



OPEN WATER SWIMMING CHAMPIONSHIPS



Wednesday, July 10, 2013
Professor's Lake, Brampton, Ontario

Sanctioned by: Swim Ontario
Hosted by: Swim Ontario



Ontario Open Water Swimming Championships - 2013

General Information:

Date/Time: Wednesday July 10, 2013

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
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)

Entry Deadline: 6 pm (EST) Wednesday July 3, 2013 – **No Exceptions**

Entry Process: Online at <https://www.onlineregistrations.ca/swimontario>

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 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 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 1st dock
Finish line will be a water finish to the 2nd 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)

5 Km Open Swim

- Prizes TBC

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

Race Rules

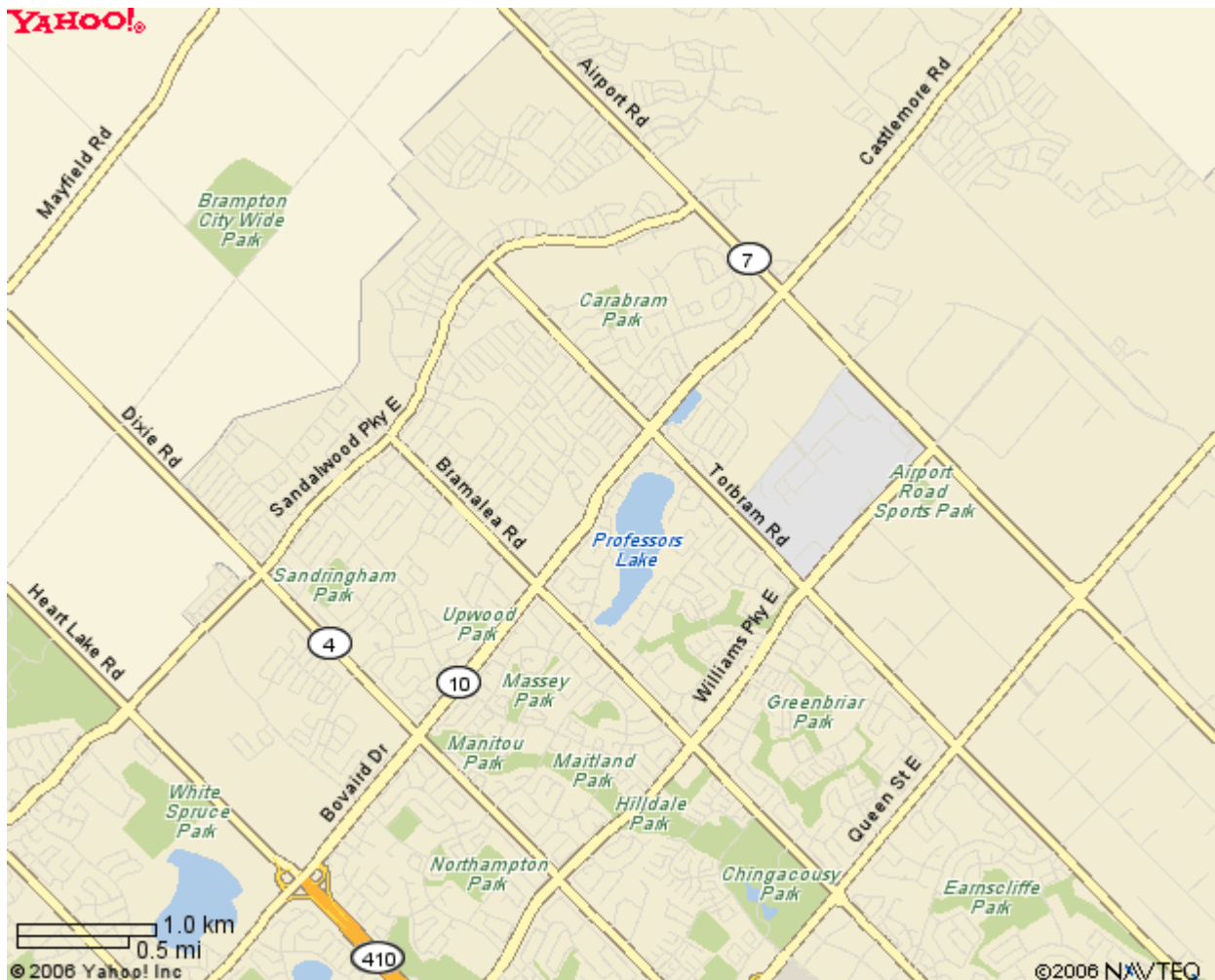
Swim Rules: All participants must have their CSCTA/SNC & Swim Ontario/OSCC Member Coach attend the race.
FINA Open Water Swimming
No Wetsuits allowed.

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



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
 - Enterococci 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 12 years old and over to participate in any sanctioned Open Water Events in Canada
- Swimmers aged 12 or 13 are limited to Open Water events of NOT more than 2km
- Para swimmers are limited to 5km events and less
- Para swimmers aged 12 or 13 years old are limited to Open Water events of NOT more than 2km
- *Clarification of Open Water age/distance limits effective September 1, 2011*
- 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.