**

*ROW Holiday Invitational*

DATE: December 11, 2021 Region: Western

HOSTED BY: Region of Waterloo Swim Club

LOCATION: Wilfrid Laurier University (WLU) Athletic Complex, located at the corner of King St. and University Ave. The address is 75 University Avenue West Waterloo, ON N2L 3C5.

FACILITY: 6 lanes, 25 m pool short course configuration, Omega OSB11 starting blocks, Omega Ares 21 Timing system with 6 lanes scoreboard.

PURPOSE: Competitive opportunity for swimmers of 4 clubs.

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)

COMPETITION

COORDINATOR: Tam Nguyen and Angus Cunningham, Level 5

MEET MANAGER: Kelly Chernish, meetmanager@rowswimming.ca

SAFETY COORDINATOR: Sara Jain, meetmanager@rowswimming.ca

SAFETY: Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming, and inclusive sport environment that is free of abuse, harassment, and discrimination. COVID Safety Procedures, Concussion Management & Event Photography procedures will be in effect. For complete details click [HERE.](http://www.swimontario.com/uploads/Officials/Resources/SafetyCompetition.pdf)

RACING EVENT: **Sanctioned as a Closed Invitational** by Swim Ontario. All current Swimming Canada (SC) rules will be followed. Seeding for all swims will be optimized by distance and stroke, seeded slowest to fastest. Please note that [Swimming Canada Competition Warm-Up Safety Procedures](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/) will be in effect. Events are Timed Finals.

Starts will be conducted from Starting Platforms (blocks)

ELIGIBILITY: This event includes participants from the following clubs: ROW, Oakville, Dorado Stars, and Ingersoll Speed Sharks. All athletes must be registered as Competitive swimmers with Swimming Canada. The participant is responsible to ensure all entrance to the facility requirements have been met.

Wilfrid Laurier University (WLU)’s COVID-19 Mandatory Vaccination Policy must be adhered to. All people entering the WLU Athletic Complex MUST BE DOUBLE VACCINATED and must follow all published Ontario Health screening guidelines.

AGE UP DATE: Ages submitted are to be as December 11, 2021.

ENTRY: The maximum number of participants per session is 88. Each club is limited to 22 swimmers/session and a maximum of 3 entries per swimmer per session.

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: December 6, 2021.** Changes to entries will be accepted until December 8, 2021.

ENTRY FEE:  Individual Events $12 per event

Swimmer Fee: $5 per swimmer

Please make cheques payable to: Region of Waterloo Swim Club

COACH’S

REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](http://www.swimontario.com/page.php?id=2748).  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.

SCHEDULE

OF SESSIONS: This event is limited to 3 sessions. The session length will not exceed 2.5 hours (excluding warm-up periods).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Session # | Date | Warm-up period | # of warm-ups | Start | Finish | Est. Duration |
| 1 | Dec. 11, 2021 | 7 am to 7:50 am | 1 | 8 am | 10:30 am | 2.5 hrs. |
| 2 | Dec. 11, 2021 | 11 am to 11:50 am | 1 | 12 pm | 2:30 pm | 2.5 hrs. |
| 3 | Dec. 11, 2021 | 3 pm to 3:50 pm | 1 | 4 pm | 6:30 pm | 2.5 hrs. |

SCHEDULE OF EVENTS:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session #1 (13&O)** | | |  | **Session #2 (13&O)** | | |  | **Session #3 (12&U)** | | |
| **Event #** | **Event** | **Gender** |  | **Event #** | **Event** | **Gender** |  | **Event #** | **Event** | **Gender** |
| 1 | 200 IM | Mixed |  | 6 | 200 Free | Mixed |  | 11 | 200 IM | Mixed |
| 2 | 100 Free | Mixed |  | 7 | 100 Back | Mixed |  | 12 | 100 Free | Mixed |
| 3 | 200 Back | Mixed |  | 8 | 200 Breast | Mixed |  | 13 | 100 Breast | Mixed |
| 4 | 100 Breast | Mixed |  | 9 | 100 Fly | Mixed |  | 14 | 50 Free | Mixed |
| 5 | 200 Fly | Mixed |  | 10 | 50 Free | Mixed |  | 15 | 100 Back | Mixed |
|  |  |  |  |  |  |  |  | 16 | 100 Fly | Mixed |
|  |  |  |  |  |  |  |  | 17 | 200 Free | Mixed |

DECK ENTRIES:  No Deck Entries are permitted.

OFFICIAL SPLIT TIMES:  Official Split requests are not permitted.

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.

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.

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

SCORING:  No Scoring

AWARDS:  No Awards

MEET RESULTS: Official Results will be posted within 5 days of completion of the meet to [www.swimming.ca](http://www.swimming.ca)

The meet program will be run on Hy-Tek Meet Manager.

Live Results / Meet Mobile are available.

ADDITIONAL FACILITY

INFORMATION: While in the facility, 2m/6ft physical distance must be maintained. Coaches, officials, volunteers, support staff and others not actively engaged in the sporting activity must always wear their masks. Swimmers must wear mask unless engaged in sporting activities such as on-deck activation, warm-up, racing, and cooling-down. Once the sporting activity ends, masks must be put on. Each swimmer must bring additional masks and a resealable plastic bag labelled with your name to store your mask while in water.

Swimmers should pack light and come dress in their racing suite ready to swim. Changing rooms are available with a 10-minute usage restriction. Swimmer is responsible for their equipment and should bring their own. There is NO sharing of equipment. The allowable equipment during warm up are kick board, pull buoy, ankle band, and snorkel. All should bring own pre-filled water bottle. Free parking in ‘White Permit’ areas only after 4:30 pm on Friday, all day Saturday and Sunday.