

2017 HOBs

Hamilton at OAK

Hosted by:

OAKVILLE AQUATIC CLUB



Saturday, April 8th, 2017

COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warmup only. It is recommended that this only be allowed in secondary warm-up pools as space allows.

Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. All violations will be referred to the session referee, whose decision in all related matters will be final.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.

In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

Based on the entry time of any para-swimmer, meet management reserves the right to move para-swimmers to able-bodied events of the same stroke with similar entry times. Coaches must be notified of any such changes within 48 hours of entry deadline.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

2017 OAK HOBs MEET

- Date:** April 8th, 2017
- Hosted By:** Oakville Aquatic Club
- Location:** Iroquois Ridge High School, 1151 Glenashton Drive, Oakville, ON
- Facility:** 8-Lane 25 metre pool with Colorado electronic timing
- Meet Package:** The only meet package considered as valid must be the most current version found on www.swimming.ca
- Competition Rules:** Sanctioned by Swim Ontario as a closed Invitational meet.
- All current Swimming/Natation Canada (SNC) rules will be followed. Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warmup period in which the violation occurred. Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#). Events are Timed Finals. Only participating swimmers, officials, certified registered coaches and authorized people are allowed on deck. Any team photographer will need to have authorization from meet management to access the deck.
- 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.
- Qualifying Standards:** Please submit SCM times for seeding purposes. Please use standard Hy-tek conversions for LCM and Yards times. Qualifying Period starts Sept 1, 2016.
- Entry Deadline:** There is no qualifying time standard for entry into this meet. Entries are closed to Oakville and Hamilton. All entries must be received by Friday, March 31st, 2017. Changes accepted until Tuesday, April 3rd, 2017. Entries accepted on a first come first served basis. Please submit entries using www.swimming.ca. No entries will be accepted directly by meet management.

- Entry Fees:** \$7.00 per event. There is a 4 event limit per swimmer.
Please make cheque payable to **OAKVILLE AQUATIC CLUB**.
- Awards:** Best time ribbons (based on entry times). All NT entries will receive a best time ribbon.
- Meet Manager:** Laura Robertson Level 3
- Competition Coordinator:** Carol Frick-Allon – Level 5
- Meet Results:** Official results will be posted within 48 hours of completion of meet to www.swimming.ca
- Meet Notes:** Events will be seeded by age group.
No scratch penalty shall be imposed for late or day of scratches. All scratches need to be received by the Clerk of Course no less than 30 minutes prior to the start of the session.
Please use the posted heat sheets to indicate scratches as information only.
- Coach's 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.
- Time Splits:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form one hour prior to the scheduled beginning of the session. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice. 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.
- Meet Results:** Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
- Safety & Liability:** Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Session:

As in the Order of Events.

Meet management reserves the right to adjust session times.

Sessions will be separated out by age group.

SESSION 1 9 and Under

Warm Up: 3:30pm

Warm Up Finish: 3:55pm

Meet Start: 4:00pm

Meet Finish: 6:00pm

SESSION 2 10 and Over

Warm Up: 6:05pm

Warm Up Finish: 6:35pm

Meet Start: 6:40pm

Meet Finish: 8:25pm

Clubs will be notified after the final entry submission deadline confirming start time of the second session warm-up to ensure there is no down-time between the sessions.

All events are timed finals.

The meet will follow the FINA START rule.

All events will be seeded fastest to slowest.

Seeding for all swims will be optimized by distance and stroke.

A coaches meeting will be held on deck by the Awards table at 2:45pm.

**Recording
Event:**

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Manager for application and authorization.

**SCHEDULE OF
EVENTS:
SESSION 1**

<u>Event</u>	<u>Age</u>	<u>INDIVIDUAL EVENTS</u>
1	9 & Under	100 Free
2	9 & Under	50 Free
3	9 & Under	25 Free
4	9 & Under	100 Back
5	9 & Under	50 Back
6	9 & Under	25 Back
7	9 & Under	50 Breast
8	9 & Under	25 Breast
9	9 & Under	50 Fly
10	9 & Under	25 Fly
11	9 & Under	100 IM

SESSION 2

<u>Event</u>	<u>Age</u>	<u>INDIVIDUAL EVENTS</u>
13	10 & Over	100 Free
14	10 & Over	50 Free
15	10 & Over	25 Free
16	10 & Over	100 Back
17	10 & Over	50 Back
18	10 & Over	25 Back
19	10 & Over	50 Breast
20	10 & Over	25 Breast
21	10 & Over	50 Fly
22	10 & Over	25 Fly
23	10 & Over	100 IM
24	10 & Over	200 Free



Swim Meet Guidelines for Town of Oakville Pools

These guidelines have been set to ensure that the facilities are in compliance with the Health, Protection and Promotion Act, as well as ensuring that the facilities – specifically the pools are kept clean for the participating athletes.

We ask that these guidelines are respected by all athletes, parent/guardians, coaches and meet officials.

1. No outdoor footwear is permitted on deck. Please bring proper deck shoes to avoid tracking dirt into the pool area.
2. With the exception of water, no food or drink is allowed on deck. Eating is permitted in the change rooms, gallery and lobby, as well as in any designated room.
3. To ensure foot safety, all athletes **MUST** wear shoes when accessing any area outside of the pool deck and change rooms – this includes the lobby, gallery and concession areas.
4. For the safety of all facility users, please ensure that all vehicles are parked in designated parking spots. At Iroquois Ridge, parking will be available in the Iroquois Ridge High School parking lot. Please abide by the posted no idling and no parking signs.
5. Access to the pool change rooms will be 15 minutes before the posted warm-up times.
6. Change rooms have limited lockers available for day use. Please be advised that the Town is not responsible for lost or stolen articles.
7. Parents will not be allowed on deck. All of our facilities have designated viewing areas – the on deck viewing will be available at White Oaks.