



## 2020 Polar Bear Plunge

DATE(S): January 18-19, 2020 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. The shallow end will be available for continuous warm-up / cool down during the meet. There is a large spectator gallery for viewing.

PURPOSE: Short Course (am) and Long Course (pm) Invitational

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

SAFETY & LIABILITY: 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. For additional resources click [HERE](#).

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

### Rowan's Law – Concussion Management

The Rowan's Law requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

### Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

## Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

### COMPETITION

#### COORDINATOR:

Karen Hogan, Level IV, Email: [president@gokingfish.ca](mailto:president@gokingfish.ca)

#### MEET MANAGER:

Sue McLennan, Email: [meetmanager@kingfish.ca](mailto:meetmanager@kingfish.ca)

#### DESCRIPTION:

The morning (12 and under) will be short course open/timed finals using the deep end only. The afternoon session (13 and over) will be long course using the entire 50 meter pool. All events will be swum Mixed Gender (except for relays) with results separated by gender and age groups.

#### 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](#).

#### 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

#### RECORDS:

Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

#### AGE UP DATE:

Ages submitted are to be as: January 18, 2020

#### MIXED-GENDER:

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.

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 insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

- ELIGIBILITY:** All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Entries without a valid SC registration number and registration status will be declined entry. *(choose appropriate circumstances):*  
Preference will be given to the host club first.  
This is an invitational meet. Participation of this meet is at the full discretion of the host club.  
Meet Management reserves the right to further limit individual swims to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours.  
Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign 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 foreign 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.
- ENTRY FEE:** Individual Events \$ 10  
Relays Events: \$ 12  
Please make cheques payable to: Greater Ottawa Kingfish Swim Club or send an etransfer to [billing@gokingfish.ca](mailto:billing@gokingfish.ca)
- ENTRIES:** Entries must be submitted through the Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca). Meet Management will not accept entries via email.  
**Online Entry Deadline: 10pm January 8, 2020**  
Changes to entries will not be accepted after 10pm January 8, 2020. After that time, fees will be calculated; no refunds will be granted for missed swims.  
Meet Management reserves the right to further limit individual swims to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours.  
Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".  
**NT entries are not permitted.**  
Swimmers may swim maximum of 3 events and 1 relay per session (8 events total for the weekend).
- CONVERSION:** Entry times are not to be converted. Please submit times in course achieved.
- SEEDING:** Seeding for the morning sessions (short course, 12 & under) will be in the following order:  
Entries with qualifying short course times in metres  
Entries with qualifying long course times in metres.  
  
Seeding for the afternoon sessions (long course, 13&over) will be in the following order:  
Entries with qualifying long course times in metres  
Entries with qualifying short course times in metres.

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Warm Up</u>	<u>Start</u>	<u>Finish</u>	<u>Estimated Duration</u>
1	18 Jan		7am	8am	12pm	4
2	18 Jan		12pm	1pm	5pm	4
3	19 Jan		7am	8am	12pm	4
4	19 Jan		12pm	1pm	5pm	4

SCHEDULE OF EVENTS: See event list - Appendix

COACH'S

REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). 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 meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

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.

DECK ENTRIES: No deck entries allowed

CHECK IN

AND SCRATCHES: Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.

SCORING: The following will be scored: Individuals points 9-7-6-5-4-3-2-1 Relay points 18-14-12-10-8-6-4-2

AWARDS: Ribbons will be awarded in the 12/under sessions only: Individual 1st –8<sup>th</sup> Relay 1<sup>st</sup>-3<sup>rd</sup>

Final results 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 and over	Female & Male

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)  
The meet program will be run on Hy-Tek Meet Manager.  
Results will be posted on Meet Mobile as quickly as possible at the meet.

# Appendix

## Event List

<i>Session 1</i>		
<i>Saturday, January 18, 2020</i>		
<i>Warm-up: 7:00 AM -- Start: 8:00 AM</i>		
<b><i>Event Number</i></b>	<b><i>Event Description</i></b>	<b><i>Age</i></b>
<i>1</i>	<i>200m (4x50) IM Relay FEMALE</i>	<i>12 and under</i>
<i>2</i>	<i>200m (4x50) IM Relay MALE</i>	<i>12 and under</i>
<i>3</i>	<i>200 Free MIXED</i>	<i>12 and under</i>
<i>4</i>	<i>50 Back MIXED</i>	<i>12 and under</i>
<i>5</i>	<i>100 Fly MIXED</i>	<i>12 and under</i>
<i>6</i>	<i>200 Back MIXED</i>	<i>12 and under</i>
<i>7</i>	<i>100 Breast MIXED</i>	<i>12 and under</i>
<i>8</i>	<i>50 Free MIXED</i>	<i>12 and under</i>
<i>9</i>	<i>100 IM MIXED</i>	<i>12 and under</i>

<i>Session 2</i>		
<i>Saturday, January 18, 2020</i>		
<i>Warm-up: 12:00 PM -- Start: 1:00 PM</i>		
<b><i>Event Number</i></b>	<b><i>Event Description</i></b>	<b><i>Age</i></b>
<i>11</i>	<i>400m (4x100) Medley Relay FEMALE</i>	<i>13 and over</i>
<i>12</i>	<i>400m (4x100) Medley Relay MALE</i>	<i>13 and over</i>
<i>13</i>	<i>200 Free MIXED</i>	<i>13 and over</i>
<i>14</i>	<i>50 Back MIXED</i>	<i>13 and over</i>
<i>15</i>	<i>100 Fly MIXED</i>	<i>13 and over</i>
<i>16</i>	<i>200 Back MIXED</i>	<i>13 and over</i>

17	100 Breast MIXED	13 and over
18	50 Free MIXED	13 and over
19	400 IM MIXED	13 and over

<p>Session 3</p> <p>Saturday, January 19, 2020</p> <p>Warm-up: 7:00 AM -- Start: 8:00 AM</p>		
<b>Event Number</b>	<b>Event Description</b>	<b>Age</b>
21	200m (4x50) Free Relay FEMALE	12 and under
22	200m (4x50) Free Relay MALE	12 and under
23	200 IM MIXED	12 and under
24	50 Fly MIXED	12 and under
25	200 Breast MIXED	12 and under
26	200 Fly MIXED	12 and under
27	100 Free MIXED	12 and under
28	50 Breast MIXED	12 and under
29	100 Back MIXED	12 and under
30	400 FREE MIXED	12 and under

<p>Session 4</p> <p>Saturday, January 19, 2020</p> <p>Warm-up: 12:00 PM -- Start: 1:00 PM</p>		
<b>Event Number</b>	<b>Event Description</b>	<b>Age</b>
31	400m (4x100) Free Relay FEMALE	13 and over
32	400m (4x100) Free Relay MALE	13 and over
33	200 IM MIXED	13 and over
34	50 Fly MIXED	13 and over
35	200 Breast MIXED	13 and over

<i>36</i>	<i>200 Fly MIXED</i>	<i>13 and over</i>
<i>37</i>	<i>100 Free MIXED</i>	<i>13 and over</i>
<i>38</i>	<i>50 Breast MIXED</i>	<i>13 and over</i>
<i>39</i>	<i>100 Back MIXED</i>	<i>13 and over</i>
<i>40</i>	<i>400 Free MIXED</i>	<i>13 and over</i>