



GO  **Kingfish**

POLAR BEAR PLUNGE

January 19-20, 2019

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Polar Plunge

- Dates:** January 19-20, 2019
- Competition Coordinator:** Jocelyn Jay – Level 5
- Meet Manager:** Sue McLennan - Tel: 613-355-9872 E-mail: meetmanager@gokingfish.ca
- Meet package:** The only meet package which will be considered as valid must be the most current version found on <https://www.swimming.ca/>.
- Competition Rules:** Sanctioned by Swim Ontario.
All current Swimming Canada (SC) rules will be followed.
- All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.
- Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).
- 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, except for separate male/female relays**
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



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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.

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. No entries will be accepted directly by meet management. Please include appropriate Short Course and/or Long course (in metres) entry times. Estimate if necessary – “NT” entries **WILL NOT** be accepted. Entry times will not be converted.

Out of Province: 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 19, 2019 (the first day of the meet).

Entry Deadline: **Entry deadline is January 10th, 2019 at 8pm.** Coaches should contact meet management well in advance of the entry deadline to ensure space is available.

Cost:

Individual Events	\$9.00
Relay Events	\$9.00

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

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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	01-12
	2 Saturday	LC	13 and over	1:00-1:30 PM	1:35 PM	13-32
	3 Sunday	SC	12 and under	7:20-7:50 AM	7:55 AM	33-45
	4 Sunday	LC	13 and over	1:00-1:30 PM	1:35 PM	46-65

Events: Swimmers may swim a maximum of **3 individual events per session** and a maximum of **1 relay event per session**, for a total of **8 events for the weekend**.

The 800 free events will be limited to 3 heats, priority given to swimmers who have not yet qualified for regionals.

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 and/or 400 IM to the fastest 2, 3, or 4 heats

Relay Events: Each participating club can enter a maximum of 2 relay teams per event.

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: 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. Please complete the official time split request form provided by Meet Management.

Scratches: All scratches must be submitted to the Clerk of Course 30 minutes prior to the start of the session.

Dive Starts: As per the Facility Rules for Dive Starts, this competition will be conducted as follows:

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from deep end only.

Results: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca.

Records: Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Live Results Will be available on Meet Mobile and online on the GO Kingfish site.

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Psych Sheet: Will be available on the GO Kingfish website.

Awards: Ribbons will be awarded: Individual 1st –8th Relay 1st-3rd

Final results/awards will be divided into the following age groups for individual and relay 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 Relay points 18-14-12-10-8-6-4-2

Officials and Volunteers: It would be appreciated if visiting clubs could assist with the officiating of the meet. Officials can volunteer at https://gokingfish.ca/external_volunteer/

Officials contact: officials@gokingfish.ca

The officiating sign up grid may be found here: https://gokingfish.ca/external_volunteer/

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.

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 19

Session 1 (Short Course)

Warm ups: 7:20 AM

Start Time: 7:55 AM

Event #	Event Description	Age
1	FEMALE 4x50 IM Relay	10 and under
2	MALE 4x50 IM Relay	10 and under
3	FEMALE 4x50 IM Relay	11/12
4	MALE 4x50 IM Relay	11/12
5	200 Free	12 and under
6	50 Breast	12 and under
7	100 Fly	12 and under
8	200 Breast	12 and under
9	100 Back	12 and under
10	50 Free	12 and under
11	400 Free	12 and under
12	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 #
13	13/14	4x100 IM Relay	13/14	14
15	15+	4x100 IM Relay	15+	16
17	13 and over	200 Free	13 and over	18
19	13 and over	50 Breast	13 and over	20
21	13 and over	100 Fly	13 and over	22
23	13 and over	200 Breast	13 and over	24
25	13 and over	100 Back	13 and over	26
27	13 and over	50 Free	13 and over	28
29	13 and over	400 Free	13 and over	30
31	13 and over	800 Free	13 and over	32

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Sunday, January 20

Session 3 (Short Course)

Warm up: 7:20 AM

Start Time: 7:55 AM

Event #	Event Description	Age
33	FEMALE 4x50 Free Relay	10 and under
34	MALE 4x50 Free Relay	10 and under
35	FEMALE 4x50 Free Relay	11/12
36	MALE 4x50 Free Relay	11/12
37	100 IM	12 and under
38	50 Back	12 and under
39	100 Breast	12 and under
40	200 Back	12 and under
41	100 Free	12 and under
42	50 Fly	12 and under
43	200 Fly	12 and under
44	200 IM	12 and under
45	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 #
46	13/14	4x100 Free Relay	13/14	47
48	15+	4x100 Free Relay	15+	49
50	13 and over	200 Fly	13 and over	51
52	13 and over	200 IM	13 and over	53
54	13 and over	50 Back	13 and over	55
56	13 and over	100 Breast	13 and over	57
58	13 and over	200 Back	13 and over	59
60	13 and over	100 Free	13 and over	61
62	13 and over	50 Fly	13 and over	63
64	13 and over	400 IM	13 and over	65