



GO Kingfish In House Competition

DATE: 2016-11-26 Region: Eastern

HOSTED BY: GO Kingfish

LOCATION: University of Ottawa Pool, Montpetit Hall, Ottawa, Ontario

FACILITY: The University of Ottawa Pool is an eight lane 50 M pool. This meet will be single ended and will be using the deep end. Electronic timing system.

PURPOSE: Distance events for younger swimmers.

MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

COMPETITION: **Sanctioned as an In House competition** by Swim Ontario.
 All current Swimming/Natation Canada (SNC) rules will be followed.
 Seeding for all swims will be optimized by distance and stroke, but otherwise random.
 Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect.
 Only FINA approved swimwear is allowed in competition as per GR 5. Details [HERE](#).
 Events are Timed Finals.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC.

AGE UP DATE: Ages submitted are to be as November 26, 2016

ENTRY: There are no entry restrictions. A 3 hour time limit on session length will be adhered to. All entries must be submitted via www.swimming.ca. There are no entry fees or awards allowed.

COMPETITION COORDINATOR: Charles Montpetit, Level 5
 If Level 3 is serving as referee, please indicate that ROR approval has been granted

MEET MANAGER: Randy Byers , meetmanager@gokingfish.ca

SESSION: Warm Up: 8:40am Start: 9:10am Finish: 12:00am

SCHEDULE OF EVENTS¹:

Event #	Open Event (maximum distance to swim)	Stroke	Gender ²
1	100m	IM	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
2	800m	Free	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
3	400m	Free	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
4	200m	Free	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
5			<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
6			<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
7			<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender

¹ 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.

² Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SNC rule on mixed gender swimming.