



**OPEN WATER
SWIMMING CHAMPIONSHIPS**

**Wednesday July 4, 2018
Professor's Lake, Brampton, Ontario**

Sanctioned by: Swim Ontario
Hosted by: Swim Ontario



Ontario Open Water Swimming Championships - 2018

General Information:

Date/Time: Wednesday July 4, 2018

Host: Swim Ontario

Location: Professor's Lake
1660 North Park Drive
Brampton, Ont.

Sanctioned by: Swim Ontario

Race Coordinator: Lindsay Taylor, Swim Ontario – lindsay@swimontario.com - 416-426-7464

Meet Referee: Mary Jane Smith, Level V, Level III Open Water

Entry:

Qualifying Standards: Open

Events: 2K

Entry Limitation: **Swimmers must be 12 years of age and older to compete.** Age is as of the day of the event. Swim Ontario competitive members only.

Entry Deadline: June 24, 2018 – **No Exceptions**

Entry Process: Entries must be submitted through the SNC online entries system at www.swimming.ca. Meet Management will not accept entries via email.

Entry Fees: \$50.00 (HST included in fee)
Fees must be received by Swim Ontario by June 27, 2018. No fees will be accepted on race day. Payment instructions will be forwarded to the clubs after the entry deadline
If the race is cancelled due to inclement weather, entry fees will be refunded.

Event Details:

Check In: **Registration Starts at 9:15 am on the lower level of the Professor Lake Pavilion**

Participants must be checked in at least 30 minutes prior to the start of their race

2 km Starts:
11:00 - 2K Boys start (12 and over)
11:45 - 2K Girls start (12 and over)

All adult swimmers must sign the [Adult participant waiver](#).
All minors must have a parent/guardian sign the [Parent consent waiver](#) and must also sign the [Minor participant waiver](#) to participate in the race.
Waivers must be presented at check-in.

Timing: Timing will be electronic by ChipTime. All swimmers will wear a timing chip on their wrist.

**Technical Meeting:
Coaches and Swimmers** 10:40am

Race Categories: Single Age 12, 13, 14 and 15 & Over

Race Times: Warm Up: 10:15-10:35 am
Race Start: 11:00 am Boys & 11:45 am Girls
Competitors must complete the 2K in 1 hour. Those over the time limit will be removed from the course.

Race Details: Start lineup will be an in water start off of the 1st dock
Finish line will be an in-water finish to the 2nd dock
Race loop is 1 Km, swum counter clockwise.
2 Km (2 Laps)
Race will run **Rain or Shine!** Cancellation only in event of thunder/lightning.
Wetsuits are not allowed unless the water temperature is less than 20C. No jewellery (earrings, rings, necklaces, etc., including watches) permitted. Fingernails and toenails must be trimmed short.

Awards and Results:

Awards: Medals for Top 3 finishers per age category (12, 13, 14, 15 & Over)

- Will be presented after completion of each gender's race

Race Results: Will be posted on the Swim Ontario Website.
www.swimontario.com

Race Rules

Swim Rules: All participants must have their CSCTA/SNC & Swim Ontario Member Coach attend the race.
FINA Open Water Swimming
Wetsuits are not allowed unless the water temperature is less than 20C.
Historically the average water temperature for this has been 23C.

Swim Ontario – Open Water Meet Requirements

- **All swimmers must be registered with Swim Ontario as Competitive**
- Host is required to supply written water test results to Swim Ontario, two weeks prior to the event, that confirm compliance with Ontario Health Standards
 - Water tolerance levels must meet the following standards:
 - pH between 6 and 9
 - E'coli (fresh water) not more than 200 per 100 mils
 - Entero-cocci 35 per 100 mils
- Water temperature to be tested 2 hours before the start of the event, and confirmed at 16 degrees or higher at the centre of the course at a depth of 40 cm
- In the case of bad weather ie: thunder or lightning, alternate plans for event date or cancellation must be in place
- Written Emergency extraction plan or medical intervention must be in place and included in meet package and posted at the event
- Must have EMT on site
- Must have certified NLS Lifeguards
- No wet suits will be allowed unless water temperature is below 20 degrees
- Each swimmer must be clearly numbered on upper arm, back and swim cap
- No Event shall be more than 10km.
- Swimmers MUST be 11 years old and over to participate in any sanctioned Open Water Events in Canada
- Swimmers aged 11 years old are limited to Open Water events of NOT more than 1000m
- Swimmers aged 12 or 13 are limited to Open Water events of NOT more than 2500m
- Swimmers aged 14 years or older may participate in Open Water events that can range from 5000m or more
- The same age restrictions apply to Para Swimmers and will also be in keeping with the FINA suggested distance for their classification
- *Clarification of Open Water age/distance limits effective March, 2012*
- The course must be clearly marked and defined
- The finish point where the race terminates must be clearly marked and defined with a predetermined 'touch' point
- Timing procedures need to be outlined and considered satisfactory by SO Regional Sanctioning officer
- Finish monitors must be in place to assist swimmers out of the water if necessary

Safety Precautions

- A stationary craft will be available every 250 metres of the course with NLS Lifeguard on board and appropriate safety equipment
- Escort crafts, with NLS Lifeguard, in the water following alongside the swimmers as they swim their course
- All boats used in conjunction with the event must meet Safety Compliance Notice issued by Transport Canada for equipment and loading capacity
- All swimmers and coaches must be briefed on emergency procedures prior to the start of the race as well as these procedures must be posted day of event
- Every swimmer must be accounted for before they enter the water and as they exit
- Race course and beach/land area should be checked and cleared of any hazards morning of the event
- Spectators should be kept at a distance from the start/finish lines allowing clear access for the swimmers

Smoking or the use of any other tobacco products is prohibited in the venue of all Swim Ontario sanctioned events.