



Ottawa Swim Club Fall Frolic

DATE: October 14, 2017 Region: Eastern

HOSTED BY: Ottawa Swim Club

LOCATION: Sawmill Creek Pool and Community Centre
3380 D'Aoust Avenue
Ottawa ON
K1T1R5

FACILITY: Sawmill Creek Pool, 6 lane 25 meter manual time

PURPOSE: Obtain qualifying times for upcoming competitions.

MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

COMPETITION: **Sanctioned as a Class II Time Trial** by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
Seeding for all swims will be optimized by distance and stroke, but otherwise random.
Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect. 2017 SNC Swimwear interpretation in effect. Details [HERE](#).
Events are Timed Finals.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC.

AGE UP DATE: Ages submitted are to be as October 14, 2017

ENTRY: Limit of 2 events per swimmer and maximum 50 swimmers. All entries must be submitted via www.swimming.ca. There are no entry fees or awards allowed.

COMPETITION COORDINATOR: John Weare, Level 4
If Level 3 is serving as referee, please indicate that ROR approval has been granted

MEET MANAGER: Jennifer Weare, jjweare@sympatico.ca

SESSION: Warm Up: 3:30 p.m. Start: 4:00 p.m. Finish: 5:30 p.m.

SCHEDULE OF EVENTS¹:

Event #	Open Event (maximum distance to swim)	Stroke	Gender
TBD	<input checked="" type="checkbox"/> 50m <input checked="" type="checkbox"/> 100m <input checked="" type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 800m <input type="checkbox"/> 1500m	Free	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
TBD	<input checked="" type="checkbox"/> 50m <input checked="" type="checkbox"/> 100m <input checked="" type="checkbox"/> 200m	Back	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
TBD	<input checked="" type="checkbox"/> 50m <input checked="" type="checkbox"/> 100m <input checked="" type="checkbox"/> 200m	Breast	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
TBD	<input checked="" type="checkbox"/> 50m <input checked="" type="checkbox"/> 100m <input checked="" type="checkbox"/> 200m	Fly	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
TBD	<input checked="" type="checkbox"/> 100m <input checked="" type="checkbox"/> 200m <input type="checkbox"/> 400m	IM	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
TBD	<input type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 800m	Free Relay	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input type="checkbox"/> Mixed Gender
TBD	<input type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 800m	Medley Relay	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input type="checkbox"/> Mixed Gender

¹ Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.