

## OAK Winter Wrap-up Time Trial

## Oakville Aquatic Club

## Updated 2/24/2023 APPROVED By Swim Ontario at 2:18 pm, Feb 25, 2023

| DATE:                  | 03/08/2023   |   |                | REGION:     | Central  |  |
|------------------------|--|---|----------------|-------------|--|--|
| HOSTED BY:             | Oakville Aquatic Club  |   |                |             |  |  |
| LOCATION:              | Iroquois Ridge Community Centre, 1051 Glenashton Drive, Oakville, ON   |   |                |             |  |  |
| FACILITY:              | 8-lane, 25m, Colorado timing system  |   |                |             |  |  |
| PURPOSE:               | In-house time trial prior to March Break   |   |                |             |  |  |
| MEET PACKAGE:          | The only meet package which will be considered as valid must be the most current version found on <a href="https://www.swimming.ca">www.swimming.ca</a>  |   |                |             |  |  |
| COMPETITION            | Bulmaro Landa Level:   |   |                | 4           |  |  |
| COORDINATOR:           | If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted  |   |                |             |  |  |
| MEET MANAGER:          | Emily Turton   |   | Email:         | emily@      | oakvilleaquatics.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 <a href="Swim Ontario Concussion Management">Swim Ontario Concussion Management</a> & <a href="Swimming Canada Event">Swimming Canada Event</a> <a href="Photography">Photography</a> procedures will be in effect. For complete details click <a href="HERE">HERE</a> . |   |                |             |  |  |
| COMPETITION:           | Sanctioned as In-Hous  | Sanctioned as In-House Competition by Swim Ontario. |                |             |  |  |
|                        | All current Swimming Canada (SC) rules will be followed.  Seeding for all swims will be optimized by distance and stroke, seeded either slowes fastest or fastest to slowest as communicated by Meet Management. Please note th <a href="Swimming Canada Competition Warm-Up Safety Procedures">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect.  Events are Timed Finals. There will be no entry fee, scoring or awards permitted.  Starts will be conducted from  Starting Platform (blocks)       |   |                |             |  |  |
| ELIGIBILITY:           | This event includes particip from the following clubs:   | Starting Flation (blocks)                           |                |             |  |  |
|                        | All athletes must be registed participant is responsible to competitive swimmers are competition. Pre-competition  | o ensure all<br>welcome to                          | facility and o | club requir | ements have been met. Preding the maximum of 1 |  |
| AGE UP DATE:           | Ages submitted are to be a   | s 03/   | 03/08/2023     |             |  |  |
| ENTRY LIMITS:          | The maximum number of p  | articipants   | per session i  | s 200       |  |  |
|                        | Each club is limited to  | 200   |                |             | swimmers                                       |  |
|                        | A maximum of   | 2   | 2              |             | entries per swimmer                            |  |
| ENTRY SUBMISSIONS:     | Entries must be submitted through the Swimming Canada online entries system at <a href="https://www.swimming.ca">www.swimming.ca</a> . Meet Management will not accept entries via email.  Entries must include all attending coaches.   |   |                |             |  |  |
|                        |  |   |                |             |  |  |
| ENTRY DEADLINE:        | 03-04-2023   |   |                |             |  |  |





| COACH'S<br>REGISTRATION: | Meet management will cross reference the <b>list of coaches submitted with entries</b> 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. |
|--------------------------|--|
| SESSION:                 | This event is limited to 1 session with session length not exceeding 3 hours.  |

| Warm-up period | <u>Start</u> | <u>Finish</u> |
|----------------|--------------|---------------|
| 6:30-7:00 pm   | 7:10 pm      | 8:45 pm       |

## **SCHEDULE OF EVENTS:**

| Mixed 200 Free   |  |
|------------------|--|
| Mixed 100 Back   |  |
| Mixed 200 Fly    |  |
| Mixed 100 Breast |  |
| Mixed 200 IM     |  |
| Mixed 200 Back   |  |
| Mixed 100 Fly    |  |
| Mixed 200 Breast |  |
| Mixed 100 Free   |  |
| Mixed 400 Free   |  |
| Mixed 400 IM     |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |

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

Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SC rule on mixed gender swimming.

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Official Results will be posted within 2 days of completion of the meet to www.swimming.ca