



# 2023 CANADIAN OPEN WATER FESTIVAL



## TECHNICAL MEETING



### 10KM

August 10th,  
2023

Welland, Ontario

# INTRODUCTION



## Organizing Committee

Swimming Canada Events Manager:

Rebecca Cheverton

National Open Water Meet Referee:

Carole Thomas

National Meet Director:

Sylvie Potvin

Swimming Canada Meet Entry Coordinator:

Carole Thomas

Local Lead (Swim Ontario):

Christy Yaremczuk

Officials / Volunteer Coordinator:

Carole Thomas

# CONSENT FORMS



Consent forms are available at

<https://www.swimming.ca/content/uploads/2023/06/2023-OW-Festival-Waiver-Volunteer-Risk-Form.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 6:30pm

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 repellant Sunscreen (to be applied only after body marking)
- Towel
- Warm clothes

Note: Competitors are responsible for their belongings.

# SWIMMERS CHECK-IN



- A club bathing cap (10km) must be worn at the start (maximum 2 bathing caps) (III.4.1).
- Competitors should wear or present 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 assistants.
- REMINDER : fingernails and toenails must be trimmed; no jewelry of any kind (including piercing); watches may not be worn (III 3.15.2)
- Swimmers must be present in the marshalling area at the indicated time.

# Expected Weather-water conditions




<

SATURDAY, AUGUST 12

>

Day

8/12



80°

Hi

RealFeel® 83°  
RealFeel Shade™ 78°

Rain and a thunderstorm in the morning; clouds breaking for some sun, breezy and humid

Max UV Index

8 Very High

Precipitation

0.20 in

Wind

SW 14 mph

Rain

0.20 in

Wind Gusts

37 mph

Hours of Precipitation

3

Probability of Precipitation

80%

Hours of Rain

3

Probability of Thunderstorms

48%

Cloud Cover

42%


<

SUNDAY, AUGUST 13

>

Day

8/13



75°

Hi

RealFeel® 78°  
RealFeel Shade™ 72°

Mostly sunny

Max UV Index

8 Very High

Probability of Thunderstorms

5%

Wind

NNE 8 mph

Precipitation

0.00 in

Wind Gusts

18 mph

Cloud Cover

23%

Probability of Precipitation

25%

# SAFETY



- Designated Warm-up area – Swimmers also allowed in the race area
- Emergency Rescue Team and First Aid:
- Local nurse on site: Natalie Nesbit and medical tent available
- 5 Lifeguards on Saturday, 8 Lifeguards on Sunday– on kayaks and paddle boards; 1 on shore
- Hospitals nearby are St. Catharines and Niagara Falls
- Emergency boat – 1 Zodiac
- Referees – 2 Zodiacs
- Water temperature : 25 C or 77 F
- Water quality: Excellent – test done August 1st 2023



# SATURDAY EVENT TIMELINE 10 km



Saturday August 12	Time	Subject	Location
	8:00-10:00 AM	Officials Clinic	Main Building
	11:00-12:30 PM	Registration- Numbering	Main Building
	11:30 AM	Hospitality Lunch- Officials	Main Building
	11:30-12:20 PM	Warm-up	North Course
	12:30 PM	Pre-Race Safety Briefing	North Course
	12:50 PM	Men's 10km swimmer gathering	North Course
	1:00 PM	Women's 10km swimmer Gathering	North Course
	1:00 PM	Men's 10km Race Start	North Course
	1:10 PM	Women's 10km Race Start	North Course
	3:45 PM	Awards	North Course

No BBQ (cancelled)

# SUNDAY CONTINGENCY 10km EVENT TIMELINE



If 10km Rained/Stormed out on Saturday- Sunday contingency Plan		
11:00-12:30 PM	Registration- Numbering	Main Building
11:30-12:20 PM	Warm-up	North Course
12:30 PM	Pre-Race Safety Briefing	North Course
12:50 PM	Men's 10km swimmer gathering	North Course
1:00 PM	Women's 10km swimmer Gathering	North Course
1:00 PM	Men's 10km Race Start	North Course
1:10 PM	Women's 10km Race Start	North Course
3:45 PM	Awards	North Course

\*\*No contingency plan for the 3km, 1.5km and 750m, if rain or storm event might be delayed on the same day or cancelled

# START PROCEDURES



- 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 the swimmers.
- The boats will stay nearby at a safe distance from the swimmers.
- 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



- **There will be a time limit of 30 minutes after the first swimmer of same gender finishes for the 10km.**
- **III.5.17** In all events, time limits shall apply as follows from the finish time of the first competitors:
  - 15 minutes per 5km (or part thereof) up to a maximum time limit of 120 minutes.
  - **III.5.17.1** Competitors who do not finish the course within the time limit shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course but not be eligible for any points or prizes.

# FEEDING PROCEDURES



- Feeding platform between buoys 1 and 2– each swimmer requires one representative on the platform
- 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)



- **III 5.16** Feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the feeding poles except national flags. National flags are allowed to be attached to the feeding pole but may not exceed the size of 30cm x 20cm.

**C5.16.1** For non-World Aquatics events, Club flags are allowed to be attached to the feeding poles.

**C5.16.2** Feeding poles shall be inspected by the Clerk of the Course

- **III 5.15** No objects can be thrown from the feeding platform to the competitors, including sustenance. The competitors shall receive their feeding directly from their representative by a feeding pole or by hand.

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

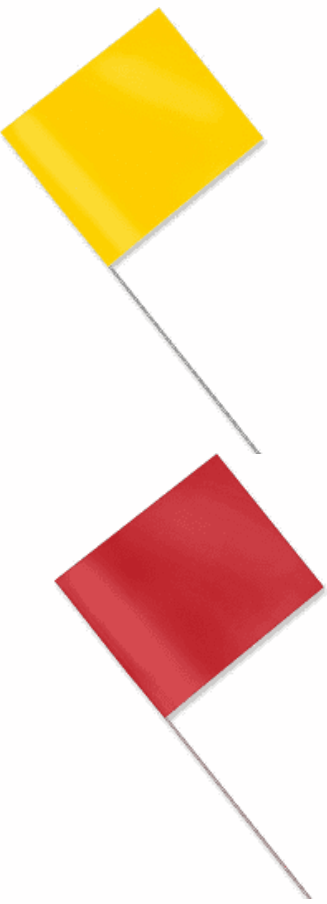
- **III 5.6** Standing on the bottom during the race will not disqualify a competitor but they may not walk or jump
- **III 5.7** With the exception of Rule III.5.6 above competitor shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort safety craft or crew therein.
- **III.5.7.1** Rendering assistance by an official medical officer to a competitor in apparent distress should always supersede official rules of disqualification through “intentional contact” with a competitor (Rule III.5.3.1)
- Turning buoys must be passed with the right shoulder



# DISQUALIFICATION PROCEDURE



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



# THE WATER



- Welland International Flatwater Centre is a rowing basin designed for boat races as well as swimming
- There is 1 dock secured in the water
- The depth of the water exceeds the 1.4 meter requirement - Rowing basin is a dug out channel that is 35 feet deep
- The water temperature when measured on the course is greater than 20 degrees when taken at 40 cm below the surface (No Wetsuits)
- The water is regularly tested for bacteria and reported – the most recent test results will be on site
- The water on the course is free of any hazards and weed base.



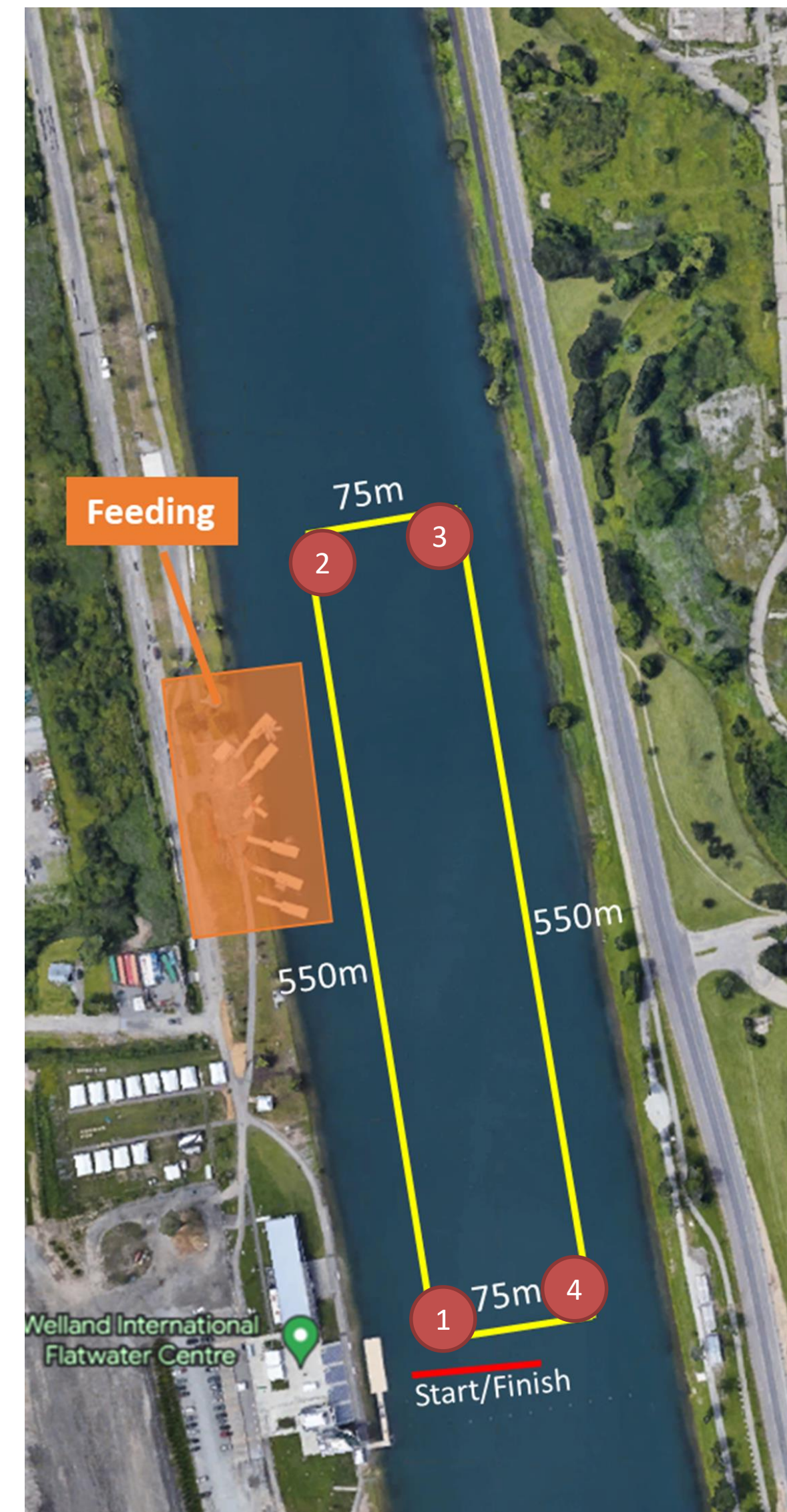
# COURSE 10km Saturday

**Course:** 8 times the 1.25km loop; 4 red turn buoys

**Start:** Water start, one hand on rope in front of turn buoy # 1 and go straight to turn buoy #2. Rotate Clockwise.

**Feeding** platform between buoys 1 and 2.

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





# COURSE MAP SUNDAY (WITH CONTINGENCY FOR 10KM IF NEEDED)





# FINISH

Horizontal finish mat on the Finish dock.

Must touch the black Finish mat with the hand that has the transponder on top of the mat.

Clear the way for the other swimmers.

After the race: exit water and report to the Clerk of the Course who will take the transponder and conduct a primary medical evaluation of the swimmer.



# MICROCHIP TRANSPONDERS



- For the 10km, competitors will wear a transponder on each wrist.
  - **III.6.2** It is mandatory for all competitors to wear a microchip transponder on each wrist throughout the race. If a competitor loses a transponder the Race Judge or other authorized Official, will immediately inform the Chief Referee who will instruct the responsible Official on the water to issue a replacement transponder. Any competitor who finishes the race without at least one transponder will be disqualified.

# 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.
- **5.18.1** In cases of emergency abandonment of races of 10 km or less, the race will be restarted from the beginning at the earliest possible moment.
- **If not possible to restart the race on the same day, the contingency plan for Sunday will be in effect.**
- 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.
- **C5.18.3** 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 at the time of abandonment.



# SITE LAYOUT



## WELLAND INTERNATIONAL FLATWATER CENTRE

16 TOWNLINE TUNNEL RD,  
WELLAND ONTARIO L3C 2T4





# 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 as per Meet package.

# 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.
- Swimmers are strongly encouraged to present with an advocate.

# START LISTS AND RESULTS



MEET INFORMATION: [2023 Canadian Open Water Festival –  
Swimming Canada](#)

START LISTS: <https://live.swimrankings.net/39056/>

RESULTS: <https://chiptimeresults.com/race-results/>

# CONTACT INFO



- Rebecca: +1 (613) 402-1466

# THANK YOU TO OUR PARTNER





Have a great safe meet!



SWIMMING.CA | NATATION.CA