

### OSHAC Fall Invitational

<b>MEET NAME</b>	<b>OSHAC Fall Invitational</b>
<b>DATE(s):</b>	<b>November 2-3, 2024</b>
<b>HOSTED BY:</b>	Oshawa Aquatic Club
<b>LOCATION:</b>	Donevan Recreation Centre
<b>FACILITY:</b>	6 lane 25 metre, Colorado electronic timing
<b>PURPOSE &amp; DESCRIPTION:</b>	To provide racing opportunities at an Invitational Age Group Meet
<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> and the Swimming Canada Registration and Event Management System (REMS).
<b>LAST UPDATE:</b>	

### Competition Organizing Committee

<b>ROLE</b>	<b>NAME</b>	<b>EMAIL</b>	<b>LEVEL</b>
<b>COMPETITION COORDINATOR(S):</b>	Andy Mitchell	andyianmitchell@gmail.com	V
<b>MEET MANAGER(S):</b>	Kathy Wetmore	oshac.meetmanager@gmail.com	II
<b>OFFICIALS COORDINATOR:</b>	Karen French	coc.oshac@gmail.com	

### Safety at Competitions

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or [www.swimming.ca/safesport](http://www.swimming.ca/safesport)

The [Swim Ontario Concussion Management](#) & Swimming Canada Event Photography and Swim Ontario 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 as an Age Group Swimming Invitational by Swim Ontario.**

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

<b>AGE UP DATE:</b>	The competitor's age is as the first day of the competition ___November 2, 2024___
<b>DIVE STARTS:</b>	<p><b>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</b></p> <p style="padding-left: 40px;">from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from deep end only</p> <p>and/or</p> <p style="padding-left: 40px;">from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from deep end only</p> <p>and/or</p> <p style="padding-left: 40px;">In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 From deep end only</p>
<b>d/DEAF AND HARD OF HEARING ACCOMMODATION :</b>	<p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>● Visual Start hand signals given by the starter/referee.</li> <li>● Visual Start Strobe Light options             <ul style="list-style-type: none"> <li>A. <b>Personal Strobe Light:</b> a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.</li> </ul> </li> </ul> <p><b>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</b></p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

### Eligibility

<p><b>All athletes must be registered as <u>Competitive</u> swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.</b></p>	
<b>ADDITIONAL ELIGIBILITY INFORMATION:</b>	<p>This meet is a Closed Invitational for the following clubs: __ Pickering Swim Club, Scarborough Swim Club, Clarington Swim Club, Ajax Swim Club, Uxbridge Swim Club, Northumberland Swim Club, Belleville Swim Club, York Swim Club, Vaughan Aquatic Club, Oshawa Aquatic Club</p> <ul style="list-style-type: none"> <li>A. Preference will be given to the host club first.</li> <li>B. This meet does not have Time Standards</li> <li>C. Pre-competitive swimmers are not eligible</li> </ul>
<b>COACH &amp; SUPPORT STAFF REGISTRATION:</b>	<p>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.</p> <p><b>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</b></p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
<b>FOREIGN TEAMS / COMPETITORS:</b>	<p><b>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</b></p> <ul style="list-style-type: none"> <li>A. Foreign Teams' / competitors' entries will not be accepted by the host club.</li> </ul>

### Entry Process

<b>ENTRY SUBMISSIONS:</b>	<p><b>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</b> Meet management will:</p> <ul style="list-style-type: none"> <li>● not accept entries via email;</li> <li>● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>● notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III &amp; IV sanctions) prior to the start of the competition</li> </ul> <p><b>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</b></p> <p>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.</p>
<b>ENTRY DEADLINE:</b>	<b>The online entry deadline is Monday, October 21st</b>

	A. Changes to entries will be accepted until __Monday, October 28th
<b>ENTRY FEE:</b>	<p><b>The following fees will apply for this competition:</b></p> <p>A. Individual Events: _\$15.00__</p> <p>B. Relay Events: __\$20.00__</p> <p><b>Payment Method:</b> cheque payable to Oshawa Aquatic Club or e-transfer  <a href="mailto:oshac.treasurer@gmail.com">oshac.treasurer@gmail.com</a></p>
<b>ENTRY LIMITS:</b>	<p><b>The following limits are in place for this competition:</b></p> <p>A. The maximum number of participants per session is _150__</p> <p>B. The maximum number of entries per swimmer is __3 plus 1 relay per day</p>
<b>RELAY ENTRIES:</b>	<p><b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.</b></p> <p>A. Relay swimmers must be entered in a non-relay event in order to compete.</p>
<b>ENTRY TIMES &amp; CONVERSION:</b>	<p>A. Entries can be submitted with No Time (NT).</p> <p>B. Estimate entry times are accepted.</p> <p>C. Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved.</p>

## Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	November 2	Split warmup: Warmup 1: 7:45 – 8:25am 2: 8:30 – 9:10am	9:15am	12:45pm	Time final
2	November 2	Split warmup: Warmup 1: 1:00 – 1:40pm 2: 1:45 – 2:25pm	2:30 pm	6:00pm	Time final
3	November 3	Split warmup: Warmup 1: 7:45 – 8:25am 2: 8:30 – 9:10am	9:15am	12:30pm	Time final
4	November 3	Split warmup: Warmup 1: 1:00 – 1:40pm 2: 1:45 – 2:25pm	2:30pm	6:00pm	Time final

## Meet Format & Administration

<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 ensures that the swimmer competes with competitors of the same gender for his/her heat.</p>
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	In the event that mixed gender swims are permitted; the results must still be posted separately by gender of swimmers.
<b>SEEDING:</b>	<p>After all times are converted as pursuant to the conversion process:</p> <p>A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last.</p> <p>a. with the exception of Distance Events (400 FR, 400 IM) which will be seeded fastest to slowest.</p>
<b>DECK ENTRIES:</b>	<p><b>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available).</b> The following are the Deck Entry Rules for this competition:</p> <p>A. Swimmer Deck entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management.</p> <p>a. Fee: _\$20.00 per event__</p>
<b>RELAY NAME SUBMISSION:</b>	<p><b>Relay Cards or Forms must be returned to the Admin Desk.</b></p> <p>A. Relay Cards will be available at _the Admin Desk at the start of warmup.</p> <p>B. The Relay Name submission deadline is 30 mins before the start of the session.</p>
<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<p><b>The following are the Scratch deadlines for this competition.</b></p> <p>A. There is a scratch deadline for:</p> <p>a. Events 400m in length or longer.</p> <p>b. Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.</p> <p><b>The following are the Positive Check-in deadlines for this competition.</b></p> <p>A. There is no positive check-in required for this competition.</p>
<b>PENALTIES:</b>	<p>A. No penalty shall be imposed for late or day of scratches and No-Shows</p>
<b>OFFICIAL SPLIT TIMES:</b>	<p><b>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.</b></p> <p>A. Official Split Forms are available at the Admin Desk.</p> <p>B. Not all Official Split requests can be accommodated.</p>
<b>SWIM OFFS:</b>	<ul style="list-style-type: none"> <li>• Not applicable</li> </ul>
<b>RECORDS:</b>	<p>A. Swim times achieved at this competition will NOT be used for applications of provincial and national records.</p>
<b>MEET RESULTS:</b>	<p><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></b></p> <p>A. Unofficial Live Results will be available on Meet Mobile</p>
<b>SCORING:</b>	<p><b>The following scoring will be applied:</b></p> <p>A. No Scoring</p>
<b>AWARDS:</b>	<p><b>The following will be awarded:</b></p> <p>Medals for 1<sup>st</sup> to 3<sup>rd</sup> and ribbons 4<sup>th</sup> – 6<sup>th</sup> based on the age categories below:</p> <p>Girls: 10&amp;U, 11&amp;12, 13&amp;14, 15 -18 Boys: 10&amp;U, 11&amp;12, 13&amp;14, 15 -18</p> <p>Any swimmers over 18 will be exhibition only, with the exception of para swimmers and U sport swimmers.</p>

## Schedule of Events

Session 1: <b>13 and over</b> Saturday, November 2, 2024 Warm-up 1: 7:45 – 8:25 Warm-up 2: 8:30 – 9:10 Start: 9:15am		
Women		Men
1	200 free	2
3	50 back	4
5	100 fly	6
7	200 breast	8
9	100 back	10
11	50 free	12
13	200 free relay	14
15	400 IM	16

Session 2: <b>12 and under</b> Warm-up 1: 1:00 – 1:40pm Warm-up 2: 1:45 – 2:25pm Start: 2:30pm		
Women		Men
17	200 free	18
19	50 back	20
21	100 fly	22
23	200 breast	24
25	100 back	26
27	50 free	28
29	200 free relay	30
31	400 IM	32

Session 3: <b>13 and over</b> Sunday, November 3, 2024 Warm-up 1: 7:45 – 8:25 Warm-up 2: 8:30 – 9:10 Start: 9:15am		
Women		Men
33	200 IM	34
35	100 free	36
37	200 fly	38
39	100 breast	40
41	200 back	42
43	50 fly	44
45	50 breast	46
47	200 medley relay	48
49	400 free	50

Session 4: <b>12 and under</b> Warm-up: 1: 1:00 – 1:40pm Warm-up 2: 1:45 – 2:25pm Start: 2:30pm		
Women		Men
51	200 IM	52
53	100 free	54
55	200 fly	56
57	100 breast	58
59	200 back	60
61	50 fly	62
63	50 breast	64
65	200 medley relay	66
67	400 free	68