada (<https://www.swimming.ca/en/resources/officiating/rules-and-forms/competition-warm-up-safety-procedures/>).

During warm-ups, no swimmer shall dive except during the last 10 minutes (in your assigned lane(s)). At that time, all swimmers will have to swim “one way” in the sprint lanes where diving is permitted.

## **RECEIVING AWARDS**

- Medals for 12 & under timed final events will be awarded on deck during each session as results are available.
- Medals for 13 & over finals will be awarded on deck during finals, immediately following each event. Top 3 swimmers are encouraged to go directly to the podium to receive medals following each heat.

## Warm Up Schedule

Session	Date	Age Group	Prelims/ Finals	Warm Up	Start
1	Friday, February 2	13 & over	Prelims	8:30 a.m.	9:30 am
2	Friday, February 2	12 & under	Timed Finals	12:00 p.m.	1:00 p.m.
3	Friday, February 2	13 & over	Finals	4:30 p.m.	5:30 p.m.
4	Saturday, February 3	13 & over	Prelims	8:30 a.m.	9:30 am
5	Saturday, February 3	12 & over	Timed Finals	12:00 p.m.	1:00 p.m.
6	Saturday, February 3	13 & over	Finals	4:00 p.m.	5:00 p.m.
7	Sunday, February 4	13 & over	Prelims	8:30 a.m.	9:30 am
8	Sunday, February 4	12 & under	Timed Finals	12:00 p.m.	1:00 p.m.
9	Sunday, February 4	13 & over	Finals	4:00 p.m.	5:00 p.m.

## Warm Up Lane Assignment

### 13 & O

Deep							
1	2	3	4	5	6	7	8
ROCS	ROCS + PPSC	GO	GO	GO	GO + CSL	GSH	GSH + PERTH
Shallow							
1	2	3	4	5	6	7	8
EBSC	EBSC + NKB	NKB	NKB	KBM	KBM + UCRO	SWOTT	SWOTT + OYO + OTTSC

### 12 & U

Deep							
1	2	3	4	5	6	7	8
NKB	NKB	NKB	NKB	NKB + CSL + CPWD	OTTSC + ROCS	EBSC	KBM + OYO
Shallow							
1	2	3	4	5	6	7	8
CWAVE	SWOTT	SWOTT	PERTH	GSH	GO	GO	GO

