



2017 Canadian Junior Championships

TECHNICAL MEETING

OPEN WATER

July 30, 2017

Toronto

INTRODUCTION

Organizing Committee

Meet Manager:

Meet Referee:

National Meet Director:

Swimming Canada Events Manager:

Lindsay Taylor

Mary Jane Smith

Nicole Parent

Amanda Zevnik



SCRATCHES & CONSENT FORMS



- 6:00pm Sunday – Scratch deadline without penalty
- Mandatory – a coach or representative from the club must be in attendance at the technical meeting or the swimmer will be scratched
- Consent forms must be in by 6:00pm Sunday – failure to do so will result in removal
- Penalties for late scratches and no shows \$50.00

WHAT TO BRING



- Blanket
- Bug spray
- Warm clothes
- Sunscreen (to be put on after body marking)
- Drinks and snacks

TRANSPORTATION



- Teams are responsible for their own transportation to and from the site
- Professor's Lake, 660 N Park Dr, Brampton, ON L6S 5S8
Expect around 45 minutes - 1 hour travel time to the site
(55km from the pool)
- REMEMBER: 407 is a toll road
- Free parking on site



DIRECTIONS

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

From 407 (west) toll road

401 to 404 north (Newmarket) to 407 W

Exit Airport Rd. (Rd. 7)

Turn right on Airport Road

Turn Left on North Park Drive

SWIMMERS CHECK-IN



- Swim suit will be checked at your arrival by the clerk of course assisted by Referees.
- A bathing cap will be provided by the organizing committee and must be worn at the start. (maximum 2 bathing caps)
- Swimmers must bring their own blanket.
- Swimmers should not be greased before being marked.

REMINDER : fingernails and toenails must be trimmed; no jewellery of any kind (including piercing); watches may not be worn (OWS 3.48)

RESULTS AND AWARDS



- Age Groups for scoring
 - 5 km Female: 14-15 years
 - 5 km Male: 14-16 years
 - 5 km Female: 16-17 years
 - 5 km Male: 17-18 years
- Scoring: 1 – 10 : 50, 30, 20, 19, 18, 17, 16, 15, 14, 13
- Medals for top three Canadians in each age category will be presented at the end of the session
- The Open Water Team Championship banner will be presented at the end of the session
- Meet Results will be posted on the web as soon as possible.

EVENT TIMELINE



7:30: Check-in and marking for swimmers

7:45 – 8:30 : General warmup after marking

8:35 : Pre-race meeting for all swimmers and coaches at Clerk of Course area.

8:50 : 5km gathering

9:00: Male 5km start

9:01 : Female 5km start

SAFETY



- Warm-up area – Swimmers are not allowed in the race area
- Emergency Rescue Team and First Aid:
 - National lifeguards
 - Boathouse with medical personal, Lifeguard aquaplanes, Safety boats, Emergency boat, Referee
- Water temperature : **Between 19°C and 23°C**
- Water quality: **Tested every day – posted online**

START



- Warning 15 min, 10 min, 5, min, 1 min
- One hand must hold the rope.
- The Referee will blow his whistle to warn the swimmers
- The Referee points the yellow flag towards the Starter
- The Starter will say « Take your marks», will raise his flag and when he will lower his flag with the sound of the horn, the start will be given.

PROCEDURE



- The Referees will be following swimmers.
- The boats will stay around the group of swimmers.
- The boats will never be closer than 3m from swimmers.
- There will be no stopping except for heavy fog, heavy rain or hail, thunder and lightning and in this case only, swimmers will be escorted by our rescue team.
- Emergency Abandonment: In case of emergency abandonment, the race will be restarted from the beginning at the earliest possible moment.

PROCEDURE (CONT'D)



- A swimmer who wishes to abandon must raise their hand; a lifeguard or official will assist the swimmer back to the medical area.
- Any swimmer who leaves the course on their own must report immediately to an official.
- There will be turn judges at each turn.
- First Aid service will be on hand.
- Time Limit: **2 hours from first wave**

- NOTE : Competitors who do not finish the course within the time limits will be removed from the water (OWS 6.17.1)

RULES



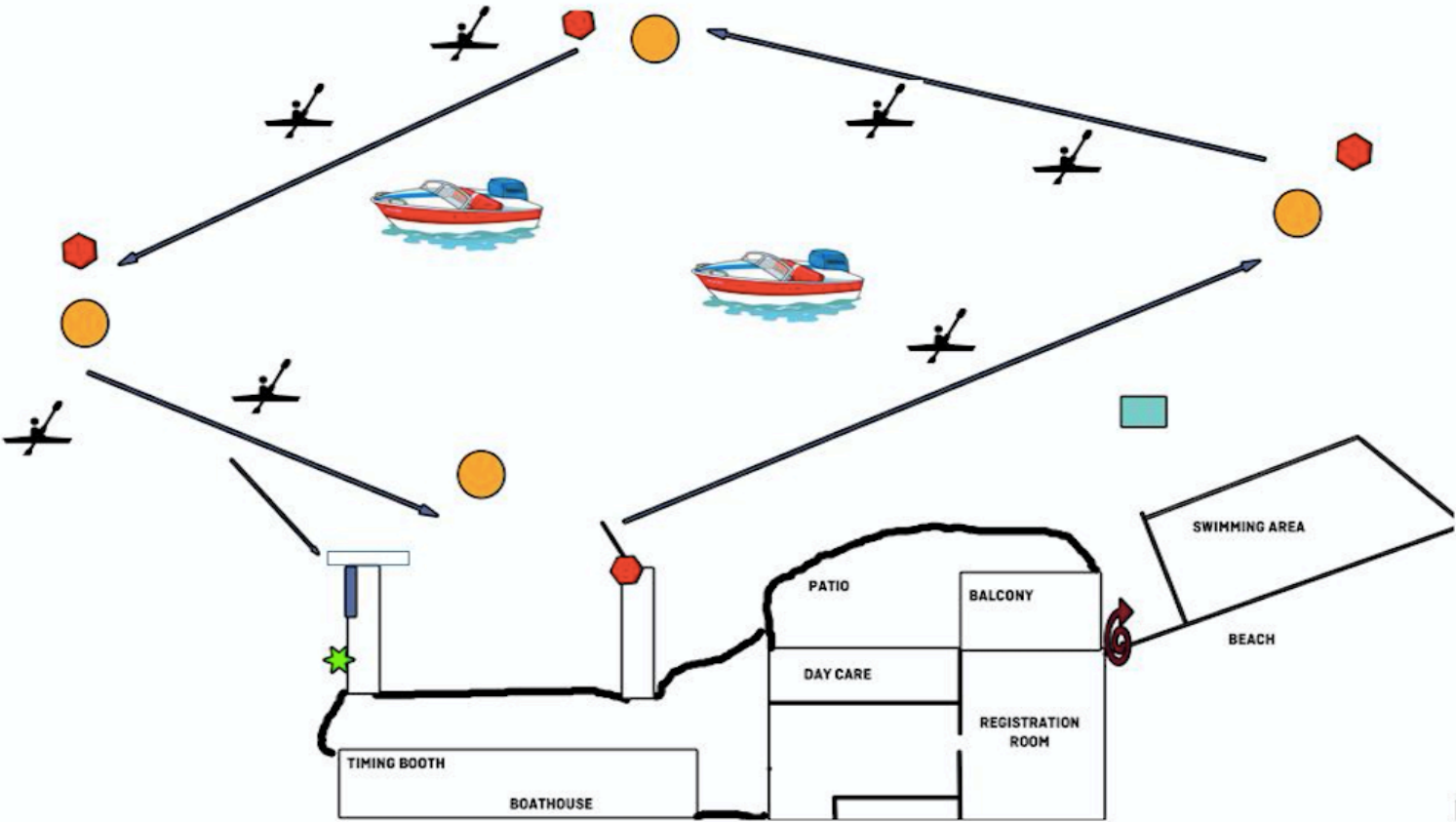
- No swimmer shall be allowed to obstruct another participant
- Standing on the bottom during the race will not disqualify a swimmer however they may not walk or jump in the race direction. Swimmers shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by another person.
- Turning buoys must be passed with the left shoulder

DISQUALIFICATION PROCEDURE



- **OWS 6.3.1** If in the opinion of the Chief Referee or Referees, any swimmer, or a swimmer's approved representative, or escort safety craft, takes advantage by committing any violation of the rules, or by making intentional contact with any swimmer, the following proceeding shall apply:
 - **1st Infringement:** A yellow flag and a card bearing the swimmer's number shall be raised to indicate and to inform the swimmer that he is in violation of the rules.
 - **2nd infringement:** A red flag and a card bearing the swimmer's number shall be raised by the Referee (OWS 3.6) to indicate and to inform the swimmer that he is for the second time in violation of the rules. The swimmer shall be disqualified. He must leave the water immediately and be placed in an escort craft, and take no further part in the race.
- **OWS 6.3.2** If in the opinion of a Referee, an action of a swimmer or an escort safety craft, or a swimmer's approved representative is deemed to be "unsporting", the referee shall disqualify the swimmer concerned immediately.

COURSE



FINISH



All swimmers will be provided with a chip timing wrist band. Must touch the Finish mat on dock to stop time with the arm wearing the wrist band.

After the race:

Primary medical evaluation on pier if necessary (Rescue Team and lifeguards)

DOPING CONTROL



- The CCES may be conducting Doping Control during the meet
- All swimmers selected for Doping Control are required to have photo ID. Coaches are asked to instruct swimmers to bring photo ID to the competition.
- The CCES will also be conducting awareness and education activities during the competition

THANK YOU TO OUR PARTNERS



Canada



NATIONAL PARTNERS/PARTENAIRES NATIONAUX



OFFICIAL SUPPORTERS/SUPPORTEURS OFFICIELS



ORGANIZATIONAL PARTNERS/PARTENAIRES DE L'ORGANISATION*





Have a great meet!



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