

Ottawa Otters Invitational Swim Meet March 19, 2016

# **Special Olympics Ontario - Ottawa**

## **Ottawa Otters**

**Invitational Swim Meet  
March 19, 2016**

**Richcraft Recreation Complex Kanata  
4101 Innovation Drive  
Ottawa, Ontario  
K2K 0J3**

**8 a.m. to 5 p.m.**

**Contact: Katie Burnham  
Phone: (613)558-8346**

## Ottawa Otters Invitational Swim Meet March 19, 2016

**Date:** Saturday March 19, 2016  
Warm-up: 8:10-8:45 a.m.  
First Event: 9:00 a.m.

There will be a 1-hour lunch break around 12:00 (after event 18). This will be subject to change as required.

**Meet Manager:** To be confirmed (Greater Ottawa Kingfish)

**Meet Referee:** Charles Montpetit (Greater Ottawa Kingfish)

**Meet and Registration Organizer:** Katie Burnham  
E-mail: burnham.kathryn@gmail.com  
Phone: (613)558-8346

**Location:** Richcraft Recreation Complex Kanata (RRCK)  
4101 Innovation Drive  
Ottawa, Ontario K2K 0J3

**Facility and Spectators:** The RRCK pool is an eight lane 25 M pool. There is a spectator area in the lobby for viewing and a second viewing area above the main lobby on the second floor.

**Facility Website:** <http://ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/recreation-centre-locations/richcraft>

**Meet format:** Closed Invitational (by invitation only). Short Course - Timed Finals. Events will be swum in heats based upon gender and entry time. Some heats may be run concurrently to maximize use of the pool.

**Time Standards:** None

**Eligibility:** Entry is restricted to athletes registered with Special Olympics who have registered for the 2015-2016 season. S.O. ID numbers must accompany athlete entries.

**Entries:** Invited teams are guaranteed pre-arranged spots until the corresponding registration deadlines for reception of electronic spreadsheet and entry fees.

**Deadlines:** February 12 (registration spreadsheet electronically submitted)  
February 19 (cheque received)

No refunds will be available on money received. Changes to athlete registration will only be allowed so long as spaces are available. No changes will be permitted after February 26. The registration organizer will confirm receipt of each submitted spreadsheet and entry fee.

Invitations, athlete spots available to teams, and registration spreadsheets are distributed by the registration organizer. Confirmed spots will expire if submissions are not received by the deadline. Expired spots may be offered to other teams at the discretion of the Registration Organizer. All entries should be submitted by team coaches electronically via spreadsheet. No entries will be accepted on the day of the meet.

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**Age:** Swimmer's age is as of March 19, 2016

**Registration Fees and Submission:** Athlete Registration: \$20.00 per athlete **NON-REFUNDABLE**  
Please make cheque payable to: "**SOO-Ottawa**"  
Registration Fee (cheque only) should be mailed to:

Katie Burnham  
804-40 The Driveway  
Ottawa, ON, K2P 2C9

<b>Sessions:</b>	<b><u>Session</u></b>	<b><u>Warm-up</u></b>	<b><u>Start</u></b>	<b><u>Events</u></b>	<b><u>Note</u></b>
	1	8:10 -8:45 AM	9:00 AM	01-18	
	Lunch		12:00 noon		Approximate time
	2	12:30-1:00 PM	1:00 PM	19-36	Approximate time

**Events:** Swimmers may swim a maximum of **4 individual events**.  
To permit flexible operation of the meet, Meet Management reserves the right to:  
**A)** adjust event order  
**B)** adjust the placement of lunch break in the event order.  
**C)** run events concurrently to maximize use of the pool.

**Deck Entries:** Deck entries will not be allowed.

**Seeding:** Events will be seeded slowest to fastest seed times.

**Warm up:** All swimmers are required to enter feet first into the pool; diving is prohibited during general warm-up, except in any designated one-way lanes.

**200 Open Swim:** The open swim event is intended to be an opportunity for a 200m event other than freestyle (events 1 and 2). Please indicate the stroke (back, breast, fly, I.M.) on the entry form.

**400 Open Swim:** The 400 m swim is intended for those athletes preparing for provincial competition. Athletes of all ages and gender will be combined for this event, and any stroke may be used. Please indicate the stroke on the entry form.

**Scratches:** All scratches must be received by the Clerk of Course 30 minutes prior to the start of the event.

**Results:** Results will be electronically distributed to team contacts after the meet.

**Awards:** Ribbons will be awarded: 1<sup>st</sup>–3<sup>rd</sup> in each age group and will be awarded at the meet or sent to teams afterwards. Final results/awards will be divided into the following age groups for individual events:

8-11	Female & Male
12-15	Female & Male
16-22	Female & Male
23-29	Female & Male
30-39	Female & Male
40 & over	Female & Male

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**Officials:** **SOO-Ottawa and the Ottawa Otters gratefully acknowledge the leadership contribution of Greater Ottawa Kingfish Swim Club to the officiating and management of this swim meet.**

Teams are requested to supply 2-3 officials, registered or not. Coaches are asked to send the meet organizer a list of officials from their team willing to participate. Please provide the organizer with the names and emails of all volunteer officials with the registration form. We hope officials will be able to participate for the full meet and would be pleased to serve lunch at mid-day.

**Coach Registration:** Only Special Olympics registered coach volunteers from participating teams are permitted on deck. Coaches and their Special Olympics registration number should be included in the registration spreadsheet. Teams attending the swim meet are responsible for ensuring they have one coach for every four athletes they bring. Coaches will be given badges they should wear at all times on deck.

**Volunteer Registration:** All officials and other volunteers are requested to fill out the Special Olympics single-event volunteer registration form, and submit it at the volunteer registration desk on Saturday to receive their volunteer badge and lunch voucher.

**Athlete Refreshments:** Athletes are asked to bring their own water bottles for pool-deck consumption. Food is not to be brought by coaches and athletes onto the pool deck (unless for medical reasons).

Lunch will be provided to registered athletes, coaches and volunteers.

**We endeavor to be a nut-free event. However, note that the lobby areas at RRCK, including the entrance, and spectator areas, are open to the general public. There are no general food restrictions in effect in the building.**

**Athletes, coaches, and volunteers with specific dietary restrictions or allergies are asked to bring their own food for lunch and snacks.**

Food is otherwise not available in the facility. There are numerous restaurants and grocery stores within several kilometers.

**Change Rooms:** Access to the change rooms is restricted to athletes, registered Special Olympics volunteers, and, under special circumstances, family members. A larger, mixed-gender family change room is available. Change rooms are wheelchair accessible.

**Lockers:** Lockers are available in the change room. Users must supply their own locks.

**Privacy:** **Cameras and recording devices** will not be allowed on deck, or in the vicinity of the change room areas at any time during the meet without prior approval from the Meet Manager, Meet Referee and Meet Organizer. Photographers must check in with the meet organizer. **Cell phone usage is not permitted in any change rooms.**

**Media:** Please indicate any media restrictions on the athlete registration form.

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## Saturday March 19, 2016

Warm up: 8:10 AM

Start Time: 9:00AM

<b>Event # Women</b>	<b>Event Description</b>	<b>Event # Men</b>
1	200 Free	2
3	25 Back	4
5	50 Breast	6
7	50 Fly	8
9	100 Back	10
11	25 Free	12
13	100 Free	14
15	25 Assist Front	16
17	400 Open (mix gender)	18
	1 Hour Lunch Break	
19	25 Assist Back	20
21	100 IM	22
23	25 Breast	24
25	100 Fly	26
27	50 Free	28
29	25 Fly	30
31	100 Breast	32
33	50 Back	34
35	200 Open	36