



Sheri Ohlman Invitational (GSH Feb Freeze)

APPROVED
By Swim Ontario at 8:24 pm, Jan 22, 2023

DATE(s):	18-19 February 2023	REGION:	Eastern	
HOSTED BY:	Goulbourn Sea Hawks			
LOCATION:	Richcraft Recreation Center, 4101 Innovation Drive, Kanata, ON, K2K 0J3			
FACILITY:	8 lane, 25-meter competition pool Electronic Timing and Scoreboard			
PURPOSE & DESCRIPTION:	To allow developmental and veteran swimmers to race and get official short course times in a variety of events.			
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca			
COMPETITION COORDINATOR:	Ahmed Abdelfattah	Level:	5	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Robert Tyler	Email:	meetmanager@swimgsh.ca	
SAFETY AT COMPETITION:	Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The Swim Ontario Concussion Management & Swimming Canada Event Photography procedures will be in effect. For complete details click HERE . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.			
COMPETITION RULES:	Sanctioned by Swim Ontario.			
	All current Swimming Canada rules will be followed. All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click HERE to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. As per the Facility Rules for Dive Starts, this competition will be conducted as follows			
	FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at	Deep End
		<input type="checkbox"/>	Deck or Bulkhead at	
ELIGIBILITY:	All athletes must be registered as Competitive swimmers with Swimming Canada. All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry. This is an invitational meet. Participation of this meet is at the full discretion of the host club.			
	This event includes participants from the following clubs:	Invitational (open)		
	<input checked="" type="checkbox"/>	Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.		



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FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted			
AGE UP DATE:	Ages submitted are to be as		02/18/2023		
ENTRY LIMITS:	The maximum number of participants per session is		200		
	The maximum number of entries per swimmer is		6 (3/ session), plus relays. This may be expanded based on registration.		
ENTRY SUBMISSIONS:	Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca . Meet Management will not accept entries via email.				
	Entries must include all attending coaches.				
	<input checked="" type="checkbox"/>	NT entries are not permitted			
	<input checked="" type="checkbox"/>	Qualifying standard for entry is:	No qualifying standard		
CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.			
ENTRY DEADLINE:	Feb 11, 2023				
	Changes to entries will be accepted until			Feb 13, 2023	
ENTRY FEE:					
	<input checked="" type="checkbox"/>	Swimmer Fee	\$75	Relay Events	\$20/ relay
	Payment Method:		Cheque to "Goulbourn Seahawks Swim Club"; EFT to "treasurer@swimgsh.ca"		
COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists . 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 the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.				
SEEDING:	<input checked="" type="checkbox"/>	Seeding will be in the following order: All events will be swum mixed gender with results separated by gender and age group. Seeding will be from slowest to fastest with the exception of 800/ 1500 free which will be swim fastest to slowest.			

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Feb 18, 2023	0715-0830	0830	1300	
2	Feb 18, 2023	1300-1415	1415	1845	
3	Feb 19, 2023	0715-0830	0830	1300	
4	Feb 19, 2023	1300-1415	1415	1845	

MIXED-GENDER:	<p>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.</p> <p>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.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>	
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows
DECK ENTRIES:	<input checked="" type="checkbox"/>	No Deck Entries are permitted
OFFICIAL SPLIT TIMES:	<input checked="" type="checkbox"/>	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 in question.
RECORDS:	<input checked="" type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca	
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.
	<input checked="" type="checkbox"/>	Results will be posted as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	No Scoring
AWARDS:	<input checked="" type="checkbox"/>	The following will be awarded: TBD
ADDITIONAL INFORMATION:	<p>Sheri Ohlman began coaching in 2000 at the Goulbourn Recreation Center (now called Cardel) in Stittsville. Throughout the years, Sheri has positively nurtured thousands of young swimmers. She loves to coach and believes everyone swims for different reasons; encouraging each swimmer to set their own goals and strive to be the best they can be in and out of the pool.</p> <hr/> <p>In the event of oversubscription, Meet Management reserves the right to:</p> <ul style="list-style-type: none"> - Adjust the warm-up/ session start times; -Adjust the 800 & 1500 entries (limits will be imposed such that slower heats will be eliminated based on proven times); -Limit relays to one/ team/ age group to meet session length timelines; -Adjust 400s to meet session length timelines. 	



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SCHEDULE OF EVENTS:

Session 1 (13 & over) Saturday, Feb 18, 2023 Warm-up: 7:15 AM -- Start: 8:30 AM		
Women	13 & Over	Men
1	400 Free	2
3	100 Back	4
5	50 Fly	6
7	200 Breast	8
9	200 IM	10
11	200 Free	12
13	100 Breast	14
15	50 Back	16
17	200 Free Relay, 13-14	18
19	200 Free Relay, 15+	20
21	800 Free	22

Session 2 (12 & under) Saturday, Feb 18, 2023 Warm-up: 1300, Start: 1415		
Women	12 & Under	Men
23	100 IM	24
25	200 Breast	26
27	50 Fly	28
29	100 Back	30
31	50 Breast	32
33	100 Free	34
35	200 Free Relay, 10 & under	36
37	200 Free Relay, 11-12	38
39	400 Free	40

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Session 3 Sunday, Feb 18, 2023 Warm-up: 0715, Start: 0830		
Women	12 & Under	Men
41	200 IM	42
43	200 Free	44
45	50 Back	46
47	100 Breast	48
49	50 Free	50
51	100 Fly	52
53	200 Back	54
55	200 Medley Relay, 10 & under	56
57	200 Medley Relay, 11-12	58
59	800 Free	60

Session 4 Sunday, Feb 19, 2023 Warm-up: 1300, Start:1445		
Women	13 & Over	Men
61	400 IM	62
63	100 IM	64
65	100 Free	66
67	100 Fly	68
69	50 Breast	70
71	200 Back	72
73	50 Free	74
75	200 Fly	76
77	200 Medley Relay, 13-14	78
79	200 Medley Relay, 15+	80
81	1500 Free	82