



**OPEN WATER  
SWIMMING CHAMPIONSHIPS**

**Wednesday July 6, 2016  
Professor's Lake, Brampton, Ontario**

Sanctioned by: Swim Ontario  
Hosted by: Swim Ontario



# Ontario Open Water Swimming Championships - 2016

## General Information:

**Date/Time:** Wednesday July 6, 2016

**Host:** Swim Ontario

**Location:** Professor's Lake  
1660 North Park Drive  
Brampton, Ont.  
(Corner of Bramalea Road and Bovaird Drive)  
(See below for directions.)

**Sanctioned by:** Swim Ontario

**Race Coordinator:** Lindsay Taylor, Swim Ontario – [lindsay@swimontario.com](mailto:lindsay@swimontario.com)  
416-426-7464

**Meet Referee:** Rick Hannah

## Entry:

**Qualifying Standards:** Open

**Entry Limitation:** Swimmers may only enter one race. **Swimmers must be 12 years of age and older to compete.** Age is as of the day of the event.

**Entry Fees:** SNC/Swim Ontario Member = \$40.00  
(HST included in fee)  
Fees must be received by Swim Ontario by July 4, 2016. No fees will be accepted on race day. To pay by credit card, please contact [Lindsay](#)  
If the race is cancelled due to inclement weather, entry fees will be refunded.

**Entry Deadline:** June 26, 2016 – **No Exceptions**  
**Entry Process:** at [www.swimming.ca](http://www.swimming.ca).

## Event Details:

**Check In:** **Registration Starts at 10 am on the upper level of the Professor Lake Pavilion**  
**2 km: Participants/Coaches Need to Register by 12 Noon.**  
**5 km: Participants/Coaches Need to Register by 1:30 pm.**

2 km Starts: 1 pm, closes at 2:00 pm  
5 km Starts: 2:30 pm, closes at 4:30 pm

**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 can be found on the Swim Ontario website under: Provincial Open Water Swimming Championships.**  
**Waivers must be presented a check-in.**

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

**Technical Meeting:  
Coaches and Swimmers** 2 km – 12:00 pm  
5 km – 2:00 pm

**Race Categories:** 2 km – Swimmers aged 12-14 (Single Age 12, 13, 14)  
5 km – Swimmers aged 15 and over  
*\*If a 14 year old swimmer wishes to compete in the 5km, they must hold the age group pre-requisite standard for a distance freestyle event\**

**Race Times:** 2 km Race Warm Up: 12:40  
2 km Race Start: 1 pm  
2 km Course will be closed at 2:00 pm; competitors still racing will be removed from the course and disqualified.

5 km Race Warm up: 2:10  
5 km Race Start: 2:30 pm  
5 km Course will be closed at 4:30 pm; competitors still racing will be removed from the course and disqualified.

**Race Details:** Start line will be a water start off the 1<sup>st</sup> dock  
Finish line will be a water finish to the 2<sup>nd</sup> dock  
Race loop is 1 Km, swum counter clockwise.  
2 Km (2 Laps)  
5 Km (5 Laps)  
2 K and 5 K Races will run separately.  
Each Race will be mixed gender.  
Race will run **Rain or Shine!** Cancellation only in event of thunder/lightning.  
**Wet Suits are not allowed. No jewellery (earrings, rings, necklaces, etc., including watches) permitted. Fingernails and toenails must be trimmed short.**

### Awards and Results:

**Awards:** 2 Km Age Group Swim

- Medals for Top three finishers per age category (12, 13, 14)
- Will be presented after completion of all competitors in the 2K race

5 Km Open Swim

- Prizes TBC
- Will be presented 10 minutes after the last award winner completes the race

**Race Results:** Will be posted on the Swim Ontario Website.  
[www.swimontario.com](http://www.swimontario.com)

### Race Rules

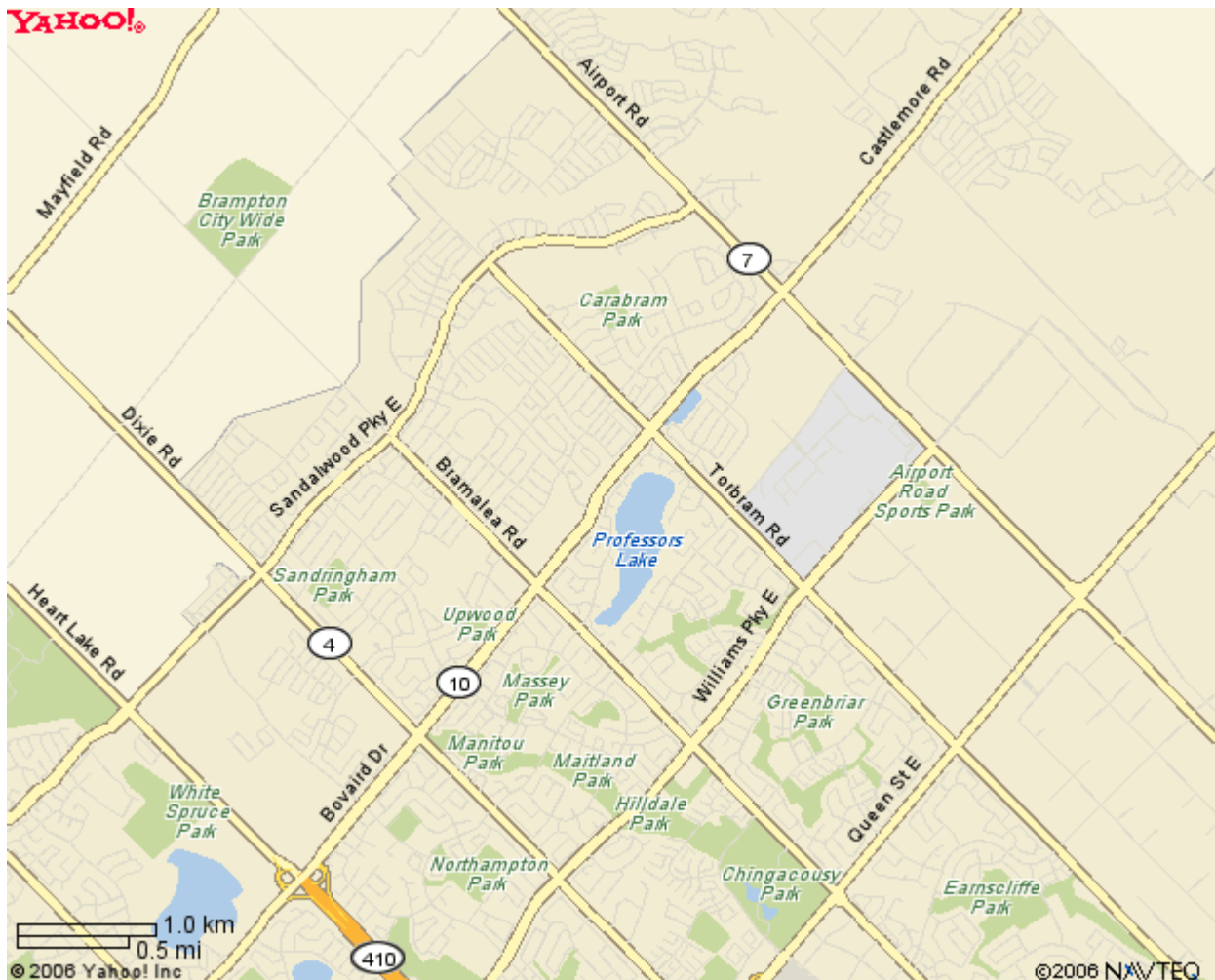
**Swim Rules:** All participants must have their CSCTA/SNC & Swim Ontario Member Coach attend the race.  
FINA Open Water Swimming  
**No Wetsuits allowed.**

## Accommodations:

Hotels :                      Holiday Inn Brampton  
                                     30 Peel Centre Drive,  
                                     ON L6T 4G3  
                                     905-792-9900

## Directions to Professor's Lake:

From either 401 East or West  
Exit Hwy. 410 North  
Exit Williams Parkway East (Continue East)  
Turn North on Bramalea Road  
Turn East on North Park Drive



- **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 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
- Each swimmer must be clearly numbered on upper arm, back or 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.**