



# 2023 Canadian Open Water Trials

## TECHNICAL MEETING

April 14, 2023

Cayman Islands

# PRÉSENTATION EN FRANÇAIS



# INTRODUCTION



## Organizing Committee

Swimming Canada Events Managers:

Rebecca Cheverton / Jocelyn Jay

National Open Water Meet Referee:

Carole Thomas

Swimming Canada Meet Entry Coordinator:

Carole Thomas

Local Meet Directors:

Martin Trott/Jacky Pellerin (CIASA)

Officials / Volunteer Coordinators:

Carole Thomas/ Martin Trott

# CONSENT FORMS



Consent forms are available at

<https://www.swimming.ca/content/uploads/2023/01/WAIVER-FORM-2023-Canadian-Open-Water-Trials.pdf>

The form must be in by 6:30pm Friday – failure to do so will result in swimmer removal. You need to submit the forms by email to

Rebecca Cheverton: [rcheverton@swimming.ca](mailto:rcheverton@swimming.ca)

# SCRATCH PROCEDURE



Scratch deadlines:

10km : Friday 18:30 Cayman's time

5km: Saturday 18:30 Cayman's time

Scratches must be sent by email to Carole Thomas:

[cthomas@swimming.ca](mailto:cthomas@swimming.ca)

Late scratches & no-shows will be penalized with a fine of \$50.

# WHAT TO BRING



- Bathing cap, goggles, Vaseline, zinc cream, water bottle, etc.
- Drinks and snacks
- Ice
- Chairs
- Water repellent Sunscreen (to be applied only after body marking)

Note: Competitors are responsible for their belongings.

# SWIMMERS CHECK-IN



- A bathing cap will be provided by the organizing committee and must be worn at the start (maximum 2 bathing caps). **At the end of the day one, they will be collected for the Sunday...**
- Competitors should wear the swimsuit they will be swimming with during the race and should not be greased or have applied sunscreen before being marked upon their arrival.
- Swimsuit and caps will be checked at your arrival by the Clerk of the Course assisted by the Referees.
- **REMINDER** : fingernails and toenails must be trimmed; no jewelry of any kind (including piercing); watches may not be worn (OWS 3.15.2)

# SAFETY



- Warm-up area – Swimmers are allowed in the race area
- Emergency Rescue Team and First Aid:
  - National lifeguards – 4 kayaks, 4 paddle boards, 4 beach marshalls
  - Local Doctor on site: Dr Gillian Evans Belfonte
  - Medical tent available
  - Emergency boat – 1 jet ski with supporting life saving devices
  - Referees – 2 kayaks, 3 jet ski
- Water temperature : about 28°C



# Expected Weather-water conditions



Sat 15 | Day

**30°**

22%  
 E 18 km/h

Partly cloudy. High around 30C. Winds E at 15 to 25 km/h.

Humidity  
**71%**

UV Index  
**Extreme**

sunrise  
**6:08 am**

sunset  
**6:43 pm**

Sat 15 | Night

**25°**

10%  
 SE 12 km/h

A mostly clear sky. Low around 25C. Winds SE at 10 to 15 km/h.

Humidity  
**81%**

UV Index  
**0 of 10**

moonrise  
**3:01 am**

moonset  
**2:33 pm**

Waning Crescent

Sun 16 | Day

**30°**

21%  
 ESE 14 km/h

Mostly sunny skies. High near 30C. Winds ESE at 10 to 15 km/h.

Humidity  
**71%**

UV Index  
**Extreme**

sunrise  
**6:07 am**

sunset  
**6:43 pm**

Sun 16 | Night

**25°**

24%  
 NE 8 km/h

Mostly clear. Low around 25C. Winds light and variable.

Humidity  
**80%**

UV Index  
**0 of 10**

moonrise  
**3:45 am**

moonset  
**3:34 pm**

Waning Crescent



# 10 km EVENT TIMELINE



Session n° 1 - 10km events

4/15/2023

Start	End	Event	Gender	Type	Category	Estim. (min)	Nb Participants
5:45	6:45	Enregistrement nageurs / Swimmers Registration				60	
5:30	6:45	Échauffement sur le parcours / Warmup on the course				75	
6:45	7:00	Swimmers Pre-meet briefing				15	
7:00	7:15	Rassemblement / Gathering 10km M				15	
7:20		10000mOW	Male	EL	14+	140	15
7:05	7:20	Rassemblement / Gathering 10km F				15	
7:25		10000mOW	Female	EL	14+	150	15
10:45		Remises / Awards 10km				10	
		Team Selection/nominations announced 20th World Championships				15	
		Fin / End					

# 5 km EVENT TIMELINE



Session n°2 - 5km events

4/16/2023

Start	End	Event	Gender	Type	Category	Estim. (min)	Nb Participants
5:45	6:45	Enregistrement nageurs / Swimmers Registration				60	
5:30	6:45	Échauffement sur le parcours / Warmup on the course				75	
6:45	7:00	Swimmers Pre-meet briefing				15	
7:00	7:15	Rassemblement / Gathering 5km M				15	
7:20		5000mOW	Male	EL	70	17	
7:10	7:25	Rassemblement / Gathering 5km F				15	
7:30		5000mOW	Female	EL	80	16	
9:45		Remises / Awards 5km				10	
		Fin / End					

# CONTENGENCY 10km EVENT TIMELINE



## CONTIGENCY PLAN

4/16/2023

Start	End	Event	Gender	Type	Category	Estim. (min)	Nb Participants
5:45	6:45	Enregistrement nageurs / Swimmers Registration				60	
5:30	6:45	Échauffement sur le parcours / Warmup on the course				75	
6:45	7:00	Swimmers Pre-meet briefing				15	
7:00	7:15	Rassemblement / Gathering MEN				15	
7:20		10Km & 5Km <sup>OW</sup>	Male	EL		140	18
7:05	7:25	Rassemblement / Gathering WOMEN				15	
7:25		10Km & 5Km <sup>OW</sup>	Female	EL		150	17
10:45		Remises / Awards 10km & 5km				10	
		Teams Selection/nominations announced				30	
		Fin / End					

# START



- Warning 15 min, 10 min, 5 min, 1 min
- One hand must hold the rope.
- The Chief Referee will blow their whistle to warn the swimmers
- The Chief Referee points the flag towards the Starter
- The Starter will say « Take your marks », will raise their flag and when they will lower their flag with the sound of the fog horn, the start will be given.

# COURSE PROCEDURES



- The Referees will be following swimmers.
- The boats will stay nearby the swimmers.
- The boats will be at a safe distance from competitors.
- A competitor who wishes to abandon must raise their hand; a lifeguard or official will assist the competitor back to the medical area.
- Any competitor who leaves the course on their own must report immediately to an official.
- There will be turn judges at each turn.
- First Aid service will be on hand.
- Time Limit: 30 minutes after first swimmer arrives
  
- NOTE : Competitors who do not finish the course within the time limit shall be removed from the water (OWS 5.17.1) except that the Chief Referee may allow a competitor outside the limit to complete the course but not be eligible prizes.

# FEEDING PROCEDURES



- Feeding boats to be confirmed – each swimmer requires one representative on the pontoon
- A representative can not oversee more than 2 swimmers
- Coaching and the giving of instructions by the approved competitor's representative on the feeding platform or in the escort safety craft is permitted. No whistle shall be allowed.
- We need the list of representatives with their swimmers before 18:30 Friday

# FEEDING PROCEDURES (cont'd)



- Feeding pole dimensions should comply with OWS 5.16 – maximum of 5 meters and be safe and it will need to have it checked with the Clerk of the Course at check-in time on Saturday.

- Swimmers may receive their feeding directly from their representative by the feeding pole or by hand. No objects can be thrown to the swimmers OWS 5.15

Feeding judges will be present to make sure feeding is done according to the rules. Any infringement will be reported to the Chief Referee.



# RULES



- No swimmer shall be allowed to obstruct another participant
- **OWS 5.6** Standing on the bottom during the race will not disqualify a competitor but they may not walk or jump
- **OWS 5.7** Competitors shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort safety craft or crew therein.
- Turning buoys must be passed with the right shoulder

# DISQUALIFICATION PROCEDURE



**OWS 5.3.1** If in the opinion of the Chief Referee or Referees, any competitor, or competitor's approved representative, or escort safety craft, takes advantage by committing any violation of the rules, or by making intentional contact with any competitor, the following procedure shall apply:

- **OWS 5.3.1.1** 1st Infringement: A yellow flag and a card bearing the competitor's number shall be raised to indicate and to inform the competitor that she/he is in violation of the Rules.
- **OWS 5.3.1.2** 2nd Infringement: A red flag and a card bearing the competitor's number shall be raised by the Referee (OWS 3.1.6) to indicate and to inform the competitor that they are for the second time in violation of the Rules. The competitor shall be disqualified.

**OWS 5.3.2** If in the opinion of a Referee, an action of a competitor or an escort safety craft, or a competitor's approved representative is deemed to be 'unsporting' the Referee shall disqualify the competitor concerned immediately. She/He must leave the water immediately and be placed in an escort craft and take no further part in the race.

# COURSE

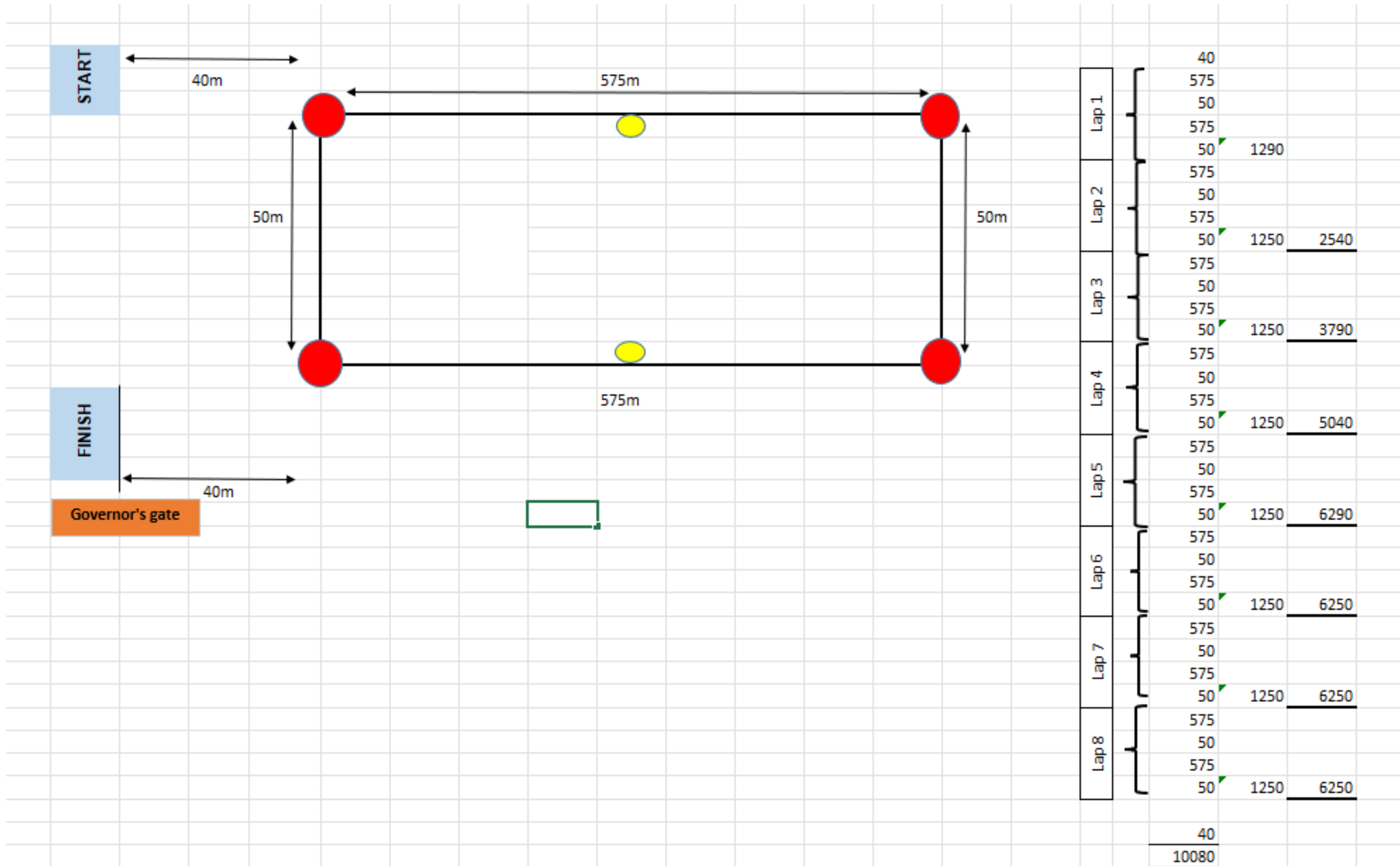
Course: 1.25km loop 4 red turn buoys and 2 yellow directional buoys.

Start: From water line in front of turn buoy # 1 and go straight to turn buoy #2. Rotate Clockwise.

Finish: Swim inside the funnel and touch the finish plate. Only swimmers can enter the funnel area.



# COURSE APPROXIMATE DIMENSIONS





# FINISH



Horizontal finish sign.

Must touch the Finish sign with hand.

After the race: exit water and report to the Clerk of the Course /who will conduct primary medical evaluation of swimmer



# EMERGENCY EVACUATION



- Lifeguards on the water will whistle (3 long whistles). They will then direct everyone out of the water and, if possible, towards a safe place.
- The race will be re-started as soon as possible.
- There will be no stopping except for unsafe conditions such as, thunder and lightning and in this case only, swimmers will be escorted by the rescue team.
- COWS 5.18.3 If, for any reason, a race is abandoned with no possibility to restart that race, the final ranking will be as reported by the Chief Referee

# AWARDS PRESENTATION



Awards Presentation will be done at the venue as soon as possible after the events.

Medals and Commemorative medals for top 3 finishers will be presented.

# POST-EVENT SELECTION MEETING



Sunday April 16<sup>th</sup>, 2023, 10:30am – 12:00pm  
Sunshine Suites – Meeting room

Compulsory meeting for competitors and coaches  
nominated to the 20th FINA World Championships.



# DOPING CONTROL



- The CCES may be conducting Doping Control during the meet
- All swimmers selected for Doping Control are required to have photo ID. Coaches are asked to instruct swimmers to bring photo ID to the competition.
- The CCES will also be conducting awareness and education activities during the competition
- Swimmers are strongly encouraged to present with an advocate.

# CONTACT INFO



While in Cayman, I can be reached at:

- Rebecca: +1 (613) 402-1466

# THANK YOU TO OUR PARTNERS



Cayman Islands Aquatic Sports Association





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