

# OYO 2023 Long Course Invitational



**APPROVED**  
By Swim Ontario at 12:54 pm, Jan 30, 2023



<b>DATE(s):</b>	April 2, 2023	<b>REGION:</b>	Eastern												
<b>HOSTED BY:</b>	Ottawa Youth Olympians (OYO)														
<b>LOCATION:</b>	Nepean Sportsplex, 1701 Woodroffe Ave. Nepean, ON K2G 1W2														
<b>FACILITY:</b>	8-lane, 50m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard														
<b>PURPOSE &amp; DESCRIPTION:</b>	<p>To provide long course racing opportunities for swimmers.                  Swimmers will swim in age combined events in the following age groups: 12 &amp; under, 13 Years &amp; Over                  All events are Timed Finals.                  Sessions limited to 4 hours maximum.</p>														
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>														
<b>COMPETITION COORDINATOR:</b>	Bruce Sheppard	<b>Level:</b>	5												
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>														
<b>MEET MANAGER:</b>	Jian Cheng Zhou	<b>Email:</b>	meet.manager.oyo@gmail.com												
<b>SAFETY AT COMPETITION:</b>	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 <a href="#">Swim Ontario Concussion Management</a> & <a href="#">Swimming Canada Event Photography</a> procedures will be in effect. For complete details click <a href="#">HERE</a> . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.														
<b>COMPETITION RULES:</b>	<p><b>Sanctioned by Swim Ontario.</b></p> <p>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 <a href="#">HERE</a> to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.                  Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect. As per the Facility Rules for Dive Starts, this competition will be conducted as follows</p> <table border="1"> <tr> <td>FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 &amp; 4.1.2</td> <td><input checked="" type="checkbox"/></td> <td>Starting Platforms at</td> <td>Deep End</td> </tr> <tr> <td></td> <td><input type="checkbox"/></td> <td>Deck or Bulkhead at</td> <td></td> </tr> <tr> <td></td> <td><input type="checkbox"/></td> <td>In-Water at</td> <td></td> </tr> </table>			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			<input type="checkbox"/>	In-Water at	
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	<input type="checkbox"/>	Deck or Bulkhead at													
	<input type="checkbox"/>	In-Water at													
<b>ELIGIBILITY:</b>	<p>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.</p> <table border="1"> <tr> <td>This event includes participants from the following clubs:</td> <td>Open</td> </tr> </table>			This event includes participants from the following clubs:	Open										
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	<input checked="" type="checkbox"/>	Preference will be given to the host club first.
	<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 hours (based upon pool rental availability).  Entries will be accepted on a first come-first served basis in a manner that will allow the meet to remain within the session time limit. Once the session time limit is met no further entries will be accepted.
	<input checked="" type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition
<b>FOREIGN COMPETITORS:</b>	<input type="checkbox"/>	Foreign competitors' entries will not be accepted
	<input checked="" type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.
<b>AGE UP DATE:</b>	Ages submitted are to be as	April 2, 2023
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	200
	Each club is limited to the following number of swimmers	60 max per session
	The maximum number of entries per swimmer is	3
<b>ENTRY SUBMISSIONS:</b>	Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> . Meet Management will not accept entries via email.	
	Entries must include all attending coaches.	
	<input type="checkbox"/>	NT entries are not permitted
	<input type="checkbox"/>	Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".
	<input checked="" type="checkbox"/>	Qualifying standard for entry is: No qualifying standard
	<input type="checkbox"/>	Qualifying period for entry to the meet is:
	<input type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.

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<b>CONVERSION:</b>	<input type="checkbox"/>	Entry times can be converted.		
	<input type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.		
	<input type="checkbox"/>	Times will be converted by the host		
	<input checked="" type="checkbox"/>	Times will not be converted		
<b>ENTRY DEADLINE:</b>	<b>March 26, 2023 at 11:59PM</b>			
	Changes to entries will be accepted until		March 29, 2023 at 11:59 PM	
<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee		
	<input checked="" type="checkbox"/>	Individual Events	\$11	Relay Events
	<input type="checkbox"/>	Swimmer Fee		
	Payment Method:		Payment Preference: Please send e-transfer to: <a href="mailto:bookkeeping.oyo@gmail.com">bookkeeping.oyo@gmail.com</a>  If you plan to pay by cheque, please make cheque payable to: OYO Swim Club.	
<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . 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.			
<b>SEEDING:</b>	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).		
	<input type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.		
	<input type="checkbox"/>	Seeding will be in the following order:		

## SCHEDULE OF SESSIONS:

**Note:** Warm-ups may be split into 2-25 minute warm-ups if numbers merit

<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	April 2, 2023	7:00 AM - 7:50 AM	8:00 AM	12:00 PM	Timed Finals
2	April 2, 2023	12:00 PM – 12:50 PM	1:00 PM	5:00 PM	Timed Finals

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<b>MIXED-GENDER:</b>	<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>		
<b>CHECKIN AND SCRATCHES:</b>	<input type="checkbox"/>	There will be no scratch deadline for the following:	
	<input checked="" type="checkbox"/>	Scratches are to be made at the meet management office 30 minutes prior to the start of each session.	
	<input type="checkbox"/>	All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session.	
	<input checked="" type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the <i>meet management office</i> for the following events:	400 freestyle if timing is tight
	<input type="checkbox"/>	A scratch deadline will apply for finals.	
	<input type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions	
<input type="checkbox"/>	30 minutes following the posting of results of respective event		
<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
	<input type="checkbox"/>	Failure to participate in an event with a scratch or checkin deadline will result in following penalty:	
<b>DECK ENTRIES:</b>	<input checked="" type="checkbox"/>	No Deck Entries are permitted	
	<input type="checkbox"/>	Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created).	
	<input type="checkbox"/>	Event Deck Entries are permitted for swimmers already entered in the competition.	
	<input type="checkbox"/>	Swimmer Deck Entries are permitted provided proof of registered status with valid	

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		Swimming Canada ID is provided to Meet Management.
	<input type="checkbox"/>	Fee \$
<b>OFFICIAL SPLIT TIMES:</b>	<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 (or event) in question.
<b>RECORDS:</b>	<input checked="" type="checkbox"/>	Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.
	<input type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.
<b>MEET RESULTS:</b>		Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>
	<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.
<b>SCORING:</b>	<input checked="" type="checkbox"/>	No Scoring
	<input type="checkbox"/>	The following will be scoring:
<b>AWARDS:</b>	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	The following will be awarded: Ribbons for individual events (1st- 8th) will be awarded by Boys/Girls as follows: <ul style="list-style-type: none"> <li>• 10 and under</li> <li>• 11- 12</li> <li>• 13-14</li> <li>• 15 and over</li> </ul>
<b>VOLUNTEER OFFICIALS:</b>	<p>Volunteers are needed to help officiate.</p> <p>Officials signup is currently closed to OYO families at this time. Officials signup for individuals outside of OYO will open up to interested parties two weeks before the start of the meet.</p> <p>Please note that signup for senior positions are subject to the review and approval by the Competition Coordinator and the Officials Chair.</p> <p>If you have any questions or problems, please contact the Officials Chair at <a href="mailto:officials.oyo@gmail.com">officials.oyo@gmail.com</a>.</p>	
<b>ADDITIONAL INFORMATION:</b>		

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## SCHEDULE OF EVENTS:

<b>Session 1 – 13 and over</b> <b>Sunday, April 2, 2023</b> <b>Warm-up: 7:00 AM -- Start: 8:00 AM</b>		
<b>Event Number</b>	<b>Event</b>	<b>Gender</b>
1	200 Individual Medley	Mixed
2	100 Butterfly	Mixed
3	50 Breaststroke	Mixed
4	400 Freestyle	Mixed
5	100 Breaststroke	Mixed
6	50 Butterfly	Mixed
7	50 Backstroke	Mixed
8	100 Freestyle	Mixed
9	100 Backstroke	Mixed
10	50 Freestyle	Mixed

<b>Session 2 – 12 and under</b> <b>Sunday, April 2, 2023</b> <b>Warm-up: 12:00 PM - Start: 1:00PM</b>		
<b>Event Number</b>	<b>Event</b>	<b>Gender</b>
11	200 Individual Medley	Mixed
12	100 Butterfly	Mixed
13	50 Breaststroke	Mixed
14	200 Freestyle	Mixed
15	100 Breaststroke	Mixed
16	50 Butterfly	Mixed
17	50 Backstroke	Mixed
18	100 Freestyle	Mixed
19	100 Backstroke	Mixed
20	50 Freestyle	Mixed