

GO Kingfish GO LC Invitational 2023

- Dates:** February 25-26, 2023
- Meet Manager:** Jocelyn Jay gojocelyn@gokingfish.ca
Dong Chen zjdong.chen@gmail.com
- Competition Coordinator:** Kevin Jones – Level V - krbjones@gmail.com
- Meet package:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca.
- Location:** University of Ottawa Pool, Montpetit Hall, Ottawa, Ontario
- Facility:** 8 x 50m Competition pool
There is a large spectator gallery for viewing.
- Description:** Long Course - Open/Timed Finals. All events will be swum Mixed Gender with results separated by gender and age groups.
- 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](#).
Team photographers must check in with the meet manager prior to the start of the session and obtain a photographer pass prior to being on deck.
- Competition Rules:** Sanctioned by Swim Ontario.
All current Swimming Canada rules will be followed.
All swimmers participating in a provincially sanctioned meet 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.
Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).
- Eligibility:** All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.

This is a CLOSED invitational meet. Participation at this meet is only open to Greater Ottawa Kingfish (GO), Natation Gatineau (NG), Club de Natation de Montréal-Nord (CNMN) and Equipe de natation Elite de Longueuil (ELITE).
- Dive Starts:** Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW4.1 from deep end only.
- Age:** Swimmer's age is as of February 25, 2023 (the first day of the meet).

February 20, 2023

GO  Kingfish
GO LC Invitational 2023

Mixed Gender: 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.

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.

In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

Time Standards: None

Cost: Individual Events \$12.25

Please make cheques payable to Greater Ottawa Kingfish Swim Club

Entries: Entries will be accepted on a first come first serve basis. All entries must be in Hy-tek format and submitted through the SNC online entries system at www.swimming.ca. Entry times must be in **LONG course format**; entry times will not be converted. No entries will be accepted directly by meet management.

Entry Deadline: **Friday, February 17, 2023**

Sessions:

Session #	Date	Time Finals	Warm Up	Start
1	Feb 25	Open	8:00-8:45am	8:50am
2	Feb 26	Open	8:00-8:45am	8:50am

Entry limit: Swimmers are permitted a maximum of 3 individual events per session.

Deck Entries: Deck entries will NOT be allowed.

Seeding: Events will be seeded slowest to fastest as mixed gender. The last 2 heats of each event will be seeded as the fastest 8 girls (2nd last heat) and the fastest 8 boys (last heat).

Official 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 at least 30 minutes prior to the commencement of the session in which the event will take place.

Scratches: All scratches must be submitted to the Clerk of Course 30 minutes prior to the start of the session.

Results: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca.

February 20, 2023



GO LC Invitational 2023

- Live Results:** Will be available on Meet Mobile.
- Psych Sheet:** Will be available on the GO Kingfish website.
- Awards:** Individual events – 1st – 8th per age group & gender (10 & under, 11-12, 13.14, 15 & over)
- Scoring:** The following will be scored: Individuals points 9-7-6-5-4-3-2-1.
- Officials and Volunteers:** Each GO Kingfish family in Youth and higher groups is expected to provide at least one volunteer for this meet.
Officials contact: GOJocelyn@gokingfish.ca
- Coach Registration:** Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.
- Canteen:** A canteen will be open for swimmers and families to purchase items.
- Hospitality:** Hospitality will be offered for coaches and officials.

Session 1 – Saturday, February 25, 2023		SCHEDULE OF EVENTS		Warm-up: 8:00am -- Start: 8:50am	
Event	Event Description	Age			
1	200 Free MIXED	Open			
2	50 Breast MIXED	Open			
3	100 Fly MIXED	Open			
4	100 Back MIXED	Open			
5	50 Free MIXED	Open			
6	200 Breast MIXED	Open			
7	400 IM MIXED	Open			

Session 2 – Sunday, February 26, 2023		SCHEDULE OF EVENTS		Warm-up: 8:00am -- Start: 8:50am	
Event	Event Description	Age			
8	200 IM MIXED	Open			
9	50 Fly MIXED	Open			
10	100 Free MIXED	Open			
11	200 Back MIXED	Open			
12	100 Breast MIXED	Open			
13	50 Back MIXED	Open			
14	200 Fly MIXED	Open			
15	400 Free MIXED	Open			