

GO  Kingfish

POLAR PLUNGE

January 21-22, 2017

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Polar Plunge

- Sanction:** Swim Ontario, with all current Swim Natation Canada rules applying.
- Dates:** Jan 21-22, 2017
- Meet Managers:** Randy Byers - Tel: 613-371-1399 E-mail: meetmanager@gokingfish.ca
- Meet Referee:** Charles Montpetit – Level 5
- Meet package:** The only meet package which will be considered as valid must be the most current version found on <https://www.swimming.ca/>.
- Location:** University of Ottawa Pool, Montpetit Hall, Ottawa, Ontario
- Facility:** The University of Ottawa Pool is an eight lane, 50 meter pool.
Morning Sessions: These **short-course** sessions will be single ended using the deep end. The shallow end will be available for continuous warm-up / cool down.
Afternoon Sessions: These **long-course** sessions will use the entire 50 meter pool. There is a large spectator gallery for viewing.
- Meet format:** **12 and under : Short Course, mixed gender**
13 and over: Long Course, separate events for male/female
Open/Timed Finals.
Results will be separated by gender and age groups.
- Mixed Gender:** GO Kingfish Meet Management seeks an exemption from the requirement to swim events in gender separated events, on the following basis:
Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender
- Meet Management recognizes the following Swim Canada rule:
Any swimmer who achieves a record time 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 insures that the swimmer competes with competitors of the same gender for his/her heat.
- Results will be posted separately by the gender of swimmers.



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Time Standards: None

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.

Entries: Entries will be accepted on a first come first serve basis. All entries must be in Hy-tek format and submitted through the SNC online entries system at www.swimming.ca. Entry times must be in long course format, entry times will not be converted. No entries will be accepted directly by meet management.

Out of Province All Clubs from outside of Ontario must provide a “Certificate of Insurance” naming the “City of Ottawa”, “University of Ottawa” and the “GO Kingfish Swim Club” as insured parties. This must be received prior to meet. No Clubs will swim without proof of insurance. All Clubs must be FINA affiliated and provide swimmer registration numbers with entries. All Swim Ontario procedures with regards to out of province/country clubs will be followed.

Foreign Competitors: All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.
All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver’s license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

Age: Swimmers age is as of January 21st, 2017 (the first day of the meet).

Entry Deadline: **Entry deadline is January 12th, 2017 at 8pm.**

Cost: Individual Events \$8.50

Please enclose payment with your entries and make cheque payable to: “**Greater Ottawa Kingfish Swim Club**”

Sessions:	<u>Session</u>	<u>Format</u>	<u>Age</u>	<u>Warm-up</u>	<u>Start</u>	<u>Events</u>
	1 Saturday	SC	12 and under	7:20-7:50 AM	7:55 AM	01-08
	2 Saturday	LC	13 and over	1:00-1:30 PM	1:35 PM	09-24
	3 Sunday	SC	12 and under	7:20-7:50 AM	7:55 AM	25-32
	4 Sunday	LC	13 and over	1:00-1:30 PM	1:35 PM	33-48



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- Events:** Swimmers may swim a maximum of **3 individual events per session** for a total of **6 events for the weekend**. To ensure each session can fall within the allowed timelines, Meet Management reserves the right to:
- A)** adjust events to ensure the session can be run on time and/or
 - B)** double up the 800 Free and/or 400 Free and/or
 - C)** limit entries in the 400 Free, 800 Free, and/or 400 IM to the fastest 2, 3, or 4 heats
- Deck Entries** Deck entries will not be allowed.
- Seeding:** Events will be seeded slowest to fastest except 800 free which will be seeded fastest to slowest.
- 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 prior to the race. 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 (or event) in question.
- Scratches:** All scratches must be submitted to the Clerk of Course 30 minutes prior to the start of the session.
- Results:** Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca.
- Live Results** Will be available on Meet Mobile and online on the GO Kingfish site.
- Psych Sheet:** Will be available on the GO Kingfish website.
- Awards:** Ribbons will be awarded: Individual 1st –8th.
- Final results/awards will be divided into the following age groups for individual events:
- | | |
|--------------|---------------|
| 10 and under | Female & Male |
| 11/12 | Female & Male |
| 13/14 | Female & Male |
| 15/16 | Female & Male |
| 17 and over | Female & Male |
- Scoring:** Individuals points 9-7-6-5-4-3-2-1



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Officials and Volunteers:

It would be appreciated for visiting clubs to help out in the officiating of the meet. Please contact our officials contact for more detail.

Officials contact: officials@gokingfish.ca

Warm up Procedures:

The meet manager reserves the right to split warm up as required. SNC warm up procedures will be in effect at this meet.

Coach 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.

Competition Rules:

Sanctioned by Swim Ontario.

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 warm-up period in which the violation occurred. The full document can be viewed [HERE](#).

Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#).

Food:

A canteen will be open for swimmers and families to purchase items. Hospitality will be available to the coaches and volunteers (officials and volunteers room – MNT 103).

Safety & Liability:

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Recording of Event:

Cameras and recording devices will not be allowed on deck, or in the vicinity of the locker room area at any time during the meet without prior approval from the Meet Manager and the Meet Referee. Team photographers must check in with the meet manager prior to the start of the session and obtain a photographer pass prior to being on deck.



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Saturday, January 21

Session 1 (Short Course)

Warm ups: 7:20 AM

Start Time: 7:55 AM

Event #	Event Description	Age
1	200 Free	12 and under
2	50 Breast	12 and under
3	100 Fly	12 and under
4	200 Breast	12 and under
5	100 Back	12 and under
6	50 Free	12 and under
7	400 Free	12 and under
8	800 Free	12 and under

Session 2 (Long Course)

Warm up: 1:00 PM

Start Time: 1:35 PM

Event #	Female	Event Description	Male	Event #
9	13 and over	200 Free	13 and over	10
11	13 and over	50 Breast	13 and over	12
13	13 and over	100 Fly	13 and over	14
15	13 and over	200 Breast	13 and over	16
17	13 and over	100 Back	13 and over	18
19	13 and over	50 Free	13 and over	20
21	13 and over	400 Free	13 and over	22
23	13 and over	800 Free	13 and over	24

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Sunday, January 22

Session 3 (Short Course)

Warm up: 7:20 AM

Start Time: 7:55 AM

Event #	Event Description	Age
25	100 IM	12 and under
26	50 Back	12 and under
27	100 Breast	12 and under
28	200 Back	12 and under
29	100 Free	12 and under
30	50 Fly	12 and under
31	200 IM	12 and under
32	400 IM	12 and under

Session 4 (Long Course)

Warm up: 1:00 PM

Start Time: 1:35 PM

Event #	Female	Event Description	Male	Event #
33	13 and over	200 Fly	13 and over	34
35	13 and over	200 IM	13 and over	36
37	13 and over	50 Back	13 and over	38
39	13 and over	100 Breast	13 and over	40
41	13 and over	200 Back	13 and over	42
43	13 and over	100 Free	13 and over	44
45	13 and over	50 Fly	13 and over	46
47	13 and over	400 IM	13 and over	48